

WELLNESS COMMITTEE

SCHOOL: High School

	Name	Email Address
Principal:	Rich Heffernan	rheffernan@palisadesd.org
Asst. Principal:	Amber Schlosser	aschlosser@palisadesd.org
Nurse:	Heather Page	hpage@palisadesd.org
Food Service:	Jennifer Irej	jirej@palisadesd.org
Faculty:	Mark Chilton	mchilton@palisadesd.org
	Brian Gilbert	bgilbert@palisadesd.org
Health/PE	Chris Hastie	chastie@palisadesd.org
	Lauren Rood	lrodd@palisadesd.org
Students:	Colton Grim	10622@palisadesd.net
	Olivia Olmstead	22569@palisadesd.net
	Bryce Snyder	20584@palisadesd.net
Counselor:	Katherine Lloyd	klloyd@palisadesd.org
	Brianna Waldman	bwaldman@palisadesd.org

Wellness Committee-High School

1-25-2024

- Goals:
- A. Nutritional Education-Knowledge building
 - B. Physical Activity-in School/after School (non-competitive)
 - C. Support Healthy eating-fresh foods-Survey students, panels

1. How do you feel we are doing up against our Wellness initiatives?
2. Are there any healthy options you would like to see on the menu?
Yogurt bar, fresh fruit bar,
3. Should we consider offering after School non-competitive activities at the High School? At the other buildings we offer swimming, bowling, rock climbing, cooking club, volley ball, roller skating,
4. Would adding a garden and/or compost at the high school be of learning interest?
 - Location could be in atrium outside café
 - Herb Garden
 - Vegetable Garden
 -
5. Should we look into starting a Theme Bar again?
 - a. Served every other week
 - b. Mac & Cheese Bar, Asian Bar
 - c. Rice Bowls
6. Would you like us offer free homemade soups with lunch?

Questions for Wellness

1. Now that we are back to baking, what kind of desserts would you like to see?
 - a. Peach Cobbler
 - b. Homemade Crumb Cake
 - c. Blueberry Buckle Cake
 - d. Other
2. Are there any health food options you would like to see on the menu?
 - a. Fruit Cups (Priced based on purchase price)
3. Which of the non-competitive activities are of interest?
 - a. Dodge Ball
 - b. Yoga
 - c. Capture the flag
 - d. Other
4. Would you be interested in starting a garden or compost at the high school?
 - Location could be in atrium outside café
 - Herb Garden
 - Vegetable Garden
5. Yogurt Bar
 - a. Blueberries
 - b. Strawberries
 - c. Cherries
 - d. Oats
 - e. Granola
 - f. Coconut Flakes
6. Theme Bar – 2 days a week
 - a. Served every other week
 - b. Mac & Cheese Bar, Popcorn Chicken/Taco Meat
 - c. Rice Bowl, Honey Chicken/Popcorn Chicken
7. Would you like to see more homemade soups?
 - a. Served from Oct thru Feb

Activity-Related Fundraisers –

1. Skate night/Skate-a-thons.
2. Fun-runs/Walk-a-thons/Bike-a-thons.
3. Tennis/Horseshoe competition.
4. Golf tournament.
5. Bowling night/Bowl-a-thons.
6. 3-on-3 basketball tournament - teams are charged an entrance fee and local businesses donate prizes.

Show Your School Spirit Fundraisers With School (Center) Name/Logo –

1. Mugs.
2. Megaphones.
3. Stadium cushions.
4. T-shirts, sweatshirts, caps.
5. Rally rags, team towels.
6. License plate frames.
7. Spirit/Seasonal flags.
8. Frisbees.
9. Magnets.
10. School event planners that include all school event dates.

Fun And Entertaining Fundraisers –

1. Dances - kids, father/daughter, family, Sadie Hawkins.
2. Talent shows.
3. Magic shows.
4. School art drawings.
5. Buttons, pins and stickers.
6. Balloon bouquets.
7. Temporary tattoos.
8. Singing telegrams.
9. Milk Mustache photos.
10. Valentine's Day flowers.
11. Treasure hunt/Scavenger hunt.

Community-Related Fundraisers –

1. Customized signs.
2. Family portraits.
3. Gift wrapping at holiday time.
4. Selling local agricultural products.
5. Recycling cans/paper/ink cartridges.
6. Emergency kits for cars.
7. Car washes.



High School

PHS Wellness Committee Meeting Notes 2021-22

November 23, 2021, 1:00 PM (in-person)
January 4, 2022, 1:00 PM (virtual)
March 24, 2022 (virtual)

Attendance: Lauren Rood, Jennifer Irely, Gerry Giarratana, Amber Schlosser, Chris Hastie, Dawn Fulton, Lori Tirjan, Katie Lloyd, Mark Chilton, Cortez Catalano, Heather Page, Hailey Stevens, Brooke Balsamo

Table with 4 columns: Topic, Support/Ideas, Status/Follow-up/Other, Updates & Final Plans. Rows include Comprehensive Plan, Building Assessment, Nutrition, and Physical Education.

