| | General Information | Response |
|-----------|--|--|
| 7_session | Unique identifier assigned to survey portal entry | |
| 7_dist | District Name | |
| 7_dist_no | District Number | |
| 7_schl | School Name | |
| 7_schl_no | School Number | |
| 7_level | School level | E=elementary, M=middle, H=high, C=combined |
| 7_coord | Name of wellness policy coordinator | |
| 7_email | Wellness Policy Coordinator e-mail address | |
| 7_address | School address | |
| 7_city | School city | |
| 7_zip | School zip | |
| 7_phone | School phone | |
| 7_fax | School fax | |
| 7_enroll | Student Enrollment on official count day | |
| | | |
| 7_meal | Average daily partiicpation in National School Lunch Program (#) | |
| 7_meal | Average daily partiicpation in School Breakfast Program (#) | |
| 7_add_dt | School year wellness policy was revised - what revisions adopted | |
| 7_pe_time | Average minutes of PE (daily class and weekly total) | daily #; weekly # |
| 7_pe_t | School has PE teachers for everystudents | 0; 0 |

EXHIBIT C-1 HEALTH CARE

Meeting Date: 5-26-10
Document consists of 5 pages.
Entire Exhibit provided.

| | | Fully In Place | Partially | Under Development | Not in place | Comment |
|----------------|---|-----------------|----------------|--------------------------|--------------|---------|
| | | | Please list | Please list progress | Please state | |
| | | | resources | being made and | why in | |
| | | | needed in | resources needed in | Comments | |
| | Nutrition Section | | Comments | Comments | | |
| 7_brkfst_tme | Designates 15 minutes for students to consume breakfast | | | | | |
| 7_Inch_tme | Designates 20 minutes for students to consume lunch | | | | | |
| | Students receive reimbursable school meals that meet National School | | | | | |
| 7_reimburs | Lunch standards | | | | | |
| 7_stndrds | Follows nutrition standard for Wellness Policy portion sizes | | | | | |
| | Follows nutrition standard for sodium - no more than 600 mg per | | | | | |
| 7_stndrds | serving | | | | | |
| | | | | | | |
| 7_stndrds | Follows nutrition standard for sugars-no more than 35% per serving | | | | | |
| | Follows nutrition standard for fats - Saturated <10%; Total <30% of total | | | | | |
| 7_stndrds | calories | | | | | |
| | | | | | | |
| . | Foods of minimal nutritional value are not given away, sold, or used as | | | | | |
| 7_incentive | incentives -soda water, water ices, chewing gum, certain candies | | <u> </u> | | | |
| 7_alacarte | Alacarte guidelines implemented | beef up - speci | Ty T | | | |
| 7_fundraise | Fundraising activities comply with nutrition standards. | | | | | |
| _ | Food and beverage items for celebration and parties comply with | | | | | |
| 7_party | standards. | | | | | |
| | Implemented guidelines for student incentives and rewards that are not | | | | | |
| | based on the provision of foods of minimal nutritional value or foods | | | | | |
| 7_rewards | that do not meet the food policy guidelines. | mess with wor | ding to get at | t what is being asked | | |
| | Nutrition guidelines for all foods are made available to students, | | | | | |
| | whether given away, earned, or sold, on the school campus during the | | | | | |
| 7_learn | school day. | | | | | |
| | Nutrition education integrated in the teacher's annual curriculum. | | | | | |
| 7_integr | Please state how in comments. | | | | | |
| | Students receive consistent nutrition message throughout the school. | | | | | |
| 7_message | Please state how in comments. | | | | | |
| 7_nutr_gls | Nutrition education goals implemented. List goals in comments. | | | | | |
| | Using an evidenced based nutrition education program. List which | | | | | |
| 7_team | one(s) in comments. | | | | | |

