

Wellness Policy Annual Review

2018-2019

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): <i>Cooking activities, Nutrition ed to students/parents Classroom</i>	
Plans for Enhancement: <i>Cont to " nutrition education - " utilization of myplate resources</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

Self-Assessment - Teacher Training and Resources on Nutrition

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline): <i>Teachers received nutrition ed through text book + on-line</i>	
Plans for Enhancement: <i>Cont to " educational opportunities for staff</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

Self-Assessment - Community Involvement

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline): <i>Cooking/Healthy eating presentations + demonstrations</i>	
Plans for Enhancement: <i>Cont to provide nutrition education @ School + opportunities for involvement for families @ home</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

* Gospel Mission
* Food Bank
* Home Education

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

 * Boxing * Wellness Center
 * WSC Basketball Members * Bowling
 * Pumpkin Patch

Activities Currently in Place (Baseline): *PEs, yoga Indoor/outdoor activities Hoops for heart, Jump Rope*

Plans for Enhancement: *Con't to physical activity opportunities for heart*

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

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 - WCS Hot lunch program*

Plans for Enhancement: *Con't current plan*

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

Self-Assessment - Beverages

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline): *No vending machines or competitive drinks - WCS Hot lunch program*

Plans for Enhancement:

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

Self-Assessment – Portion Sizes

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline): *No competitive food/drinks or vending - WCS Hot lunch program*

Plans for Enhancement:

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

Self-Assessment - Rewards

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline): *Most rewards > 75% non-food based*

Plans for Enhancement: *Con't to offerings of non-food based rewards*

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

Self-Assessment - Celebrations

Beginning
 Progressing
 Proficient
 Advanced

Activities Currently in Place (Baseline): *Ng > 8 food related celebrations per year*

Plans for Enhancement: *↑ nutritional value of food based celebrations*

Planned Review Date(s):	Performance Measure (Results):
▪ Sept 19/20	
▪	

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): <i>No vending - Wellness posters displayed - staff members</i>	
Plans for Enhancement: <i>↑ Wellness promotion - * 5 Wellness promotional activities</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

Self-Assessment – Wellness Activities

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline): <i>EHA - Communication sent home regarding wellness</i>	
Plans for Enhancement: <i>↑ Communication → EHA participation</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

Self-Assessment - Participation/Communication of Parents/Families

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline): <i>Educations provided to families routinely - Respic/Wellness</i>	
Plans for Enhancement: <i>↑ Communications to Monthly</i>	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

Self-Assessment – Fundraising Activities

Beginning Progressing Proficient Advanced

Activities Currently in Place (Baseline): <i>Hoops for Heart, Jump Rope for Heart</i>	
Plans for Enhancement:	
Planned Review Date(s):	Performance Measure (Results):
▪ <i>Sept 19/20</i>	
▪	

School SSU #1 Tower School Date 9/11/2018

Principal Shawn Clark

Wellness Team Member Arimie Corbey Position School Nurse

* All Wellness Committee Members participated in assessment.