

WILSON SCHOOL DISTRICT: WELLNESS POLICY ASSESSMENT AND REPORT

Name(s) of Reviewer(s): Sarah Ginn, RD, FSD **Report Period:** June 22, 2020 for SY 2019 – 2020
Carol Gilbert, Interim FSD/Consultant **Scope:** District Triennial Assessment
Grades Reviewed: K – 12 for students in all schools

Included in the written policy?		Public Involvement, Notification, and Assessment	Implemented in the school building(s)?		
Yes	No		Fully in place	Partially in place	Not in place
X		We have LEA official(s)/designee(s) in charge of wellness policy compliance. Dr. Christopher Trickett, Ass't Superintendent Secondary; Sarah Ginn, RD, FSD	X		
X		We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").	X		
X		Triennial assessment results are made available to the public in an easily accessible manner. Website address and/or description of how to access copy: https://www.wilsonsd.org/administration/food-service/	X		
X		At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	X		
X		The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. Website address for policy and/or description of how to access copy: https://www.wilsonsd.org/administration/food-service/	X		
X		We retain records as required by federal regulations including: X The written school wellness policy, X Documentation of making the wellness policy publicly available, X Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and X Copy of triennial assessment and documentation of reporting results to public.	X		
X		The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy: X Administrators X Food service staff X School nurses X Parents X School board members X PE teachers X Students X Public	X		
		Notes on public involvement, notification, and assessment: The Wellness Committee consists of representatives from all areas of the school community. Meetings have been engaging and provide insight to a variety of concepts to engage the school community to improve overall wellness.			
Nutrition Education*					
X		Nutrition education is provided within PDE's sequential, comprehensive health education standards.	X		
X		We teach, model, encourage, and support healthy eating through nutrition education.		X	
X		We provide all students with knowledge and skills for healthy lives via nutrition education.		X	
X		We offer age-appropriate nutrition education and activities to students in: X Elementary School X Middle School X High School.		X	
X		Our nutrition education curriculum teaches behavior-focused skills such as menu- planning, reading nutrition labels, and media awareness.	X		

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Included in the written policy?

Implemented in the school building(s)?

Yes	No	Nutrition Education, continued	Fully in place	Partially in place	Not in place
X		School food service and nutrition education classes work together to create a learning laboratory.		X	
X		In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).		X	
X		We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	X		
X		Staff providing nutrition education receive standards-based training and professional development.	X		
X		We engage and involve families and the community in nutrition education efforts.		X	
		Notes on nutrition education: Through events in each school nutrition education is provided to students. Additionally the PTOs, school clubs and Iron Chef community event have showcased nutrition. The 3 rd grade classes in Cornwall Terrace participated in a grant with Capital Blue Cross to grow herbs in the classroom to teach how fresh herbs can be used to season food in place of salt. This grant linked science and nutrition for the students.			
		Nutrition Promotion*			
X		We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	X		
X		We participate in Farm to School activities such as having a school garden, taste- testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.		X	
X		We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	X		
X		We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	X		
X		We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	X		
X		Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	X		
X		We offer health and nutrition resources to parents to help them provide healthy meals for their children.	X		
		Notes on goals for nutrition promotion: Nutrition is promoted on the monthly menu; menu analysis posted on the website; cafeteria bulletin boards and posters; featured fresh fruit or vegetable of the month on the menu.			
		Physical Activity*			
X		We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	X		
X		We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.		X	
X		In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	X		

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Included in the written policy?		Physical Activity* , continued	Implemented in the school building(s)?		
Yes	No		Fully in place	Partially in place	Not in place
X		We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	X		
X		We discourage extended periods of inactivity (two hours or more) for students.	X		
X		We provide physical activity breaks in the classroom.	X		
X		We offer before and/or after-school programs that include physical activity for participating children.	X		
X		We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	X		
X		We do not use physical activity as a punishment (e.g., running laps).	X		
X		We do not withhold physical activity as a punishment (e.g., taking away recess).	X		
X		We encourage walking and biking to school.	X		
X		We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	X		
		Notes on goals for physical activity: There is a strong community presence with afterschool and weekend physical activity programs for children; the school district provides a before school and after school program for elementary age children; there are intermural and interscholastic programs for all ages.			
		Physical Education (PE)			
X		We implement a PE program consistent with state academic standards with all students participating in PE.	X		
X		PE instruction promotes skills and knowledge necessary for lifelong physical activity.	X		
X		We offer health and nutrition resources to parents to help them provide healthy meals for their children.	X		
X		PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	X		
X		Our curriculum promotes both team and individual activities through a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	X		
X		We use a local assessment system to track student progress on state standards. Students are moderately too vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	X		
X		We provide safe and adequate equipment, facilities, and resources for PE class. Certified health and PE teachers teach our classes.	X		
X		PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	X		
X		We do not use or withhold physical activity as a form of punishment in PE class.	X		
		Notes on goals for physical education: The district maintains high standards for physical education. The well-rounded curriculum is structured for students to learn life-long wellness activities.			

