

WELLNESS MEETING

JANUARY 25, 2024

We went over the survey that was sent out to the students in December. The following questions were asked:

Did you know Breakfast is free to all students?

Do you buy lunch at school?

What are 3 of your favorite lunches served?

What are 2 of your least favorite lunches served?

What is something you would like to see served for lunch that we don't serve?

Response are attached

I'm going to reach out to Tom Bold to see if he is planting anything in the school garden for us to use in café this year.

There is going to be a cooking club for 5 weeks after school starting February 27- March 26

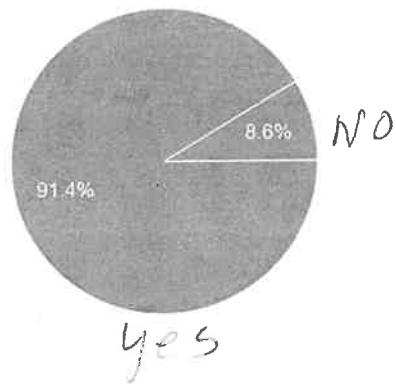
Ilea suggested that the school should be able to provide prepackaged treats for birthday's that parents can call to buy from us to send to classrooms.

Addison & Paige said we should have a popcorn machine in the café for us to sell fresh popcorn every day. It's a healthy snack!

Can we have the soup back?

Did you know Breakfast is free to all students?

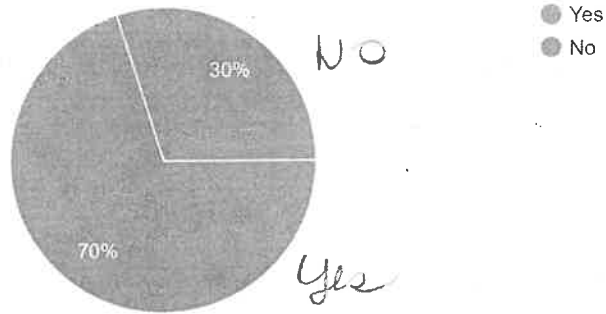
198 responses



- Yes
- No

Do you buy lunch at school?

200 responses



Did you know
President is
suerack?

