

Wellness Policy Assessment Tool and Report Template
2020-2021 School Year

Our Lady of Fatima
3005 Fatima Drive
Aliquippa Pa 15001
(724) 375-7565

Reviewer: Melissa Aleksiejczyk
Grades: Pre-K – 8th

Included in Policy (Yes or No) Implemented (Fully, Partially, Not in Place)

Public Involvement, Notification, and Assessment:

- | | |
|---|----------------|
| <ul style="list-style-type: none"> · We have LEA officials in charge of wellness policy compliance
 Committee members: Shirley Martin, Principal
 Melissa Aleksiejczyk, Cafeteria Mgr
 Tracy Shields, Teacher
 Ashlee Kovell, Parent
 Elected Student, Student Counsel | Yes, Fully |
| <ul style="list-style-type: none"> · We complete an assessment of the local school Wellness Policy at least every ◦ three years (“Triennial Assessment”) | Yes, Fully |
| <ul style="list-style-type: none"> · Triennial Assessment results are made available to the public in an easily ◦ accessible manner (www.ourladyoffatimahopewell.org) | Yes, Fully |
| <ul style="list-style-type: none"> · At least every three years we use the results of the triennial assessment ◦ to update or modify the Wellness Policy as needed. | Yes, Fully |
| <ul style="list-style-type: none"> · 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: · www.ourladyoffatimahopewell.org) · Hard copy available in Office · Documentation kept with School records | Yes, Fully |
| <ul style="list-style-type: none"> · The LEA utilizes a wellness Committee that includes these community ◦ stakeholders in the development, implementation, review and update of ◦ the wellness policy. | Yes, Fully |
| <ul style="list-style-type: none"> · Administrators, Food service staff, School health professionals, Parents, School ◦ Board members, PE teachers, Students, Public, Other stakeholders | Yes, Partially |

Notes on Public Involvement, notification, and assessment:

Beginning the 2020-2021 school year, other members will be added to Wellness Committee

Nutrition Education

- Nutrition education is provided with PDE's sequential, comprehensive health education standards Yes, Fully
 - health education standards
- We teach, model, encourage and support healthy eating through nutrition education Yes, Fully
- We provide all students with knowledge of skills for healthy lives via nutrition education. Yes, Fully
 - education.
- We offer age-appropriate nutrition education and activities to students in Pre-K through 8th grade Yes, Fully
 - Pre-K through 8th grade
- Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels and media awareness Yes, Fully
 - as menu-planning, reading nutrition labels and media awareness
- School food service and nutrition education classes work together to create a learning laboratory. Yes, Fully
 - create a learning laboratory.
- In Addition to meeting academic standards for nutrition education, integrate nutrition education into a variety of subjects (math, science, language arts) Yes, Fully
- We reinforce life long lifestyle balance by linking nutrition and physical activities Yes, Fully
- Staff providing nutrition education education receive standards-based training and professional development Yes, Partially
- We engage and involve families and community in nutrition education efforts Yes, Partially

Notes on goals for Nutrition Education:

Beginning the 2020-2021 school year. Education development will be available for free for all teachers/ staff involved in Nutrition Education via School Nutrition Toolbox. Harvest of the Month recipe will be available via monthly menu and public website.

Nutrition Promotion

- We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs Yes, Fully
- We participate in Farm to School activities such as having a school garden, taste testing local products, incorporation local foods into school meal and educating students in the classroom and on field trips about local agriculture. Not in Place

Continuation of Wellness Policy Assessment (page 3)

- We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition Yes, Not in place
- We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste. Yes, Fully
- We display and disseminate consistent nutrition messages in schools, classrooms, cafeteria, homes community and media Yes, Fully
- Or staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans Yes, Fully
- We offer health and nutrition resources to parents to help them provide healthy meals for their children via www.myplate.org and various sourced sites via monthly menus Yes, Fully

Notes of Nutrition Promotion:

Beginning 2020-2021 school year, we will be using DOD Fruits & vegetables allowance and implementing Harvest of the Month taste testing and tools.