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Included in the written policy?

Implemented in the school building(s)?

Yes	No	Other School-Based Wellness Activities*	Fully in place	Partially in place	Not in place
X		Free drinking water is available and accessible to students during meal periods and throughout the school day.	X		
X		School nutrition staff meet local hiring criteria and in compliance with federal regulations.	X		
X		We provide continuing education to school nutrition staff as required by federal regulations.	X		
X		We provide adequate space for eating and serving school meals in a safe and clean meal environment.	X		
X		Students have access to hand washing or sanitizing before meals.	X		
X		We implement alternate school breakfast service models to increase participation, such as “grab & go,” breakfast served in the classroom, and breakfast after first period.	X		
X		Nutrition content of school meals is made available to students and parents. Website: https://www.wilsonsd.org/administration/food-service/	X		
X		Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	X		
X		We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	X		
X		We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	X		
		<p>Notes on goals for other school-based activities: Breakfast is available every day in each school; students who arrive on late buses are encouraged to participate and are able to take breakfast to their classroom.</p> <p>All school nutrition staff receive required professional development training on a variety of topics including: Civil rights, customer service, food safety, meal components and nutrition.</p> <p>The newly hired SFS Director (April 2020) is a Registered Dietitian and exceeds hiring requirements of USDA.</p>			
		Nutrition Guidelines for All Foods and Beverages at School			
X		We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	X		
X		Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	X		
X		Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	X		
X		We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	X		

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Included in the written policy?		Nutrition Guidelines for All Foods and Beverages at School, continued	Implemented in the school building(s)?		
Yes	No		Fully in place	Partially in place	Not in place
X		We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	X		
X		We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	X		
X		Food allergies are identified by parents through a written medical release of information from a recognized medical authority to the school nurse and the school food service director.	X		
X		All information related to feed allergies is kept confidential.	X		
X		Food allergy messages are provided to school food service workers to reduce the likelihood of severe reaction and provide a safe dining experience.	X		
X		Food service staff receive training on meal preparation and service for students identified with food allergies.	X		
X		Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards.	X		
		<p>Notes on nutrition guidelines for foods and beverages at school: Food allergy information was updated by the FS department at the beginning of the school year to ensure records were accurate and up-to-date.</p> <p>Fundraisers are recorded in a Google document tracking the type of fund raiser, the organization holding the event, the date and who approved the function.</p> <p>All foods sold a la Carte in the cafeterias meet the requirements of Smart Snack criteria and are vetted through the Smart Snack Calculator.</p> <p>https://foodplanner.healthiergeneration.org/calculator/</p>			

*** At least one goal for these categories must be included in the written policy per federal regulations.**

Report of Progress on Wellness Initiatives from 2017 - 2018 through 2019 – 2020 School Years.

The Wellness Committee strives to assess nutrition, physical activity and overall wellness activities held in each school throughout the school year.

SY 2017 – 2018: The Wellness Policy, Section 200, # 246, was reviewed and prepared for revision. The policy committee met 4 times during the spring of 2018. The policy was presented to the School Board of Directors for approval and was adopted on June 18, 2018. The policy can be found through a link on the Food Service webpage or in the Board documents segment of the webpage.

SY 2018 – 2019: The Wellness Committee met two times during the school year. Committee membership was expanded to include the policy recommendation of: Administrators, school nurse, food service, physical education teachers, school board member, students, community members, and parents. The committee became familiar with the wellness policy. Practices were put in place to track and monitor fundraisers to ensure each school did not exceed the allowable number of events per year.

The Food Service department participated in National School Lunch Week in October and National School Breakfast week in March. The new Golden Spoon was awarded to Spring Ridge Elementary for in promoting the school lunch program. They also held a food drive for the food bank. West Middle School was awarded the Golden Spatula for

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engaging students to start their engines during breakfast week. Their participation increased at the highest percentage.

SY 2019 – 2020: The committee was able to hold two meetings prior to the COVID-19 pandemic. The Food Service department participated in National School Lunch Week in October and National School Breakfast week in March. The Golden Spoon was awarded to West Middle School for promoting the school lunch program. Spring Ridge Elementary was awarded the Golden Spatula for hosting parents and students to blast off into space during breakfast week.

It was recommended that the school food service department feature a fruit or vegetable of the month. A monthly schedule was established and started in January. Every Wednesday the menu included the featured fruit or vegetable.

- January featured Cauliflower
- February featured Grapefruit
- March featured Salad Greens

Due to be launched in March was a Google Document assessment sheet for each school where wellness activities including but not limited to physical activity in the classroom, PTO wellness activities, field days, nutrition education, etc. were to be listed. However, due to COVID-19 school closure this was not able to be started. When the committee meets in the fall it will be presented.

The triennial assessment of the food service program was conducted at the end of the school year.