| | | Fully In Place | Partially | Under Development | Not in place | Comments |
|-------------|--|----------------|-------------|----------------------|--------------|----------|
| | | | Please list | Please list progress | Please state | |
| | | | resources | being made and | why in | |
| | | | needed in | resources needed in | Comments | |
| | Physical Activity Section | | Comments | Comments | | |
| 7_pe_day_E | Elementary: Number of days per week PE is required/offered | 3 to 5 days | 1 to 2 | n/a | 0 | |
| | Middle/High School: PE is required for one semester in the school year, | | | | | |
| 7_pe_day_MH | and offered during 2 semesters. | | | | | |
| | Elementary: Percent of students who have access to PE - List how many | | | | | |
| 7_pe_stu_E | students by number in comments (i.e. 75%=450 students) | 75%+ | 50-74% | 1-49% | 0 | |
| | Middle/ High School: percent of students enrolled in PE each sememster | | | | | |
| 7_pe_stu_MH | (list number in Comments, i.e. 50%=350 students) | 50%+ | 49-25% | 1-24% | 0 | |
| | Elementary: Percent of students participating in PE - List how many | | | | | |
| 7_pe_part | students by number in comments (i.e. 75%=450 students) | 75% + | 50-74% | 1-49% | 0 | |
| | School schedule provides opportunities for physical activity - state how | | | | | |
| 7_opport | in Comments | | | | | |
| | Staff encourages physical activity during opportunities - state how in | | | | | |
| 7_opport | Comments | | | | | |
| 7_pa | Implemented guidelines to prohibit denial of recess or PA | | | | | |
| | 30 minutes of physical activity is designated daily. Explain how in | | | | | |
| 7_pa_tme | comments and if not 30 min, how many minutes? | | | | | |
| 7_pa_gls | Physical activity goals are implemented. List goal(s) in comments. | | | | | |

| | | Fully In Place | Partially | Under Development | Not in place | Comments |
|-------------|---|----------------|-------------|--------------------------|--------------|----------|
| | | | Please list | Please list progress | Please state | |
| | | | resources | being made and | why in | |
| | | | needed in | resources needed in | Comments | |
| | Wellness Section | | Comments | Comments | | |
| | | | | | | |
| 7_env | School environment promotes a healthy living - how in comments | | | | | |
| 7_policy | Wellness goals established - list goals in comments. | | | | | |
| | School activites are provided to promote wellness - list activities in | | | | | |
| 7_wellness | comments | | | | | |
| | Wellness Advisory Committee is in existance - List # and member | | | | | |
| 7_advisory | description in comments (teachers, parents, adminstrators, etc.) | | | | | |
| | Wellness advisory committee members participate in meetings - State | | | | | |
| 7_advisory | how often they meet in comments. | | | | | |
| | Recess is before lunch - If no, did you apply for a waiver, and describe | | | | | |
| 7_recess | implementation plan in comments. | | | | | |
| | Implemented guidelines for revenue accounting - in accordance with | | | | | |
| 7_account | Nevada Revised Statue 233B.050 | | | | | |
| | Teachers have ops for on-going pro training re nutrition and pa - List | | | | | |
| | trainings in Comments (date, # staff attended, title). If no, state if you | | | | | |
| 7_tch_ops | would like trainings provided for little to no cost. | | | | | |
| | School food service staff have ops for nutrition training - List trainings in | | | | | |
| | Comments (date, # staff attended, title). If no, state if you would like | | | | | |
| 7_staff_ops | trainings provided for little to no cost. | | | | | |
| | Describe in Comments, how wellness policy goals for nutrition, physical | | | | | |
| 7_comm | activity and wellness are communicated to staff. | | | | | |
| | How often do you montior your school wellness plan/policy? (monthly, | | | | | |
| 7_monitor | quarterly, annually)-specify in Comments | | | | | |

School will be rated with a percentage - score/total
There will be one for each secton - Nutrition, PA, Wellness, and Total
Alacarte guidelines implemented - reword

middle/Jr.High Drop down lists Ave

Parents actively involved in the Wellness Policy -state how Student actively involved in Wellness Policy - state examples Do you involve the parents in health and wellness?

How

ADD Staff are role models for healthy behaviors.

Solicite families to provide informaton for the school wellness goals.