

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: Rye Neck UFSD	
School Name: F.E. Bellows	
Grades: 3-5	Date: 11/22/21, 12/6/21
Name/Title of person completing report: Tara Goldberg, Principal, Daniel Warren School	

Yes/No		Nutrition Education
x		The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
x		Standards based nutrition education is offered in a variety of subjects (i.e. Science, Math).
x		Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
x		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 type="checkbox"/> Middle School <input type="checkbox"/> High School </div>
x		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> <ul style="list-style-type: none"> Newly updated Health and Wellness lessons are taught in K-5, following the recommendations from HEAC. This includes lessons specific to nutrition. 		

Yes/No	Physical Activity
x	The local wellness policy includes measurable goals for physical activity.
x	Physical education is provided to students on a weekly basis.
x	Before or after school physical activity is offered in sports or other clubs.
x	Community partnerships are available that support programs, projects, events, or activities.
x	A staff wellness program is available.
x	Opportunities are provided for physical activity throughout the day.
x	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
x	Recess is available for all elementary students (skip this question if no elementary schools).
x	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
x	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> <ul style="list-style-type: none"> ● New hires hold dual certification in Phys. Ed & Health ● Non-busing district ● Traffic safety support <p>Students~</p> <ul style="list-style-type: none"> ● Family Fitness Nights ● Rye Y program ● Walk/Bike/Scoot to School Weeks ● PTSA After-School Clubs ● Bicycle racks provided <p>Staff Wellness~</p> <ul style="list-style-type: none"> ● PDC yoga/spin ● Benefits Trust Program ● Fitness Center Usage 	

Future goals for physical activity:

- Curriculum is a “living document” we will be updating as new standards are adopted (2023)

Yes/No		Standards for USDA Child Nutrition Programs and School Meals
x		The local wellness policy addresses nutrition standards for USDA reimbursement meals.
x		The local wellness policy addresses access to the USDA School Breakfast Program.
x		Alternative school breakfast service models are available to increase participation such as “grab and go”, breakfast served in the classroom, and breakfast after the bell.
x		Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
x		Free drinking water is available.
x		Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
x		School Nutrition staff meet hiring criteria in compliance with federal criteria.
x		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> <ul style="list-style-type: none"> • For the 2020-21 and 2021-22 school years the SFA participates in the USDA’s “Free Meals for All Students Program” so that all students can receive nutritionally balanced meals during the school day, free of charge. • Grab and go breakfast is available before school hours at the MS/HS. • Water bottle filling stations are at every school, with cups available. • The food service provider takes steps to purchase produce locally, when available. 		

Yes/No		Nutrition Standards for Competitive and Other Foods and Beverages
	N/A	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: _____ as a la carte offerings _____ in school stores _____ In vending machines _____ as fundraisers
x		Nutrition standards are followed for food/beverages served at school, parties, celebrations, events, etc.

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

- SFA follows Smart Snacks Regulations
- The 3-5 school encourages “healthy treat” birthday celebrations

Yes/No		Wellness Promotion and Marketing
	NA	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks Standards.
x		Steps are taken to address strategies to support employee wellness.
x		Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or non-food items.
x		Healthy meal choices are offered and promoted in the school meals program.
	x	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 the wellness is promoted at the school:

- An independent food services consultant is contracted by the District to review the monthly breakfast and lunch menus at each school to ensure diversity and compliance in meal offerings.
- A monthly staff meal menu is available so that staff can take advantage of the food services program.
- District employees can participate in the district's welfare plan which includes a fitness incentive program.

<p>Future wellness goals:</p> <ul style="list-style-type: none"> • More promotion about healthy eating at the elementary level.

Implementation, Evaluation, and Communication	
<p>The Following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:</p> <p> <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 type="checkbox"/> Public </p>	
<p>The designee responsible for the implementation and compliance of the local wellness policy is:</p> <p>Name/Title: Tara Goldberg/Principal, Daniel Warren School</p>	
<p>The wellness policy is made available by (describe):</p> <ul style="list-style-type: none"> • The policy is posted on our district and school website. It is shared during orientations and open houses. 	
<p>The implementation of policy goals are measured and communicated to the public at least once every three years (describe):</p> <ul style="list-style-type: none"> • Committee convenes to review, reflect and discuss our efforts • The policy is updated and shared on our website • The board of education reviews and publically approves the triennial review and the updated policy. 	
Yes/No	
x	The wellness policy is reviewed at least annually.
x	<p>Triennial assessment results are/will be made available to the public and include:</p> <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

		<p>the model local school wellness policies;</p> <p>3. A description of the progress made in attaining the goals of the local school wellness policy.</p>
x		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 and/or future goals and describe progress made in attaining the goals of the wellness policy:

- The committee will meet annually to discuss future goals or modifications to the policy including reviewing changes in curriculum, mandates, and district goals.