

Student Wellness Policy Assessment


Site: Downtown Miami Charter School Sponsor: Downtown Miami Charter School

Section 1	Fully in Place	Partially in Place	Under Development	Not in Place
<u>Nutrition Education and Promotion</u>				
Health education taught in all grades	✓			
Sequential health education curriculum consistent with standards		✓		
Essential topics on physical activity	✓			
Essential topics on healthy eating		✓		

Section 2	Fully in Place	Partially in Place	Under Development	Not in Place
<u>School-based Activities Designed to Promote Student Wellness</u>				
Provide adequate time for students to eat breakfast (at least 10 minutes)	✓			
Provide adequate time for students to eat lunch (at least 20 minutes)	✓			
Access to free drinking water	✓			
Access to hand washing before meals and snacks	✓			

Section 3	Fully in Place	Partially in Place	Under Development	Not in Place
<u>Physical Activity</u>				
Recess		✓		
Adequate physical activity facilities	✓			
Adequate time for physical activity		✓		
Prohibit using physical activity as punishment	✓			

Section 4	Fully in Place	Partially in Place	Under Development	Not in Place
<u>Nutrition Guidelines for Foods Sold During the School Day</u>				
All foods offered or sold during the school day meet strong nutritional standards	✓			
All beverages offered or sold during the school day meet strong nutritional standards	✓			
Fundraising efforts during school hours meet strong nutritional standards		✓		
Prohibit using food as punishment	✓			

Rebecca Dinda Name	 Signature	11/11/16 Date
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