

School Wellness Assessment

Date: 09/16/2022

School: LIFE Male STEAM Academy

Assessors' name(s): Lauren Moneck

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.	2			09/16/2022
Nutrition education is part of a systematic and structured unit of instruction.	2			09/16/2022
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2			09/16/2022
Nutrition education opportunities are offered to parents and families.	2			09/16/2022
Parents have the opportunity to volunteer for wellness-related activities in the school.		1		09/16/2022
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.	2			09/16/2022
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.		1		09/16/2022
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2			09/16/2022
Students have adequate time to eat lunch every day.	2			09/16/2022
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2			09/16/2022
100% of fundraisers sold during the school day are non-food items.	2			09/16/2022
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2			09/16/2022
Food is not used as a reward or punishment.	2			09/16/2022
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2			09/16/2022
Soda is prohibited from the cafeteria in elementary and middle schools.	2			09/16/2022
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2			09/16/2022
Other:	2			
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.	2			09/16/2022
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2			09/16/2022
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2			09/16/2022
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)	2			09/16/2022
Physical activity is never required as a form of punishment.	2			09/16/2022
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2			09/16/2022
Students receive adequate recess time every day.	2			09/16/2022
Students are encouraged to be active during recess.	2			09/16/2022
Teachers incorporate physical activity into other subject areas (i.e. reading, math,		1		09/16/2022

science, social studies).				
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2			09/16/2022
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.	2			09/16/2022
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	2			09/16/2022
All food sold in schools comply with the Louisiana Guide to Smart Snacks	2			09/16/2022
Other: No snacks are sold on school grounds	2			
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	2			09/16/2022
Exposure to origins of fruits and vegetables in the school's local area	2			09/16/2022
Children have motivation to eat fruits and vegetables that they helped to grow	2			09/16/2022
Promote various recognition programs for schools that offer a healthier school environment.	2			09/16/2022
Other:				

Total Score: 70 /28 = 2.5%