Timeslamp	Score	What are 3 of your favorite lunches served?	What are 2 of your least favorite lunches served?	What is something you would like to see served for lunch that we don't serve?	Do you buy lunch at school	Email Address
12/6/2023 12:50:18	Yes	hamburgers, pizza, nachos	hamburgers, pizza, nachos	hamburger	Yes	
12/6/2023 12:47:43	Yes	I bring lunch	I bring lunch	I don't buy lunch	No	
12/6/2023 11:14:33	Yes	I don't buy lunch	I don't buy lunch	I don't buy lunch	No	
12/6/2023 12:05:00	Yes	I don't buy lunch	I don't buy lunch	I don't buy school lunch	No	
12/6/2023 12:45:54	Yes	I don't buy lunch	I don't buy lunch	I don't know what they serve.	No	
12/6/2023 11:17:18	Yes	I don't eat the lunches at school.	I don't eat the lunches at school.	Nothing	No	
12/6/2023 12:04:17	Yes	I don't get lunch	I don't get lunch	steak	No	
12/6/2023 11:17:44	Yes	I don't get lunch	I don't get lunch	pancakes	No	
12/6/2023 11:14:58	Yes	I don't buy lunches	I don't buy lunches	No	No	
12/6/2023 12:05:37	Yes	I don't buy lunch	I don't buy lunch	Ice Cream	No	
12/6/2023 12:46:15	Yes	I don't eat School lunch	I don't eat school lunch	steak	No	
12/6/2023 12:51:51	Yes	I don't know	I don't know	Crepes	No	
12/6/2023 12:04:50	Yes	I don't know I don't buy	I don't know I don't buy	Fried chicken	No	
12/6/2023 12:45:21	Yes	I get a personal lunch but I like the salads and the sandwiches	I don't like the walking taco and the spaghetti	fried chicken	No	
12/6/2023 12:05:37	Yes	I have no clue what they serve	I have no clue what they serve	fried chicken	No	
12/6/2023 12:44:32	Yes	I only buy pizza	I only buy pizza	School sells cup o noodle and provide hot water	No	
12/6/2023 12:46:55	Yes	I pack everyday	I pack every day	Comedogs	No	
12/6/2023 12:07:54	Yes	I pack lunch	I pack lunch	steak	No	
12/6/2023 12:06:52	Yes	I pack lunch	I pack lunch	.Bakker cookies	No	
12/6/2023 12:47:08	Yes	I pack lunch.	I pack lunch.	nothing	Yes	
12/6/2023 11:19:33	No	ice cream, prezzels, fruit roll up	idk	idk	Yes	
12/6/2023 12:47:21	Yes	idk	idk	Hot dogs	Yes	
12/6/2023 12:55:06	Yes	idk	idk	Hot dogs	Yes	
12/6/2023 11:18:01	Yes	Italian Hoagie, French Toast Slids, Ham and cheese, LTM	Chicken Salad sandwich and Chicken sandwich	N/A	Yes	
12/6/2023 11:00:02	No	Mac + cheese, popcorn chicken, chicken nuggets	Nachos grande, mozzarella sticks	idk	Yes	
12/6/2023 12:08:20	Yes	Mac and cheese Chicken sandwich	Pizza hoagie?	Hot dogs	Yes	
12/6/2023 12:47:59	No	mac and cheese and breadsticks, pizza	hot chicken sandwich	idk	Yes	
12/6/2023 12:47:12	Yes	Mac and cheese, Asian chicken with rice, Cheesy bread sticks	Max sticks, Tacos	idk	Yes	
12/6/2023 11:15:27	Yes	Mac and cheese, cheese sticks, and cheese burger.	I don't have any	Nothing	Yes	
12/6/2023 11:17:47	Yes	Mac and Cheese, chicken nuggets, tacos	pizza, mozzarella sticks	grilled cheese	Yes	
12/6/2023 12:06:35	Yes	mac and cheese, chicken sandwich, chicken pot pie	mozzarella sticks, and pizza	crispy crunch chicken	Yes	
12/6/2023 11:18:43	Yes	mac and cheese, max sticks, grill cheese	tacos, cheese burger	spaghoit	Yes	
