

# School Wellness Assessment

Date: 10/6/22

School: Memphis Rise Academy

Assessors' name(s): Gus Connelly

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			
Nutrition education is part of a systematic and structured unit of instruction.	x			
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	x			
Nutrition education opportunities are offered to parents and families.	x			
Parents have the opportunity to volunteer for wellness-related activities in the school.	x			
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			
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			
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	x			
Students have adequate time to eat lunch every day.	x			
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			
100% of fundraisers sold during the school day are non-food items.	x			
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	x			
Food is not used as a reward or punishment.	x			
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	x			
Soda is prohibited from the cafeteria in elementary and middle schools.	x			
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			
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			
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	x			
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	x			
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			
Physical activity is never required as a form of punishment.	x			
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	x			
Students receive adequate recess time every day.	x			
Students are encouraged to be active during recess.	x			

Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	X			
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	X			
Other:				
<b>Foods and Beverages Available</b>	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			
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			
All food sold in schools comply with the Louisiana Guide to Smart Snacks	X			
Other: No snacks are sold on school grounds				
<b>Other School-Based Activities</b>	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			
Exposure to origins of fruits and vegetables in the school's local area			X	
Children have motivation to eat fruits and vegetables that they helped to grow	X			
Promote various recognition programs for schools that offer a healthier school environment.	X			
Other:				