



**Wellness Committee
2023 - 2024**

meet.google.com/vbq-bivk-ufc

November 8, 2023 @ 3:45 (virtual)

Attendance: Michael Donnelly, Robin Hahn, Shauna Chilton, Lisa Ritchey, Lisa Waibel

Topic	Presenter
<ul style="list-style-type: none">December Challenge: 20 random acts of kindness. Due on December 22.	ALL
<ul style="list-style-type: none">What should the prize be for the November challenge?<ul style="list-style-type: none">Extra recess!	ALL
<i>For the good of the group...</i>	ALL

Next Meeting: December 20, 2023

October 18, 2023 @ 3:45 (virtual)

Attendance: Michael Donnelly, Robin Hahn, Shauna Chilton

Topic	Presenter
<ul style="list-style-type: none">November Challenge: 500 minutes of cardio outside of school<ul style="list-style-type: none">Michael can develop a log and have that sent home in Friday folders on October 27.	ALL
<ul style="list-style-type: none">What should the prize be for the October challenge?<ul style="list-style-type: none">Extra recess!	ALL
<i>For the good of the group...</i>	ALL

Next Meeting: November 8, 2023



**Wellness Committee
2022 - 2023**

November 16, 2022

Attendance: Michael Donnelly, Lisa Waibel, Robin Hahn, Lisa Ritchey

Topic	Presenter
<ul style="list-style-type: none"> • Try-It Tuesday - starting in December 1) One grade level per month; randomly selected on morning announcements 2) <u>A list</u> will be shared of choices from which the class will vote on their three top options 3) Teacher will provide that list, in rank order, to Lisa R. (one week's time / due date will be provided). 4) An announcement will be made on the last Tuesday of the month for that grade level's selected item for Try it Tuesday for all. This will be during lunch. Everyone is encouraged to attend and try! 	ALL
<i>For the good of the group...</i>	ALL

Next Meeting: December 21, 2022

~~October 19, 2022~~

~~Attendance: Michael Donnelly, Lisa Waibel, Robin Hahn, Lisa Ritchey~~

Topic	Presenter
<ul style="list-style-type: none"> • Review of autumn-inspired October movement breaks. 	ALL
<ul style="list-style-type: none"> • Ideas for November : Class-based / voting Try It Tuesday 5) One grade level per month; randomly selected on morning announcements 	ALL



**Wellness Committee
2022 - 2023**

January 18, 2023

Attendance: Lisa Waibel, Lisa Ritchey, Robin Hahn, Shauna Chilton

Topic	Presenter
How is Try It Tuesday coming along? The first one went very well. The second one is January 31st and second grade chose kohlrabi.	ALL
Ideas for activities for February - Heart Health Related: Jumping jacks, run in place, emphasize whole foods versus processed foods, get outside, check out Youtube videos for cardio ideas. Shauna and Jason doing the Heart Health Challenge fundraiser for American Heart Association starting next week and the first week/two weeks of February is when they will do the activities in gym class.	ALL

Next Meeting: February 15, 2023

December 21, 2022

Attendance: N/A

Topic	Presenter
NO MEETING. Happy Holidays!	



**Wellness Committee
2022 - 2023**

Jeffrey G

February 15, 2023

Attendance: Michael Donnelly, Lisa Waibel, Lisa Ritchey, Robin Hahn, Shauna Chilton

Topic	Presenter
Update on Kids Heart Challenge	Shauna
March Ideas? "Green" healthy activities - like walking, hiking, etc. (maybe save for April) On March 17 - make a list of green healthy foods - bring list to the office - most number of unique foods win - Michael will compile a list of all the healthy green foods and share with the classes	ALL

Next Meeting: March 15, 2023

January 18, 2023

Attendance: Lisa Waibel, Lisa Ritchey, Robin Hahn, Shauna Chilton

Topic	Presenter
How is Try It Tuesday coming along? The first one went very well. The second one is January 31st and second grade chose kohlrabi.	ALL
Ideas for activities for February - Heart Health Related: Jumping jacks, run in place, emphasize whole foods versus processed foods, get outside, check out Youtube videos for cardio ideas. Shauna and Jason doing the Heart Health Challenge fundraiser for American Heart Association starting next week and the first week/two weeks of February is when they will do the activities in gym class.	ALL