12/6/2023 11:19:29	Yes	Mac and cheese, Waffles, and Funnel Cake	Pizza and Chicken Sandwiches	Good pizza/metter tasting	Yes	
12/6/2023 12:50:28	Yes	mac cheese	idk	Soup	Yes	
12/6/2023 12:05:33	Yes	Mac N Cheese, Cheese Breadsticks, Funnel Cake	Chicken Sandwich, Pizza	idk	Yes	
12/6/2023 12:47:33	Yes	Mac N Cheese, mozz sticks, and chicken fingers	cheese burger, and cheesy bread sticks	idk	Yes	
12/6/2023 11:18:59	Yes	Mac sticks, pizza, and chicken sandwiches.	mac and cheese and I dunno	SMORES	No	
12/6/2023 11:18:43	Yes	mac sticks, mac n cheese, chicken	mac sticks, tacos	idk	No	
12/6/2023 11:23:57	Yes	mac and ons, macsticks, ice cream	I don't now	idk	No	
12/6/2023 12:50:52	Yes	max sticks, cheesy bread sticks, mozzarella stick	chicken nuggets, grilled cheese	idk	Yes	
12/6/2023 12:57:38	No	Max sticks, mac and cheese	Hot dogs and cheese steak	Chicken pot pie	No	
12/6/2023 11:17:30	Yes	max sticks, tacos, french toast sticks	pizza, chicken sandwich	Chicken ceaser wrap	Yes	
12/6/2023 11:19:45	Yes	MAX STICKS! Cheesy breadsticks and mac and cheese.	Burgers and tacos.	Fallucaine Alfredo	Yes	
12/6/2023 12:46:16	Yes	max's sticks pizza and walking tacos	idk	idk	Yes	
12/6/2023 12:34:17	Yes	mozzarella sticks, pizza and cheese breadsticks	Hot dogs, mac n cheese	eggs, Bacon	No	
12/6/2023 11:18:41	Yes	mozzarella sticks, french toast sticks, Chicken tenders	walking tacos, mac and cheese	I don't think I have any in mind	Yes	
12/6/2023 11:17:30	Yes	mozzarella sticks, Cheesy breadsticks, chicken sandwich	don't have any	Sabury steak	Yes	
12/6/2023 16:22:32	Yes	Mozzarella sticks, Cheesy breadsticks, pizza	none	all the options are good	Yes	
12/6/2023 11:20:41	Yes	Mozzarella Slids, chicken and fries, and mac and cheese.	chicken nuggets grill cheese	idk	Yes	
12/6/2023 12:52:38	Yes	mozzarella sticks, max sticks, buffalo chicken pizza	Hot dog	Fried bread pizza	Yes	
12/6/2023 11:16:44	Yes	Mozzarella sticks, Max sticks.	hot dogs and mac and cheese	Flubread pizza	Yes	
12/6/2023 11:16:54	Yes	mozzarella sticks, max stick and Chicken tenders ers	chicken sandwiches	steak	No	
12/6/2023 12:40:40	Yes	mozzarella stick pizza taco	spicy chicken sandwich, broccoli pizza	Please add free snacks	Yes	
12/6/2023 12:51:11	Yes	mozzarella sticks, pizza, salad	N/A	Hoagies	No	
12/6/2023 12:07:22	Yes	N/A	N/A	idk	No	
12/6/2023 12:45:22	Yes	n/a	n/a	n/a	No	
12/6/2023 12:11:08	Yes	nachos, tacos, chicken nuggets	cheese sticks, spicy chicken sandwich	sushi	Yes	
12/6/2023 12:49:13	Yes	Nachos, pizza, cheesy bread sticks	Waffles, french toast	Grilled Cheese and donuts for breakfast more often	Yes	
12/6/2023 12:38:37	Yes	Nachos, spicy nuggets, spicy chicken sandwich	Pizza, Mac and cheese	Chinese food	Yes	
12/6/2023 12:04:11	Yes	None	None	Pasta	No	
12/6/2023 12:45:02	Yes	None	None	nothing	No	
12/6/2023 12:46:09	Yes	None	None	Orange chicken with rice	Yes	
12/6/2023 12:47:07	Yes	None	None	Dino chicken nuggets.	Yes	
12/6/2023 12:47:43	No	None	None	None	No	
12/6/2023 11:18:41	No	None	None	Hot chocolate	No	
12/6/2023 12:46:28	No	None	None	Orange chicken	Yes	
12/6/2023 12:47:37	Yes	None	Chesburger	Orange chicken	Yes	