Physical Activity

- We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students Yes, Fully
- We contribute to the effort to provide students daily opportunities to accumulate at least six minutes of age appropriate physical activity daily as recommended by the CDC Yes, Partially
- In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramural, interscholastic athletics, and clubs to meet the needs and interests of our students Yes, Fully
- We maintain a physical and social environment that encourages safe and enjoyable activity for all students Yes, Fully
- We discourage extended periods of inactivity (two hours or more) for students Yes, Fully
- We provide physical activity breaks in the classroom Yes, Fully
- We offer before and/ or after school programs that include physical activity for participating children Yes, Fully

Continuation of Wellness Policy Assessment (page 4)

- We partner with parents and community member and organizations (eg. YMCA, Boys & Girls club, Local fitness programs) Yes, Fully
- We do not use physical activity as a punishment Yes, Fully
- We do not withhold physical activity as a punishment (taking away recess) Yes, Partially
- We encourage walking and biking to school No, Not in Place
- 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 Yes, Fully

Notes on Physical Activity:

Students are given choices to use recess time as make up/ homework times or outside/ indoor recess. Our community does not provide safe walking or biking routes to our school, this is discouraged.

Physical Education

- We implement a PE program consistent with state academic standards, all students participate in PE Yes, Fully
- PE instruction promotes skills and knowledge necessary for lifelong physical activities Yes, Fully
- PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. Yes, Fully
- Our curriculum promotes both team and individual activities Yes, Fully
- We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level. Yes, Fully
- We use a local assessment system to rack student progress on state standards. Yes, Fully

Students that are moderately to vigorously active are given as much time as possible during PE class Yes, Fully

- Accommodations are made in class for documented medical conditions and disabilities Yes, Fully
- We provide sage and adequate equipment, facilities and resources for PE class Yes, Fully

Continuation of Wellness Policy Assessment (page 5)

- Certified health and PE teachers teach our classes Yes, Partially
- We provide Professional development for PD staff Yes, Fully
- PE classes have a teacher-student ratio similar to other courses for safe and effective instruction Yes, Fully
- We do not use or withhold physical activity as a form of punishment in PE class or intramural, or after school activities Yes, Fully

Notes on Physical Education:

Beginning 2020-2021 school year, all PE teachers will have a certificate of education/ CE hours updated yearly.

Other School Based Wellness Activities

- Free drinking water is available and accessible to students during meal periods and throughout the school day. Yes, Fully
- School nutrition staff meet local hiring criteria and in compliance with federal regulations Yes, Fully
- We provide continuing education to school nutrition staff as required by federal regulations Yes, Fully
- We provide adequate space for eating and serving school meals Yes, Fully
- We provide a safe and clean meal environment for students Yes, Fully
- We offer students enough time to eat (20 minutes of sit down time for lunch) Yes, Fully
- We implement alternate school breakfast service models to increase participation, such as “grab & go” breakfast served in the classroom, and breakfast after first period No, Not in Place
- Students have access to hand washing or sanitizing before meals Yes, Fully
- Only authorized staff have access to the food service operation Yes, Fully
- We provide the nutrition content of school meals to the school community Yes, Not in Place
- We include students/ parents in menu selections through taste -testing and surveys Yes, Fully

Continuation of Wellness Policy Assessment (page 6)

- We utilize outside funding and programs to enhance school wellness Yes, Fully
- We train all staff on the components of the school wellness policy Yes, Fully
- School based activities are planned with wellness policy goals in mind Yes, fully
- Fund-raising projects submitted for approval are supportive of healthy eating and student wellness Yes, Fully
- We encourage administration, teachers, school nutrition professionals, students, parents and community member to serve as positive role models through district programs communications and outreach. Yes, Fully
- We communicate information to parents to support their efforts to provide a healthy diet and daily physical activity for their children Yes, Fully
- Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations Yes, Fully

Notes for Other School Based Activities

Breakfast is not offered at this time, due to time, staffing, budget issues. Nutritional content for our Lunch program is available upon request.

Nutrition Guidelines for All Foods and Beverages at School

- We consider promoting student health and reducing obesity when offering foods and beverages to students at school Yes, Fully
- Foods and beverages provided throughout the National School Lunch Program comply with federal meal standards Yes, Fully
- We offer healthy food and beverage options at school sponsored events, such as dances and sporting events. Yes, Fully
- Foods and beverage outside of the school meals, 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. Yes, Fully

Venues include vending, school stores, non- exempt fundraisers and a la cate items

Continuation of Wellness Policy Assessment (page 7)

· We limit the number of food fundraiser at school and have procedure in place for requesting a fundraiser exemption in accordance with limits set by PDE Yes, Fully

· 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 food /beverages provided to the class as shared classroom snacks Yes, Fully

· We provide a list of non food ideas and healthy food/beverage alternative to staff and parents for snacks Fully Yes,

· Only food and beverages that meet or exceed federal nutrition standards are permitted to be marketed or promoted to students during the school day. Yes, Fully

Notes on Nutrition guidelines for foods and beverages at school: n/a

Goals:

All goals are in progress and will continue to update as new information is learned. Continuation of Education in Nutrition is part of our Mission at Our Lady of Fatima.