Gerry G

**Wellness Committee
2022 - 2023**

April 12, 2023

Attendance: Michael Donnelly, Lisa Ritchey, Lisa Waibel, Shauna Chilton, Robin Hahn

Topic	Presenter
<u>Desk chair movement breaks</u>	Robin
Idea for May?	ALL

Next Meeting: May 17, 2023

March 15, 2023

Attendance:

Topic	Presenter
NONE.	

Next Meeting: April 19, 2023

February 15, 2023

Attendance: Michael Donnelly, Lisa Waibel, Lisa Ritchey, Robin Hahn

Topic	Presenter
Update on Kids Heart Challenge	Shauna
March Ideas?	ALL

Wellness initiative

Physical Activity

Physical education is provided during the school day. Of concern would be after school, and during summer, weekends and free time, encouraging healthy awareness to exercise.

Students are always given an option to join a sports team. Football, Tennis, Soccer, Softball, Basketball, etc. BUT, what happens to the students that do not participate in a school team competitive sport?

Goal: Provide an opportunity for a students to join in "NON COMPETITIVE" activities. Activities that there is not a score driven, winner or loser, and students are exercising at their own pace, regardless of their ability or physical capability.

The Palisades School district continues to offer students a choice of after school activities to achieve this goal.

STARTS FEB. 26TH

**PARENT
PICK UP**

AFTER- SCHOOL ACTIVITIES

**FOR
ELEMENTARY
STUDENTS**



**FIVE WEEKS OF
FUN!**

SWIM/GYM

Mondays 4:00-5:30pm

- Upper Bucks YMCA - Quakertown
- 401 Fairview Ave, Quakertown, PA
- \$85 for 5 Sessions
- 2/26, 3/4, 3/11, 3/18, 3/25
- Lessons provided: YMCA Gym Activity only if pool is closed for maintenance
- Limited availability

COOKING

Tuesdays 3:30-5:00pm

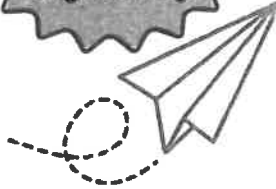
- At Child's Elementary School
- \$45 for 5 Sessions
- 2/27, 3/5, 3/12, 3/19, 3/26
- Materials provided
- Limited availability

STEM CLUB

Tuesdays 4:00-5:30pm

- At Durham Nockamixon Elementary for all three schools
- \$50 for 5 Sessions
- 2/27, 3/5, 3/12, 3/19, 3/26
- Students will be bused to DN

SOAR and explore science, tech and engineering



BOWLING

Wednesdays 4:15-5:45pm

- Earl Bowl Lanes - Quakertown
- 251 N West End Blvd, Quakertown, PA
- \$85 for 5 Sessions
- 2/28, 3/6, 3/13, 3/20 & 4/3

OUTDOOR ORIENTEERING

Wednesdays 4:00-5:30pm

- Haycock Campground - Kintnersville
- 3100 School Rd, Kintnersville, PA
- \$85 for 5 Sessions
- 2/28, 3/6, 3/13, 3/20 & 4/3
- Archery, Climbing Tower, Hiking, Knot Tying, Compasses, Animal Tracks & More!
- Limited availability



ROLLER SKATING

Thursdays 4:15-5:45pm

- Frenchtown Roller Rink - Frenchtown, NJ
- 2998 Daniel Bray Highway, Frenchtown, NJ
- \$85 for 5 Sessions
- 2/29, 3/7, 3/14, 3/21 & 4/4



Transportation by school bus is included TO each activity; parent pick up at the activity location is required. Children should bring their own water and snack. Fees charged cover supervision entry fees, supplies and busing.