Did you know
that you can
filter by total
score?

Timestamp	Score	What are 3 of your favorite lunches served?	What are 2 of your least favorite lunches served?	What is something you would like to see served for lunch that we don't serve?	Do you buy lunch at setc Email Address
12/6/2023 12:36:36	No	none none and none	none none	nothing good for once	No
12/6/2023 12:45:59	Yes	pack lunch	Chicken nuggets	better sugar cookies and cookies ingeneral	No
12/6/2023 11:17:20	Yes	Pizza Nachos Tacos	Waffles		Yes
12/6/2023 11:18:34	Yes	pizza and bread sticks			Yes
12/6/2023 11:14:52	Yes	pizza and i don't know			Yes
12/6/2023 12:48:27	Yes	Pizza breadsticks chicken sandwich	mac and cheese no others		Yes
12/6/2023 12:48:25	Yes	Pizza breadsticks mac and cheese	Fish sticks chicken sandwich		Yes
12/6/2023 12:06:41	No	pizza chicken sandwich chicken nuggets	mozzarella sticks bread sticks		Yes
12/6/2023 11:17:58	No	pizza mac and cheese nachos	mozzarella sticks and sub		No
12/6/2023 18:55:05	Yes	pizza max sticks chicken sandwich	don't have one		No
12/6/2023 11:18:19	Yes	pizza moz sticks and tacos	bread sticks and mac and cheese		Yes
12/6/2023 12:46:44	Yes	Pizza taco nacho	Max sticks, chicken		Yes
12/6/2023 11:17:35	Yes	pizza, burger, chicken nuggets	waffles, hot dog		Yes
12/6/2023 11:16:49	Yes	pizza, burgers, and spicy chicken	nuggets, french fries		Yes
12/6/2023 11:18:56	Yes	Pizza, chicken patties, hot dog	bread sticks, max sticks		Yes
12/6/2023 12:08:26	Yes	pizza, chicken salad anything, cheesy bread sticks	burgers and sausage		Yes
12/6/2023 12:51:91	Yes	Pizza, chicken sandwich, mozt sticks	None		Yes
12/6/2023 12:08:12	Yes	Pizza, chicken tenders, and funnel cake	Mac and cheese, is the only one I can think of		Yes
12/6/2023 11:15:34	Yes	pizza, max sticks and chicken nuggets	waffles and cheese bread sticks		Yes
12/6/2023 12:48:40	Yes	Pizza, Max sticks, and Chocolate cake	Spicy fous=44 of them		No
12/6/2023 12:54:36	Yes	Pizza, Max Sticks, Walking Taco	Mashed potatoes, Waffles,		Yes
12/6/2023 12:41:54	Yes	Pizza, mini waffles	n/a		No
12/6/2023 11:17:49	Yes	pizza, mozzarella sticks thata il	quesadilla		No
12/6/2023 11:18:56	Yes	Pizza, nachos, and mac cheese	chicken tenders, and cheesy bread sticks		Yes
12/6/2023 11:19:26	Yes	Pizza, nachos, chicken tenders	Mac and cheese, Cheesy breadsticks		No
12/6/2023 11:19:07	No	Pizza, nachos, popcorn chicken	mac and cheese, chicken tenders		No
12/6/2023 12:48:32	Yes	pizza, pulled pork, cheese bread sticks	hamburgers and walking tacos		Yes
12/6/2023 12:47:33	Yes	Pizza, pulled pork, cheesy bread sticks	anything with chicken, burgers		Yes
12/6/2023 12:07:21	Yes	Pizza, walking tacos, and any of the sandwiches.	Burgers and french toast.		No
12/6/2023 12:04:35	Yes	Pizza, Walking Tacos, Cheeseburger	Mac and Cheese Pizza, Funnel Cake		Yes
12/6/2023 12:48:01	Yes	pizza, cheesy bread sticks, macaroni	popcorn chicken waffle		Yes
12/6/2023 18:39:22	Yes	Pizza, Chicken sandwich, walking taco	Burgers, Spicy chicken		No
12/6/2023 12:06:51	No	pizza, chicken, funnel cake	I don't know		Yes
12/6/2023 11:15:39	Yes	pizza salad nachos	nasty chocolate cake, chicken sandwiched		No
12/6/2023 11:15:36	Yes	salad, funnel cake, cheese bread sticks	nasty chocolate cake, chicken sandwich		Yes
12/6/2023 11:18:04	Yes	salad, hoty, and funnel cake	pizza the breakfast for lunch		Yes
12/6/2023 12:52:06	Yes	Spicy chicken nuggets pizza Mac and cheese	corn dog and bread sticks		Yes
12/6/2023 11:16:21	Yes	spicy chicken sandwich, spicy chicken sandwich, and spicy chicken sandwich.	Fish stick and corn dogs		Yes
12/6/2023 11:18:43	Yes	spugate guldkhees	burgers, waffles		Yes
12/6/2023 12:49:09	Yes	Taco, nachos, and walking nachos	pizza and hot dogs		Yes
12/6/2023 12:47:00	Yes	taco, taco, taco	idk		Yes
12/6/2023 12:47:10	Yes	tacos	Pizza and Chicken Nuggets		Yes
12/6/2023 12:05:25	Yes	tacos chicken pizza	chicken, taco with cheese		Yes
12/6/2023 19:53:30	Yes	Tacos, French toast sticks, Pizza	tacos mac chicken sandwich		Yes
12/6/2023 12:07:43	Yes	The cheesy bread sticks, Pizza, and chicken sandwiches.	Mac and cheese and		Yes
12/6/2023 12:05:03	Yes	The old waffles, pizza, chips.	Mac and Cheese, Cheese sticks		No
12/6/2023 12:46:28	Yes	the rice and chicken lunch the spice chicken nuggets and cheese bread sticks	The new waffles, Mozzarella sticks,		Yes
12/6/2023 12:05:26	Yes	Unrustables, pre made sandwiches, water (f m keto)	idk		Yes
12/6/2023 12:06:51	Yes	Waffles popcorn chicken and hashbrowns	Max sticks and turkey		No
12/6/2023 18:22:41	Yes	Walking Taco, French Toast sticks, Pizza	mac and cheese pizza and beans		No
12/6/2023 12:48:46	No	Walking taco, spicy chicken nuggets, mac n cheese	Tacos, and corn dogs.		No
12/6/2023 12:49:40	Yes	walking tacos, mac and cheese, tacos	Mozzarella Sticks, Chicken Sandwich		Yes
12/6/2023 12:06:53	No	yummy ones	non spicy chicken nuggets, pizza		Yes
12/4/2023 12:12:27	Yes		chicken sandwich, mozzarella sticks		Yes
12/5/2023 11:14:56	Yes		Not yummy ones		No
12/6/2023 11:15:30	Yes		chicken tenders, and nuggets pizza, and asian chicken with rice		No
12/6/2023 12:05:11	Yes		Fajitas		No
12/6/2023 12:47:32	Yes		Waffles, chicken sandwich		Yes
12/7/2023 7:22:57	Yes		septic scoop dessert white strifes		Yes
12/7/2023 10:44:47	No		nothing		No
12/6/2023 13:36:51	Yes		pizza chicken sandwiches		No

