

Local School Wellness Assessment

Date: August 29, 2024

District: **United Cerebral Palsy of Miami, Inc. – Diamond Minds (Sponsor 522)**

Assessors' name(s): Val Randolph

Nutrition Education	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	x			On going
Nutrition education is part of a systematic and structured unit of instruction.	x			On going
Teachers have adequate materials and resources to provide current nutrition education in the classroom.		x		2024
Nutrition education opportunities are offered to parents and families.			x	2024
Parents have the opportunity to volunteer for wellness-related activities in the school.		x		2024
Other:				
Nutrition Promotion	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Students have access to healthful food choices in the school cafeteria.	x			On going
Healthy eating and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	x			On going
Advertisements within the school reinforce the goals of healthy education and nutrition standards.		x		On going
Students have adequate time to eat lunch every day.	x			On going
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.			x	2024
100% of fundraisers sold during the school day are non-food items.	x			On going
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.		x		On going
Food is not used as a reward or punishment.	x			On going
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	x			On going
Soda is prohibited from the cafeteria in elementary and middle schools.	x			On going
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	x			On going
Other:				
Physical Activity	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.		x		On going
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	x			On going
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	x			On going
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, field trips that include physical activity, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)	x			On going
Physical activity is never required as a form of punishment.	x			On going

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Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	x			On going
Students receive adequate recess time every day.	x			On going
Students are encouraged to be active during recess.	x			On going
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	x			On going
Other:				

Foods and Beverages Available	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Soda is prohibited from the cafeteria in elementary and middle schools.	x			On going
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during the official school day		x		2024
All food sold in schools comply with the USDA Guide to Smart Snacks	x			On going
Other:				

Other School-Based Activities	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Ensure access to safe drinking water throughout the day at no cost to children	x			On going
Exposure to origins of fruits and vegetables in the school's local area	x			On going
Children have motivation to eat fruits and vegetables that they helped to grow	x			On going
Promote various recognition programs for schools that offer a healthier school environment.			x	2024
Other: After School program have a veggie garden			x	2024

Additional Comments/Improvements Identified:

Nutrition Education: Teachers are doing a good job of promoting healthy options but need more materials. Additional resources to be researched for all schools especially items via touch given our overall student population. Must also increase communication with parents on healthy options being taught in the school to reinforce lessons at home that are taught in school.

Nutrition Promotion: Make sure menus or other items show nutritional information. Look for online options to post menu with the nutritional information for each meal to increase accessibility for students and parents.

Physical Activity: Adequate and consistent activity is accomplished daily for students. However, we have teachers leading the physical activity and not able to interact more with children. We will explore adding contracted help for fitness. School to introduce a Step Challenge to increase employee wellness activities and be presented

Foods and Beverages Available: A vending machine is located at our shared space schools and we have to ensure it is restricted during the school day and afterschool. Students are currently restricted but this must be reinforced with staff and parents. Parents do not have access to the machine as children are escorted from the lobby to the classroom unless using restroom.

Other School-Based Activities: Adding a veggie garden has been a long-standing goal and we will assess if it is feasible for us to add in the upcoming school year.

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