Make checks PAYABLE TO: Palisades School District, 35 Church Hill Road, Kintnersville, PA 18930. Please send in this registration form with payment to your child's school *OR*** register online and pay using MySchoolBucks by visiting: WWW.PALISD.ORG --> FOR PARENTS/STUDENTS --> AFTER SCHOOL ACTIVITIES**

***** Scholarships available *****

MORE INFO:

Visit PALISD.ORG --> For Parents & Students
--> After School Activities Programs

PALISADES school district
INSPIRED TO LEAD... PREPARED TO ENGAGE

STARTS FEB. 26TH

**PARENT
PICK UP
@ PALMS**

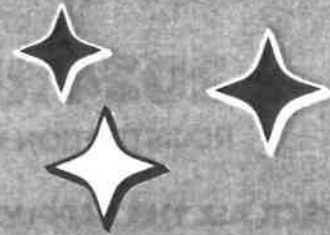
AFTER- SCHOOL ACTIVITIES

**FOR
PALMS
STUDENTS**
◆◆◆◆◆
**A MONTH OF
FUN!**

VOLLEYBALL/GAMES

Mondays 2:45-4:15pm

- PALMS: Gym/Cafeteria
- \$50 for 5 Sessions
- 2/26, 3/4, 3/11, 3/18, 3/25



COOKING

Tuesdays 2:45-4:15pm

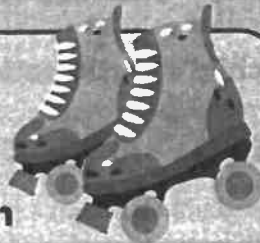
- PALMS: FCS Room
- \$45 for 5 Sessions
- 2/27, 3/5, 3/12, 3/19, 3/26
- Materials provided
- Limited availability



ROLLER SKATING

Wednesdays 3:15-4:45pm

- Frenchtown Roller Rink - Frenchtown, NJ
- 2998 Daniel Bray Highway, Frenchtown, NJ
- \$85 for 5 Sessions
- 2/28, 3/6, 3/13, 3/20 & 4/3
- Includes bus, entry fee and skate rental



SKYZONE

Thursdays 3:15-4:45pm

- SkyZone - Bethlehem
- Westgate Mall, 2285 Schoenersville Rd, Bethlehem, PA
- \$85 for 4 Sessions Only
- 2/29, 3/7, 3/14, 3/21
- Limited availability
- Includes bus and entry fee

Children should bring their own water and snack. Fees charged cover supervision entry fees, supplies and busing.

Make checks PAYABLE TO: Palisades School District, 35 Church Hill Road, Kintnersville, PA 18930. Please send in this registration form with payment to your child's school ***OR*** register online and pay using MySchoolBucks by visiting:

WWW.PALISD.ORG --> FOR PARENTS/STUDENTS --> AFTER SCHOOL ACTIVITIES

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MORE INFO:

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--> After School Activities Programs

PALISADES school district
PREPARED TO LEAD... PREPARED TO ENGAGE



Litzenberger, Ellen <elitzenberger@palisadesd.org>

Kids Heart Challenge Info

1 message

GYM

Chilton, Shauna <schilton@palisadesd.org>

Tue, Jan 30, 2024 at 12:03 PM

To: _Durham Nockamixon Staff <dnstaff@palisadesd.org>, _Springfield Staff <sfstaff@palisadesd.org>, _Tinicum Staff <tmstaff@palisadesd.org>

Good afternoon,

Here is the email that I sent to all elementary parents about our Kids Heart Challenge Fundraiser. Thanks for your help and support.

Good afternoon, Palisades elementary parents!

Our Kids Heart Challenge fundraiser to support the American Heart Association started this past week. (Some schools are just starting today with the envelopes being sent home in Friday folders.)

This year, our students will be learning about staying strong in body and mind, we'll get moving with fun activities in PE class, and raise funds for the health of all hearts. With the partnership between US Games and the American Heart Association, there is also an opportunity for our school to earn \$ to spend on gym equipment. The more we raise, the more money we get for our school and students. (Last year we purchased the following equipment with the money that we earned through this fundraiser...tennis balls, dodge balls, scooters, badminton/volleyball nets, cones, kickballs, etc.)

