

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: Baldwinsville Central School District	
School Name: Baldwinsville Central School District	Date: 07/08/2020
Grades: K-12	
Name/Title of person completing report: Brian Wright, School Lunch Director	

Yes	No	Nutrition Education
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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 checked="" type="checkbox"/> middle school <input checked="" type="checkbox"/> high school </div>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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> <p>Wellness Day events are held in each building include nutrition focused activities and are implemented each year.</p> <p>Elementary Wellness clubs sponsor "Healthy Food" tastings each semester.</p> <p>There are nutrition focused units in Health and FACS classes at the secondary level (6-12).</p> <p>Our District Dietitian meets with sports teams to offer nutrition information to our athletes.</p> <p>The Baldwinsville Wellness Committee (BWC) has created video clips for district staff to access on our website which center around nutrition, physical activity and mindfulness.</p> <p>The BWC provides articles in our staff newsletter which promote healthy nutrition.</p>		

Yes	No	Physical Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Physical education is provided to students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Before or after school physical activity is offered in sports or other clubs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Community partnerships are available that support programs, projects, events, or activities.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	A staff wellness program is available.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Opportunities are provided for physical activity throughout the day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recess is available for all elementary students (skip this question if no elementary schools).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.
Other physical education/physical activity/school-based activities that are available:		
<p>Intramurals are offered at the elementary, middle and junior high schools. Extra Curricular activities focused on building running skills, including "Girls on the Run" are offered at the elementary buildings. Wellness Days at each building include physical activity. Well over 1/2 of our student 7-12 student population participates in school sports. After school programming, including use of weight rooms, is offered to staff throughout the district. One of our elementary buildings has a Pickle Ball league for staff. Each year the District enters a team in both the Corporate Challenge and Susan B. Komen runs. Our Unified Sports program is inclusive, allowing students with and without intellectual disabilities the opportunity to participate in team sports. Many teachers provide physical activity "breaks" throughout the day including: mind gym, daily stretch ,etc.</p>		
Future goals for physical activity:		
<p>We will continue to offer Wellness Days, Wellness Clubs, Intramurals and after school programming for our school community.</p>		
<p>We will continue to offer professional development as well as information on programs which promote movement in the classroom.</p>		

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses access to the USDA School Breakfast Program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free drinking water is available during meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	School nutrition staff meet hiring criteria in compliance with federal criteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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: The District follows all USDA and SED guidelines pertaining to the National School Lunch Program and Breakfast Program. The BWC encourages stakeholders in each building to apply for grants for nutrition/wellness activities, materials and programming. Our district has a food pantry at the high school and supports other pantries throughout the community. The District hosts the Rotary "Backpack Program" at the elementary level and at the high school students who identify as food insufficient can participate in our "BEE Full" program which provides a bag of food and supplies for the weekend. Our Food Service Director and District Dietitian go into the 12th grade Government classes to present and discuss the USDA Guidelines with our current seniors each year.</p>		

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>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:</p> <p><input checked="" type="checkbox"/> as a la carte offerings <input checked="" type="checkbox"/> in school stores <input checked="" type="checkbox"/> in vending machines</p> <p><input checked="" type="checkbox"/> as fundraisers</p>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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:

The District will continue to follow USDA guidelines for nutrition standards and competitive foods. The BWC continues to provide information and suggestions and ideas for "healthy" rewards and celebrations.

The BWC encourages and supports healthy fundraisers such as tournaments, fun runs, etc.

Yes	No	Wellness Promotion and Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to address strategies to support employee wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Healthy meal choices are offered and being promoted in the school meal programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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 wellness is promoted at the school:

All items sold through the food service program meet the "smart snack" guidelines.
 The BWC supports employee wellness by offering programming, videos and newsletter focused on wellness topics including: nutrition, physical activity and social emotional wellness.
 The BWC supports and encourages healthy fundraisers by providing alternative to candy sales and other unhealthy options.
 Our food service program offers a variety of healthy meal choices. Our Food Service Director and District Dietitian offer taste tests throughout the District; feedback from students is used to identify and promote healthy food choices.
 Our Environmental Club maintains a garden which provides produce for purchase.
 The District has partnered with the American Dairy Association to provide programming and activities which support local agriculture and Farm to school initiatives.
 In 2019 the Board of Education voted to provide stipends for "Wellness Club Advisors" in each elementary school. The advisors provide before and after school programming centered around nutrition, physical activity and mindfulness.
 High School Health teachers sponsor "Meditation Mondays" in class.
 The Positivity Project Program is in each building across the District.
 Counselors and Social workers offer mental health support groups in each building.
 The District sponsors mental wellness events annually including speaker and workshops for students and parents.

Future wellness goals:

Our BWC prides itself in offering information and opportunities for personal wellness throughout our school community. We will continue to collaborate with students, staff and school community as well as outside agencies to promote wellness in our District.

For further information regarding our wellness programming, please refer to the BOE presentation on the Baldwinsville District website (www.bville.org)

Implementation, Evaluation, and Communication

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

- | | | |
|---|---|---|
| <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 checked="" type="checkbox"/> Public |

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Kristen T. Foote, District Wellness Committee Co- Chair

The wellness policy is made available to the public by (describe):

District website: www.bville.org

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):

The BWC presents to the Board of Education (and public) an overview of our goals, programming and events each year. Minutes from each Wellness meeting are posted on the District website.

Yes	No	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The wellness policy is reviewed at least annually.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Triennial assessment results are/will be made available to the public and will include: <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 model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	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 progress made in attaining the goals of the wellness policy:

The BWC will continue to provide wellness information and programming to staff based on our most recent "needs inquiry" which indicated employees needs in the areas of: nutrition, physical activity and most importantly social emotional wellness.

The BWC will continue to meet to discuss needs and programming in each building and district wide. Goals and programming will adapt according to building and community needs. The BWC will continue to be a resource for District wellness and a vehicle for providing a health environment.

