

Sea Gate Elementary School	
Action Items Approved for Validation	
Policy Actions	Points Approved
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
10. Integrate physical activity into daily lesson plans outside of physical education class to help students stay focused and energized.	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
14. Require 150 minutes per week (elementary schools) and 225 minutes per week (middle and high schools) of physical activity for all students.	3
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
20. Require twenty minutes of recess daily for students (elementary only).	3
21. Offer recess before lunch (elementary school only).	3
Program Actions	
1. Implement a program to teach mindfulness skills to students (example: MindUP or Mindful Schools, Momentus Institute).	3
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
7. Establish a healthy snack or cooking cart program.	3
12. Train staff including food service cooks on whole foods vs. processed foods and healthy meal preparation.	3
13. Host a family well-being event.	2
Flexible Points	
16. Increase water consumption.	2
17. Implement walking program (Walking Wednesdays).	2
18. CCPS 5K Event.	2
Points Needed:	73
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