The best way to raise funds is to download the Kids Heart Challenge App OR click on the link below for your school to register today! Once you've registered, start Finn's Mission and complete the challenges. As a family, you can help to create a community of lifesavers by learning the lifesaving steps of Hands-Only CPR. It's quick, easy, and fun! Learn more about Finn and his special challenge [HERE](#).

If you would like to participate in this fundraising adventure, please click on the link for your child's school.

- Durham Nockamixon Elementary School
- Springfield Elementary School
- Tinicum Elementary School

A few things to remember:

- We will be doing all activities in physical education class, so no need to send in the permission slip that is attached to the envelope.
- **Please do not send in cash.** You can raise money online or send in a check.
- Just by registering, your child qualifies for a thank-you gift. (no donation necessary)
- Please make sure your child wears sneakers to school on both health and PE days so that they are able to participate in our obstacle course and fun heart-healthy activities!
- **The fundraiser will end on Friday, February 9th.** Please have all donations in by this date.
- ****Some thank you gifts will be handed out to students in the next 2 weeks during the fundraiser.** Any larger thank you gifts will be sent to us once the fundraiser is complete and then we will hand them out near the end of March/beginning of April.

Thank you so much for your help and support! Please reach out if you have any questions.

Mrs. Shauna Chilton (schilton@palisadesd.org)

Mr. Jason Blocher (jblocher@palisadesd.org)

Mrs. Shauna Chilton
 Gifted Education Teacher @ Tincicum,
 Elementary Wellness/Fitness Teacher
 Days 1 & 2 - Tincicum Elementary
 Days 3 & 4 - Springfield Elementary
 Days 5 & 6 - Durham Nockamixon Elementary

Wellness Policy Assessment Tool and Report Template

LEA / District Name: Palisades School District

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

Name(s) of Reviewer(s): Dr. Michael Donnelly, Gerry Giarratana School Name (if applicable): Tincum Elementary 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. Michael Donnelly, Lisa Ritchey, Gerry Giarratana</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 & building (Tincum) specific site</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.</p> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <p>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 type="radio"/> | <input checked="" 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 # 2456 Student wellness</p> | <input type="radio"/> | <input checked="" 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 checked="" type="checkbox"/> Public</p> | | | |
| | | <p>Other stakeholders (describe):</p> | | | |

Notes on public involvement, notification, and assessment:

Monthly Wellness meetings are occurring. Nutrition, after school clubs, physical activity agenda topics. Support from the PTO, and parent volunteers with after school activities. Activities, include roller skating, swimming, cooking club and bowling.

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

		Implemented in the school building(s)?		
		Fully in Place	Partially in Place	Not in Place
<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 checked="" 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 type="radio"/> <input checked="" type="radio"/> <input type="radio"/>
		Other goal (describe):		

Offer cafeteria tours, and set up during back to school night, for students and parents. Tincum parents are involved in earth day, school events

Notes on goals for nutrition education:

Signage posted in cafeteria, and daily student dialogue occurs with the food service staff.
Students experience feedback on completing a tray meal.

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 crew chief attends routine building wellness meetings, with parents, & 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)?

Yes No

Fully in Place Partially in Place Not in Place

- | | | | | | |
|----------------------------------|----------------------------------|--|----------------------------------|-----------------------|----------------------------------|
| <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 checked="" 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 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 type="radio"/> | <input checked="" type="radio"/> | We encourage walking and biking to school. | <input type="radio"/> | <input type="radio"/> | <input checked="" 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):

Due to Hazardous walking routes, we are unable to offer walking or biking to schools

Notes on goals for 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 checked="" 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 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 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 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.	<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?

Implemented in the school building(s)?

Yes No

Fully In Place Partially In Place Not in Place

- | | | | | | |
|----------------------------------|-----------------------|--|----------------------------------|-----------------------|-----------------------|
| <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"/> |

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 meetings occur monthly. This is a total building commitment

After School non competitive activities occur for students

After school club house activities occur for students

Earth day activities occur for students and parents

Outdoor gardens and classrooms are utilized by students

A culture of Wellness is embraced at the Tinicum Elementary School, through Principal, faculty, staff and parent commitment.