			Mindfulness contact
Gardening	Food for the cafe?	Clubs, volunteer groups, Matthew McClintic & Mark Chilton will review if possible Sign-up genius to help with garden	
Composting			
Social/Emotional needs & Mental Health	Community Events (connect w/Pennridge)	Katie Lloyd & Lori Tirjan will contact presenters <u>Ashley Heidler</u> - Mindfulness (Lauren Rood) <u>Grant Opportunity</u> - Heather Page	Lori & Katie will share a flyer regarding the upcoming event at Pennridge; Palisades is welcome to join virtually or in-person. Heather will submit the grant.
Possible Events community/building	Wellness Expo (possible partners) Parent Events	Obtain ideas Social media, vape educate, wellness events, monster drink education	Amber will reach out to Bucks County AP/Principal's group.

WELLNESS INITIATIVES

PALISADES SCHOOL DISTRICT

1. Nutrition Education

- a. Update wall of Wellness
- b. Relocate TV screens, for lunch nutritionals to be displayed. Signage in lunch lines.
- c. Elementary school partner w/PTAs, assemblies to intro fruits/vegetables
- d. Salad Man to visit each Elementary School
- e. High School, Middle School Wellness Expos
- f. Food Focus group, for feedback at Middle School & High School each qtr.
- g. After School cooking classes offered Elms at each building (60 students total)

2. Gardening

- a. Composting at all elementary schools
- b. Greenhouse program in use at HS
- c. Garden planting at Elementary Schools /Vegetables used in cafeteria
- d. Garden Clubs at each building *After school*
- * e. Curriculum to include greenhouse, gardens, hydroponics,
- f. Outdoor classroom/garden at MS

3. Physical Activity

- a. Non-competitive after school clubs- all grades Skating, bowling, swimming,
- b. 2 o'clock exercise break time, at elementary schools
- c. PALMS Fitness center Integration into current system
- d. Time allotted for physical fitness breaks
- e. Employee/Staff Wellness programs
- f. 5th grade Tails on Trails program
- g. Evening school
- h. Add fencing to after school activities

Wellness Committee

Attendance: Chris Hastie, Lynne Deangelis, Amber Schlosser, Kyle Trexler, Erin Deangelis, Monica Losinno, Jan Alpaugh, Lori Tirjan, Dawn Fulton

Agenda:

1. Nutrition:
 - a. Education-Wall of Wellness updates:
 - i. Move to cafeteria
 - ii. Publicize through TV/Vid: Jan & Gerry - follow-up with IT
 1. Brian Gilbert - have students create video
 - iii. Historically has been Food and Services
 - b. Future Expos:
 - i. Blue zones: Lynne Deangelis
 - ii. Partnership with local colleges- Dawn Fulton
 - c. Apple Crunch Day - Jan first day of spring March 20th, Stand up to Silence with Nutritional/fun fact
2. Gardening:
 - a. Composting Project
 - i. Erin - website: www.rts.com
 1. Free assessment
 2. Lynne will share contact with Amber
 - ii. Discussion with food services and maintenance to create the facility to complete this project.
3. Physical Education:
 - a. Student Extracurriculars: non-competitive activities
 - i. Cooking Club: student interest, volunteer to help those in need (hours), possible family cooking class? Jan research chefs, farm to table, local restaurants
 1. May event?
 2. Funding - Gerry?
4. Student Feedback:
 - a. Quarterly student focus group - meet in Cafe with students; PM announcements and email to students
 - b. Improvements/Needs:
 - i. vegetarian options: soup, other options
 - ii. Advertise vegetarian options
 - iii. Survey students
 - c. Food Commentary:
 - i. Vending machines: are we meeting the guidelines and can we replace with healthier options? Gerry thoughts?
 - ii. Free sample day to introduce healthier options?

Wellness Policy Assessment Tool and Report Template

LEA / District Name: Palisades School District

Date Completed: 06/20/2023 ✓

Name(s) of Reviewer(s): Jennifer Irely/Gerry Giarratana School Name (if applicable): High School

Select grades:

PK K 1 2 3 4 5 6 7 8 9 10 11 12

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Public Involvement, Notification, and Assessment

<input checked="" type="radio"/>	<input type="radio"/>	We have LEA official(s)/designee(s) in charge of wellness policy compliance.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Name(s)/Title(s):			
<input checked="" type="radio"/>	<input type="radio"/>	We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Triennial assessment results are made available to the public in an easily accessible manner.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Website address and/or description of how to access copy: Palisd.org High School Site			
<input checked="" type="radio"/>	<input type="radio"/>	At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Website address for policy and/or description of how to access copy:			
<input checked="" type="radio"/>	<input type="radio"/>	We retain records as required by federal regulations including: <input type="checkbox"/> The written school wellness policy, <input type="checkbox"/> Documentation of making the wellness policy publicly available, <input type="checkbox"/> Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and <input type="checkbox"/> Copy of triennial assessment and documentation of reporting results to public.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food service staff <input checked="" type="checkbox"/> School health professionals <input checked="" type="checkbox"/> Parents <input type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Public			
		Other stakeholders (describe):			

Notes on public involvement, notification, and assessment:

