

Wellness Policy Annual Review

2017/2018

Wayne Tower
School

Healthy School Environment

The District recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. Federal law requires that each school district have a wellness policy. The District's wellness policy encourages all members of the school and community to maintain an environment that enhances maximum student potential. Federal law also requires the district to measure the implementation of the wellness policy.

Directions:

1. Please review the Wellness Policy Guidelines Rubric and complete a self-assessment of the District's wellness efforts in each of the four categories.
2. Provide a list highlighting the key activities currently contributing to a healthy environment at your school in each of the four categories.
3. Provide a list of the additional activities planned to enhance the healthy environment during the school year in each of the four categories.

Nutrition Education: The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout a student's K-12 educational program. Nutrition education is incorporated into a variety of curriculum areas. The curriculum experiences provide the knowledge and skills necessary to make healthy food choices.

Self-Assessment – Nutrition Knowledge and Skills

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):	Home ed to parents, UNMC student presentations
Plans for Enhancement:	Integrate knowledge into school subjects. Cooking activities, classroom
Planned Review Date(s):	2018/2019 - Sept.
Performance Measure (Results):	

Self-Assessment - Teacher Training and Resources on Nutrition

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):	resources available - utilized on-line & standard curriculum
Plans for Enhancement:	add app for teachers/parents
Planned Review Date(s):	Sept 18/19
Performance Measure (Results):	

Self-Assessment - Community Involvement

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):	Honors trips, Spax Team Building, home ed. (Material sent)
Plans for Enhancement:	add provided to parents/guardians - ↑ comm. involvement activities
Planned Review Date(s):	Sept 18/19
Performance Measure (Results):	

Physical Activity: The primary goals are to offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health, academic success and general personal well being. Schools will promote opportunities for physical activity throughout the school day and during existing after-school programs. Physical activity, health and fitness education are incorporated throughout a student's K-12 educational program.

Self-Assessment – Physical Activity

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	class yoga, team building, jump rope for ♥, Honors Trips
Plans for Enhancement:	↑ physical activity opportunities
Planned Review Date(s):	Performance Measure (Results):
▪ Sept 18/19	
▪	

Nutrition Standards: Students' lifelong health and nutritious eating habits are greatly influenced by the types and choices of foods and beverages available to them. School reimbursable meals meet the federal program requirements and nutrition standards. Staff will promote district standards and provide information relative to foods and beverages sold or served to students outside of the school meal programs.

Self-Assessment – Foods

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	no vending or competitive foods - WLS hot lunch program
Plans for Enhancement:	Can't correct plan
Planned Review Date(s):	Performance Measure (Results):
▪ 9 2018/2019	
▪	

Self-Assessment - Beverages

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	no vending machines or competitive drinks - WLS hot lunch program
Plans for Enhancement:	Can't correct plan
Planned Review Date(s):	Performance Measure (Results):
▪ Sept 2018/2019	
▪	

Self-Assessment – Portion Sizes

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	no vending or competitive foods, WLS hot lunch program
Plans for Enhancement:	Can't correct plan
Planned Review Date(s):	Performance Measure (Results):
▪ Sept 2018/2019	
▪	

Self-Assessment - Rewards

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	most rewards non-food based
Plans for Enhancement:	↑ non-food related rewards/activities - IEP rewards excluded
Planned Review Date(s):	Performance Measure (Results):
▪ Sept 2018/2019	
▪	

Self-Assessment - Celebrations

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline):	no > 8 food related celebrations per year
Plans for Enhancement:	↑ foods/drinks & celebrations that meet nutrition standards
Planned Review Date(s):	Performance Measure (Results):
▪ Sept 2018/2019	
▪	

Other School-Based Activities: Schools are encouraged to promote school environments which provide consistent wellness messages that are conducive to healthy eating and being physically active.

Self-Assessment – Healthy Learning Environment

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):		NO vending, wellness posters - education
Plans for Enhancement:		↑ wellness promotion activities
Planned Review Date(s):	Performance Measure (Results):	
▪ Sept 18/19		
▪		

Self-Assessment – Wellness Activities

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):		EHA - ed r/t wellness promotion sent home
Plans for Enhancement:		↑ participation of parents
Planned Review Date(s):	Performance Measure (Results):	
▪ Sept 18/19		
▪		

Self-Assessment - Participation/Communication of Parents/Families

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):		Recipes, healthy eating, physical activity education
Plans for Enhancement:		↑ communication of wellness promotion activities - ed
Planned Review Date(s):	Performance Measure (Results):	
▪		
▪		

Self-Assessment – Fundraising Activities

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline):		Hoops for Heart, Jump Rope for ♥
Plans for Enhancement:		cont activities
Planned Review Date(s):	Performance Measure (Results):	
▪ Sept 18/19		
▪		

School ZSLC #1 Tower School Date 9/12/2017

Principal Stuart Clark

Wellness Team Member A. Conley RN

Position School Nurse

* All wellness committee members participated in assessment