

Lake Forest School District Wellness Assessment
SY 2020-2021

3-Fully in place, 2- Partly in place, 1- Not in place

Nutrition Education	LFHS	WTC	Central	North	East	South	District Average
Integrate nutrition education into the respective subject areas with interdisciplinary approaches.	8	4	9	3	8	1	2.2
Promote and disseminate resource information related nutrition education.	9	5	9	4	9	2	2.5
Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc . . .).	9	5	9	4	11	1	2.6
Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menus.	7	5	7	4	9	2	2.3
Incorporate nutrition education into after school programming that services our students.	7	5	7	2	3	1	1.7
Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will limit food and beverage marketing to foods that meet the nutrition standards.	8	5	9	4	4	2	2.1
Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages.	8	6	9	6	9	2	2.7
Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.	9	6	9	6	11	3	2.9
Establish school staff wellness committees. Staff wellness committees shall develop, promote, and oversee a multi-faceted plan to promote staff health and wellness.	7	4	4	5	8	1	1.9
Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between food service and classroom instruction.	8	4	5	3	8	1	1.9
Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.	8	4	7	3	8	1	2.1
Average score/question:	8	5	8	4	8	2	76%
	2.67	2.41	2.55	2.00	2.00	1.55	

3-Fully in place, 2- Partly in place, 1- Not in place

Lake Forest School District Wellness Assessment
SY 2020-2021

Nutrition Standards	LFHS	WTC	Central	North	East	South	District Average
All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group.	9	6	9	6	11	3	2.9
Provide students with healthy and nutritious foods.	9	6	9	6	12	3	3.0
Include foods offered over the course of a school week that emphasize nutrient dense foods and beverages and include whole grain products, fiber rich vegetables and fruits.	9	6	9	6	12	3	3.0
Support healthy eating through nutrition education.	8	6	6	4	11	1	2.4
Encourage students to select and consume all components of the school meal.	8	6	9	6	11	3	2.9
Display prominently the nutrition information for products offered in snack bars, a la carte, vending, and school stores.	6	6	8	3	8	1	2.1
Foods of minimal nutritional value may not be served. These include: Soda water, water ices, chewing gum, and certain candies (hard candy, jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn)	9	6	9	6	10	3	2.9
Schools shall move to eliminate any items containing trans fats.	8	6	9	6	12	3	2.9
All snacks and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores, fundraising, or served in the reimbursable After School Snack Program shall meet the following standards: <ul style="list-style-type: none"> • Portion Size • No more than 35% calories from sugar or other sweeteners • No more than 8 grams of fat per serving and/or having 35% or less of its total calories from fat • 10% or less of its total calories from saturated fats • Beverages must be made with at least 50% and up to and including 100% real fruit juice and must not contain added sweeteners, electrolyte replacement beverages with no more than 30 grams of sugar per 12 oz serving size, and dairy products must be low fat or skim 	8	6	9	6	9	3	2.7
Students have a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time they sit down to eat.	9	6	9	6	12	3	3.0

Lake Forest School District Wellness Assessment
SY 2020-2021

There should be a minimum of 3 hours, and not more than 5 hours, scheduled between breakfast and lunch periods.	7	6	7	5	11	3	2.6
Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.	8	6	9	6	12	3	2.9
Lunch periods are scheduled as near the middle of the school day as possible.	9	6	9	6	12	3	3.0
It is recommended that physical education be scheduled before lunch whenever possible.	8	6	6	4	10	1	2.3
Food service staff and school administration collaborate to provide sufficient space and time for meals.	9	6	9	6	12	3	3.0
Dining areas are attractive and have enough space for seating all students.	9	6	9	6	12	3	3.0
Drinking water is available at mealtime for all students.	9	6	9	4	12	3	2.9
Students should be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.	9	4	9	6	12	3	2.9
Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a students Individualized Education Plan (IEP).	9	6	9	5	12	3	2.9
School should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.	8	6	8	4	10	3	2.6
School nutrition programs will aim to be financially self-supporting. Profit generation should not take precedence over the nutritional needs of the students.	8	6	9	5	11	3	2.8
State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the national school breakfast program and lunch program.	8	6	9	6	10	3	2.8
The school district will employ a properly qualified, certified and/or credentialed Nutrition Director to administer the school nutrition programs.	9	6	8	6	12	3	2.9
All school nutrition personnel shall have adequate in-service training in food service operations.	8	6	9	6	12	3	2.9
Students are encouraged to start each day with a healthy breakfast.	9	6	9	6	12	3	3.0
Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.	9	6	9	5	12	3	2.9
Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.	9	6	9	6	12	3	3.0
	8	6	9	5	11	3	94%
Average score/question:	2.81	2.96	2.86	2.72	2.81	2.78	

3-Fully in place, 2- Partly in place, 1- Not in place

Lake Forest School District Wellness Assessment
SY 2020-2021

Physical Activity	LFHS	WTC	Central	North	East	South	District Average
All students should receive a quality physical education program that is: <ul style="list-style-type: none"> • Age-appropriate • Taught by a certified physical education teacher • Monitoring fitness levels of all students • 225 minutes per week for high school 	8	6	9	6	12	1	2.8
The physical education program should: <ul style="list-style-type: none"> • Build knowledge and skills for the enjoyment of lifelong fitness through physical activity • Create a positive atmosphere for all students to participate in physical activities • Enhance skills in leadership, teamwork and self-confidence • Utilize technology within the curriculum to enhance motivation and participation 	8	6	9	5	12	1	2.7
The national recommendations of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as: <ul style="list-style-type: none"> • Physical Education • Classroom • After-school programs 	8	5	8	4	11	3	2.6
Schools should provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.	9	6	9	6	12	3	3.0
Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor should physical activity be used as a disciplinary measure.	9	6	9	6	12	3	3.0
After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants.	9	6	9	4	8	1	2.5
Nutrition education should be integrated into the physical education curriculum to educate students on the benefits of proper nutrition and overall health.	8	6	9	3	10	1	2.5
The benefits associated with healthy eating and physical activity should be shared with community groups and parents.	8	6	8	3	12	1	2.5
Staff wellness opportunities should be available to all employees.	9	6	9	5	10	1	2.7

Average score/question:

8	6	9	5	11	2	90%
2.81	2.94	2.93	2.33	2.75	1.67	

LFHS (3)	WTC (2)	Central (3)	North (2)	East (4)	South (1)	District Average
2.77	2.77	2.78	2.35	2.52	2.00	87%

Overall Score 92.2% 92.4% 92.6% 78.4% 84.1% 66.6%