Palms Wellness committee

11/2/23

Breakfast is free to all students this year. It's available from 7:07 am to 8:00 am.

If a student qualifies for reduced meals this year they are free now.

I have applications if anyone knows a family that may need to apply for free lunches.

The sodium limit is now 1225 mg or less/ per week it was 1360 mg last year.

1 in 6 kids ages 8-17 have high blood pressure.

Breakfast has to be less than 600 mg.

All of our breads are whole grain.

We don't serve any fried foods.

We are not serving anything with artificial coloring no blue 1, citrus red 2, red 40 dye.

All of our snacks are under 200 calories.

I have gluten free cereal, bagels, rolls, bread and pizza crust for anyone on a gluten free diet. Just need to know in the morning by 9 am if they want something for lunch. The day before if they want a bagel or a breakfast sandwich.

Anyone with special diets I can sit down with them and work on a menu for them if need be.

Are we having Thanksgiving dinner this year? Karl wanted to know!

Karl asked if we can do free soup on Friday's this year again?

Jennifer said they asked the kids in class how they like the food? Overall the kids like it. 6th grade is really happy because they have more choices then they did in elementary school. They have told me that also. They really like the cold sandwich option.

Paige who is 7th grade said her class likes having 2 hot choices for lunch.

PALMS Wellness Meeting October 11,2022

Attending: Tabitha Dawson, Karl Scheibenhofer, Elissa Harwick, Jennifer Kukowski, Jodi Janiszewski & Avery Janiszewski

All students are able to get 1 free complete breakfast every day until the end of the school year. Please send down student if they are hungry in the morning.

This year we are using fresh broccoli instead of frozen in hopes it's more appealing in getting the students to eat more veggies.

We are offering fresh veggie bags with a dip cup every day. They are going pretty good as of now.

Students can have unlimited fruits and veggies with their meals. They are coming back if they are still hungry are they finished their lunch.

We brought the fixings bar back on taco days and hoagie day so the students can help themselves to fresh lettuce, tomatoes and onions.

Our fresh baked dessert are made with fruit and under 120 calories. Please if you have any good recipes or idea share with me. Avery would like me to make peach cobbler sometime. I will look for a low calorie recipe for that.