Meeting schedules will be posted, and announced to faculty and staff through the Principals weekly newsletter

Nutrition Education*

<input checked="" type="radio"/>	<input type="radio"/>	Nutrition education is provided within PDE's sequential, comprehensive health education standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We teach, model, encourage, and support healthy eating through nutrition education.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

- | | | | | | |
|----------------------------------|-----------------------|---|----------------------------------|-----------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | We provide all students with knowledge and skills for healthy lives via nutrition education. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We offer age-appropriate nutrition education and activities to students in:
<input type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | School food service and nutrition education classes work together to create a learning laboratory. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts). | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We reinforce lifelong lifestyle balance by linking nutrition and physical activity. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | Staff providing nutrition education receive standards-based training and professional development. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We engage and involve families and the community in nutrition education efforts. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | Other goal (describe): | | | |

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Signs posted in cafe daily talks with students and staff. TV monitors showing nutritional guidelines.

Menus have nutritional detail to conform to the NSLP

Notes on goals for nutrition education:

We offer cafe tours, and after school cooking clubs for students and parents

Nutrition Promotion*

- | | | | | | |
|----------------------------------|-----------------------|--|----------------------------------|-----------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | 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. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We offer health and nutrition resources to parents to help them provide healthy meals for their children. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | Other goal (describe): | | | |

Notes on goals for nutrition promotion:

District website offers healthy meal tracker

Crew chief attends routine wellness meetings

Healthy discussions with staff and students will work on increasing parent involvement

Physical Activity*

- | | | | | | |
|----------------------------------|----------------------------------|--|----------------------------------|----------------------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | 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. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

- | | | | | | |
|----------------------------------|----------------------------------|--|----------------------------------|----------------------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | 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. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We maintain a physical and social environment that encourages safe and enjoyable activity for all students. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We discourage extended periods of inactivity (two hours or more) for students. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We provide physical activity breaks in the classroom. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We offer before and/or after-school programs that include physical activity for participating children. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | 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. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We do not use physical activity as a punishment (e.g., running laps). | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We do not withhold physical activity as a punishment (e.g., taking away recess). | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We encourage walking and biking to school. | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | 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. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
- Other goal (describe):

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Notes on goals for physical activity:

Will follow up on daily 60 minutes of physical activity

Physical Education (PE)

- | | | | | | |
|----------------------------------|----------------------------------|--|----------------------------------|-----------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | We implement a PE program consistent with state academic standards. All students participate in PE. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | PE instruction promotes skills and knowledge necessary for lifelong physical activity. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | Our curriculum promotes both team and individual activities. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We use a local assessment system to track student progress on state standards. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We provide safe and adequate equipment, facilities, and resources for PE class. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | Certified health and PE teachers teach our classes. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We provide professional development for PE staff. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | PE classes have a teacher-student ratio similar to other courses for safe and effective instruction. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We do not use or withhold physical activity as a form of punishment in PE class. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
- Other goal (describe):

Notes on goals for physical education:

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Other School-Based Wellness Activities*

<input checked="" type="radio"/>	<input type="radio"/>	Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide adequate space for eating and serving school meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a safe and clean meal environment for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Students have access to hand washing or sanitizing before meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Only authorized staff have access to the food service operation.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide the nutrition content of school meals to the school community.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We include students/parents in menu selections through taste-testing and surveys.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We utilize outside funding and programs to enhance school wellness.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We train all staff on the components of the school wellness policy.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	School based activities are planned with wellness policy goals in mind.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for other school-based activities:

Nutrition Guidelines for All Foods and Beverages at School

<input checked="" type="radio"/>	<input type="radio"/>	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events. <i>A COMBINATION of OFFERS - BASED ON EVENT</i>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

- | | | | | | |
|----------------------------------|-----------------------|--|----------------------------------|-----------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | 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. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | 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, cups for beverage dispensing, coolers, trash cans. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Implemented in the school building(s)?
 Fully in Place Partially in Place Not in Place

Notes on nutrition guidelines for foods and beverages at school:

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

Report on the progress made in attaining the goals of the wellness policy (REQUIRED):

Wellness issues to address:

Air flow & quality in work out space as well as gathering spaces is poor. Equipment is effected as well due to humidity and poor air flow. Fitness center, and cafeteria need positive air flow as well as exhaust.

Continued use of student surveys has been a great toll at the High School.

Cafeteria enhancements: Provide healthy yogurt options, and more protein items. Upgrade vending offerings to include protein bars.

Addressing Physical activities:

Daily opportunities exist to provide a once a day "brain break" "10 minute stretch" 5 days a week. We do not conduct 60 minutes a day of physical activity, for students, therefore we are deficient.

Additional Physical activities after school:

We have a very active Fitness center, Ski club, our environment across the demographic provides for additional exercise opportunities in which over 40% of our student body participate in.

Marching band, school musical, volleyball, dodge ball, track, wrestling, baseball, basketball, football.

Gardening plan:

Provide support to our Durham Nockamixon elementary school, through a High School mentor program, kids for kindness.

Support composting through the cafeteria.