

NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

LEA Name: Auburn Enlarged City School District 050100010000	
School Name: Owasco Elementary School	Date: 06/04/2021
Grades: K - 6	
Name/Title of person completing report: Tessa Crawford, Deputy Treasurer	

Yes	No	Nutrition Education
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Age appropriate nutrition education and activities are provided to students in: <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input checked="" type="checkbox"/> elementary school <input checked="" type="checkbox"/> middle school <input checked="" type="checkbox"/> high school </div>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Families and the community are engaged in nutrition education efforts.
<p>Indicate additional nutrition education activities that occur or are planned for the future:</p> <ol style="list-style-type: none"> 1. Include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects. 2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens. 3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices. 4. Emphasize caloric balance between food intake and energy expenditure. 5. Teach media literacy with an emphasis on food marketing. <p>(To enhance educational opportunities, partnerships with outside agencies, such as Cornell Cooperative Extension, are encouraged.)</p>		

Yes	No	Physical Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Physical education is provided to students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Before or after school physical activity is offered in sports or other clubs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Community partnerships are available that support programs, projects, events, or activities.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	A staff wellness program is available.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Opportunities are provided for physical activity throughout the day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recess is available for all elementary students (skip this question if no elementary schools).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.
<p>Other physical education/physical activity/school-based activities that are available:</p> <ol style="list-style-type: none"> 1. Clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing), including before and after school activities. 2. Promote students walking/biking to school (with proper storage of bicycles), safe routes to school, and "walking" school buses. 3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities. 4. Intramural Sports program 		
<p>Future goals for physical activity:</p> <p>A. Physical Education:</p> <ol style="list-style-type: none"> 1. Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements. 2. Physical Education classes shall incorporate the appropriate NYS Learning Standards. 3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics). 4. The performance or withholding of physical activity shall not be used as a form of discipline or punishment. <p>B. Physical Activity in the Classroom</p> <ol style="list-style-type: none"> 1. Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g. kinesthetic learning). 2. If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher 		

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses access to the USDA School Breakfast Program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free drinking water is available during meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	School nutrition staff meet hiring criteria in compliance with federal criteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses purchasing local foods when possible for the school meals program.
<p>Other ways the local wellness policy addresses school meals and nutrition standards:</p> <p>A. School Meals – the district shall:</p> <ol style="list-style-type: none"> 1. Include fresh fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations. 2. Encourage students to try new or unfamiliar items. 3. Make efforts to ensure that families are aware of need-based programs for free or reduced price meals and encourage eligible families to apply. 4. Consider serving produce and food from local farms and suppliers. 5. Make free drinking water available at locations where meals are served. 		

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including:</p> <p><input checked="" type="checkbox"/> as a la carte offerings <input checked="" type="checkbox"/> in school stores <input checked="" type="checkbox"/> in vending machines</p> <p><input checked="" type="checkbox"/> as fundraisers</p>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc.</p> <ol style="list-style-type: none"> 1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided. 2. Promote the use of food and beverage items which meet the standards for competitive foods and beverages (, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations. 3. Model the healthy use of food as a natural part of celebrations.

Notes and future goals on nutrition standards for competitive and other foods and beverages:

Foods and beverages served outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Yes	No	Wellness Promotion and Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to address strategies to support employee wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Healthy meal choices are offered and being promoted in the school meal programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:

Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items (USDA Smart Snacks in School nutrition standards).

Future wellness goals:

- 1.) District will encourage participation in school meal programs.
- 2.) District will implement Smarter Lunchroom Techniques where applicable.
- 3.) School meal program menus are posted on the district website/individual school sites.
- 4.) Menus include nutrient content and ingredients.
- 5.) Participation in meal programs will be promoted to families.
- 6.) 100% of foods and beverages promoted to students meet the USDA ' s Smart Snacks in Schools standards.

Implementation, Evaluation, and Communication

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Administrator | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers |
| <input checked="" type="checkbox"/> Parents | <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health |
| <input checked="" type="checkbox"/> Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Lisa Green, Business Executive

The wellness policy is made available to the public by (describe):
The District makes the Wellness Policy available on the District website and goals via District-wide communications.

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):

At least once every three years, the District will evaluate compliance with the Wellness Policy, to include: the extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy; the extent to which the District's policy compares to the Alliance for a Healthier Generation's model policy; a description of the progress made in attaining the goals.

Yes	No	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The wellness policy is reviewed at least annually.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Triennial assessment results are/will be made available to the public and will include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

- The district shall monitor and review the implementation and effectiveness of this policy by conducting:
1. Periodic informal surveys of building principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
 2. Periodic checks of the nutritional content of food offered in the cafeteria for meals and a la carte items, and sales or consumption figures for such foods.
 3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
 4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
 5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
 6. Periodic checks of student mastery of the nutrition education curriculum.
 7. Periodic completion of relevant portions of the CDC School Health Index.
 8. Periodic review of data currently collected by the district, including:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
 - e. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - f. revenues generated from vending machines and a la carte food items.
 9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
 10. Periodic review of professional staff development offered which focuses on student wellness.
 11. NYSSBA's Student Wellness Assessment Checklist (every three years) to review the effectiveness of this policy.