

<b>Gulfview Middle School</b>	
<b>Action Items Approved for Validation</b>	
<b>Policy Actions</b>	<b>Points Approved</b>
1. Establish a health-and-wellness council that meets regularly at the school.	3
2. Enforce a policy that bans all tobacco products on school property.	3
3. Discontinue using unhealthy foods for fundraisers.	3
4. Ensure foods and beverages served outside of school hours meet the USDA Smart Snack nutrition standards, including after-school fundraisers, concession stands at sporting events, etc.	3
6. Enhance your lunchroom environment to encourage students to choose healthier foods, such as food placement, posters, and suggestions by cafeteria personnel.	3
7. Discontinue using food as rewards.	3
9. Update cafeteria equipment to support provision of healthier foods.	3
12. Require that students are physically active during the majority of time in physical-education class.	3
13. Incorporate "lifestyle-focused" activities into your school's physical-education curriculum.	3
15. Limit vending-machine access during the school day to foods that meet USDA Smart Snacks in School nutrition standards.	2
16. Require students to pay for unhealthy foods in the cafeteria with cash.	2
17. Prohibit consumption of foods and beverages, other than water, in classrooms and hallways.	2
18. Do not use or withhold physical activity as punishment.	2
19. Celebrate birthdays and other events involving food no more than once a month.	2
<b>Program Actions</b>	
3. Create and implement a Farm-to-School Program.	3
4. Plant and maintain a school garden.	3
5. Install a salad or fruit-and-vegetable bar in the cafeteria.	3
6. Establish an in-class breakfast program.	3
9. Establish a program to help students to interact with and research older adults (Such as the Legacy Project, found at <a href="http://www.bluezones.com/live-longer/education/legacy-project/">http://www.bluezones.com/live-longer/education/legacy-project/</a> ). This pledge item is applicable for students in 4th through 8th grade only and schools may it to one, some, or all of these grades as is relevant for each school.	2
12. Train staff including food service cooks on whole foods vs. processed foods and healthy meal preparation.	3
<b>Flexible Points</b>	
16. Increase water consumption.	2
17. Lifestyle & food choice education.	2
18. CCPS 5K Event	2
<b>Points Needed: Middle 61 of 92</b>	<b>61</b>