

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

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 or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Oxford Township

Reviewer Nancy DeRiso

School Name Oxford Central School

Date 12-12-16

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## I. Public Involvement

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- |  |   |   |   |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators       | <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 Professionals | <input type="checkbox"/> Students                 | <input checked="" type="checkbox"/> Public  |
- We have a designee in charge of compliance.

Name/Title: Robert Magnuson, CSA

- We make our policy available to the public.
- Please describe: It is posted on the school's website and discussed at public board meetings.

- We measure the implementation of our policy goals and communicate results to the public.
- Please describe: Assessment post on website

- Our district reviews the wellness policy at least annually.

## II. Nutrition Education

- Our district's written wellness policy includes measurable goals for nutrition education.
- We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- We offer nutrition education to students in:  Elementary School  Middle School  High School  
N/A

## III. Nutrition Promotion

- Our district's written wellness policy includes measurable goals for nutrition promotion. (Section 6.)
- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them. not all the way there yet
- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- We ensure students have access to hand-washing facilities prior to meals. wipes handed out as entering
- We annually evaluate how to market and promote our school meal program(s).
- We regularly share school meal nutrition, calorie, and sodium content information with students and families. Standards on monthly menus
- We offer taste testing or menu planning opportunities to our students. Annually
- We participate in Farm to School activities and/or have a school garden.
- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- We price nutritious foods and beverages lower than less nutritious foods and beverages.
- We offer fruits or non-fried vegetables in:  Vending Machines water only  School Stores N/A  Snack Bars N/A  à La Carte
- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- We provide teachers with samples of alternative reward options other than food or beverages.
- We prohibit the use of food and beverages as a reward. Some special education student's IEP's require it. otherwise - NO

Yes  No  **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go *next year*
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program. *After-care provides snacks - not formal*
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
  - as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers *no*

Yes  No  **V. Physical Activity** *N/A*

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only). *N/A*
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day. *CORRECT program = exercise your character muscles*
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

Yes  No  **VI. Other School Based Wellness Activities** *Kindergarten soccer - Girls on the Run*

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness. *Open gym for basketball + softball*
- We provide training to staff on the importance of modeling healthy behaviors. *CORRECT Program*
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program. *via The Difference Card*
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs. *annually*
- We have a recycling/environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities. *open gym*

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

*Future goal - breakfast before the bell 2017-2018*

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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