

# Local Wellness Policy

## Guilford Preparatory Academy 2012 -2013

### Section I:

1. What changes has the Wellness Policy made in menus and a la carte products offered to students in your school district?

We have revamped our school's student lunch menus. We are now preparing all meals in house allowing us to offer our students hot fresh prepared meals. We have added ice cream as an al carte item selection.

2. Does your Local Wellness Policy contain an assurance that school meals are not less restrictive than the USDA Guidelines?

Yes  No

3. Do Local Wellness Policies promote optimal school nutrition environments on the school campus throughout the school day?

Yes  No

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### Section II:

The Local Wellness Policy is required to include measurable objectives for the following areas. Briefly describe/document progress toward meeting these objectives during the past (11-12) school year in the following areas:

**Nutrition Education offered daily healthy alternatives for afternoon snack such as apples and oranges instead of salty snacks and candy. Field trips were used to teach the basics of healthy eating and books used in classrooms promote healthy living.**

#### Physical Activity

**Students get opportunities for physical activity during the school day in Physical Education classes and during off campus fieldtrips to the Greensboro Sportsplex.**

**Guidelines for all foods and beverages available on school campus (including school stores, vending, fundraisers, food from home, etc.)**

**Guidelines are in place where students were not allowed to bring soft drinks or sugar juice from home. Vending machines were not available to students during the regular school hours. No fundraisers were allowed during regular meal time.**

**How many times during a school year does your Wellness Committee meet?**

- Monthly
- Every other month
- Four times a year
- 2 times a year
- 1 time a year
- Never
- Other \_\_\_\_\_

**Indicate by checking beside each category, individuals who are represented on your Wellness Committee**

- Superintendent
- Principal
- Teacher
- Other Administrators such as \_\_\_\_\_
- Child Nutrition Director
- Student
- Parent
- School Board Member
- School Nurse
- Community organization such as Health Dept. Cooperative Extension
- Physician
- Other \_\_\_\_\_

**How often does the Wellness Committee report progress/activity on the Local Wellness Policy to your local school board?**

- Every 6 months
- Yearly
- Never
- Other \_\_\_\_\_

**What has been the most successful achievement in the 11-12 school year for your Local Wellness Policy?**

**The most successful achievement in the 11-12 school year for our Local Wellness Policy was when students asked how the caterers prepared the food and began bringing healthier food in their lunch boxes.**

**Name of Individual completing this report:**

Signature Willie Graham Title \_\_\_\_\_ Date \_\_\_\_\_