Jen Tapper has taken over the garden club. She is redoing the garden she is thinking about putting in some winter vegetables for us to use in the kitchen.

Karl & Jen ask if we could try doing a baked potato bar like the high school had years ago.

We talked about seeing if Barry foods still offer fruit slushy or smoothie machine they asked us about before covid hit. I will check with Gerry on that.

We would like to set up a food tasting for the kids. I will check with Gerry if we could do that. I think Barry foods may do that.

We will be putting together a survey to see what the students would like to see in the cafeteria, favor food.

Wellness Policy Assessment Tool and Report Template

LEA / District Name: Paliades School District

Reporting Timeframe (month/year to month/year): June 2023

Name(s) of Reviewer(s): Tabitha Dawson Gerry Giarrata School Name (if applicable): Middle 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"/> | <p>We have LEA official(s)/designee(s) in charge of wellness policy compliance.
 Name(s)/Title(s): Dr. Karl Scheibenhofer, Principal, Tabitha Dawson Crew chief</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").
 Triennial assessment results are made available to the public in an easily accessible manner.</p> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>Website address and/or description of how to access copy:
 palisd.org</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.
 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.</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>Website address for policy and/or description of how to access copy:
 palisd.org Board docs 200 pupils, policy #246</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>We retain records as required by federal regulations including:
 <input checked="" type="checkbox"/> The written school wellness policy,
 <input checked="" type="checkbox"/> Documentation of making the wellness policy publicly available,
 <input checked="" 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.</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:</p> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | <p><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 type="checkbox"/> Students
 <input type="checkbox"/> Public</p> | | | |

Other stakeholders (describe):

Notes on public involvement, notification, and assessment:

District Wellness Committee meetings are occurring quarterly. Nutrition, after school clubs, physical activity agenda topics. Support from PTO, parent volunteers with after school activities. District activities include roller skating, swimming, bowling, volleyball & cooking club.

Nutrition Education*

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

Signs posted in kitchen, cafeteria, hallways. students & food service staff have daily interactions. staff suggest students try new foods.

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): | | | |

District website offers a healthy meals tracker. Cafeteria staff attends routine building wellness meetings with staff, parents, students & Principal.

Notes on goals for nutrition promotion:

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 checked="" type="radio"/> | <input 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 checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

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

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 checked="" type="radio"/> | <input 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 checked="" type="radio"/> | <input 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 checked="" type="radio"/> | <input type="radio"/> | We provide physical activity breaks in the classroom. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input 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 checked="" type="radio"/> | <input 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 checked="" 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 checked="" type="radio"/> | <input 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 checked="" type="radio"/> | <input type="radio"/> | We encourage walking and biking to school. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| <input checked="" type="radio"/> | <input 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):

Due to hazardous walking routes we are unable to offer walking or biking to school.

Notes on goals for physical activity:

Physical Education (PE)

- | | | | | | |
|-----------------------|-----------------------|--|----------------------------------|-----------------------|-----------------------|
| <input 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 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 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 type="radio"/> | <input type="radio"/> | Our curriculum promotes both team and individual activities. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input 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 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 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 type="radio"/> | <input type="radio"/> | Certified health and PE teachers teach our classes. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | We provide professional development for PE staff. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input 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 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:

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 Fully In Place Partially in Place Not in Place

Yes No

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 checked="" type="radio"/>	<input 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 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 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 type="radio"/>	<input type="radio"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input 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 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 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"/> | 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. |

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

- | | | |
|----------------------------------|-----------------------|-----------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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):

Nutrition Education: Signs are posted in kitchen, cafeteria & hallways. Staff interacts with students suggest they try new foods.

Nutrition Promotion: Garden club is growing herbs & vegetables to be used in the cafeteria during lunch prep.

Physical Activity:

Students can go outside after eating lunch to throw the football or kick the soccerball around.
During mentoring activities are planned outside.

Other School Based Wellness Activities: Students are able to grab breakfast to take to their classrooms this year.