

Tiffin Catholic School System Nutrition and Physical Activity Assessment

COMPONENT 1: *Nutritional Quality of Foods and Beverages Sold and Served on Campus*

	Objectives:	Implemented	In Progress
√	1. Buildings will display nutritional content of a variety of menu items.		
	2. Menus will be provided and published for parents through various media outlets.		
	3. During school hours, only nutritional appropriate beverages will be provided.		
	4. All buildings will follow school lunch program guidelines.		
	Building Specific:		

COMPONENT 2: *Nutrition and Physical Activity Promotion Guidelines*

	Objectives:	Implemented	In Progress
√	1. Timely intervals of physical activity will be provided throughout the day (i.e. RR, class change).		
	2. Inspirational display of Physical Education activities or a syllabus will be provided.		
	Building Specific:		

COMPONENT 3: *Physical Activity Opportunities and Physical Education*

√ Objectives:	Implemented	In Progress
1. Building Principals will monitor adherence to diocesan Physical Education Course of Study.		
2. Buildings will provide for a range of extra-curricular activities.		
Building Specific:		

COMPONENT 4: *Monitoring and Policy Review*

√ Objectives:	Implemented	In Progress
1. Superintendent will ensure compliance with building policies.		
2. Superintendent will develop summary report every 3 years, available upon request.		
3. Each building will submit their specific objectives to the Superintendent.		
Building Specific:		