

# Eastern Suffolk BOCES

## School Wellness Policy Assessment Tool

This assessment tool should be completed by the School Wellness Team (e.g. teachers, other staff, students, parents, community partners).

Completion of the assessment tool will help team members determine where this school is currently meeting the regulations of Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), of the “*Local School Wellness Policy Implementation*”.

- 1) Contact information for leader of Wellness Committee: Director of Administrative Services, (631) 687-3038
- 2) Website: <http://www.esboces.org/Domain/57>
- 3) To get involved in the Wellness Committee, call Director of Administrative Services, (631) 687-3038

Date Assessment Completed: 2-13-2019 by P. Staib/S. Maddi

	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation	N/A X
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## A. Food and Beverages in Schools

### Safety

- |                                                                                            |   |  |  |  |
|--------------------------------------------------------------------------------------------|---|--|--|--|
| 1. Students are provided access to hand washing or hand sanitizing before meals or snacks. | X |  |  |  |
| 2. Smoking is prohibited on school premises.                                               | X |  |  |  |

### Scheduling of Meals

- |                                                                                                                                               |   |  |  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---|--|--|--|
| 3. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch. | X |  |  |  |
| 4. Accommodations are provided for students who need more time to finish their lunch.                                                         | X |  |  |  |
| 5. Meal periods are scheduled at appropriate times.                                                                                           | X |  |  |  |
| 6. Lunch periods are after recess, <i>if scheduling allows</i> , in order to increase student nutrient intake and reduce food waste.          | X |  |  |  |
| 7. Offer dining areas which have enough space for seating all students scheduled for that meal period.                                        | X |  |  |  |
| 8. Reasonable steps are taken to accommodate the tooth-brushing regimens of students with special oral health needs.                          | X |  |  |  |
| 9. Participation in the National School Lunch Program is encouraged.                                                                          | X |  |  |  |
| 10. Meals served are appealing and attractive.                                                                                                | X |  |  |  |
| 11. Meals served in clean and pleasant settings.                                                                                              | X |  |  |  |
| 12. Meals served according to nutrition requirements.                                                                                         | X |  |  |  |

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13. Variety of fruits and vegetables offered.	X			
14. Only low-fat (1%) or fat free milk offered. (We offer only fat free milk.)	X			
15. Half of the served grains are whole grain (per final USDA school meal rule adopted December, 2018)	X			
16. Fresh drinking water is available.	X			

**Food and Behavior**

17. Foods or beverages are NOT used as rewards for academic performance or good behavior unless required in Behavior Intervention Plan (BIP).	X			
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**Fundraising or School Sponsored Events**

18. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	X			
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**Sharing Foods and Beverages**

19. Sharing of foods and beverages is discouraged.	X			
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**Snacks**

20. Only “healthy” snack options are offered in classrooms or enrichment programs unless required in Behavior Intervention Plan (BIP).	X			
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**Food Marketing**

21. All food and beverage advertising displays healthy messaging.	X			
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**B. Nutrition Education**

22. Provide health education, including nutrition education.	X			
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23. Staff is trained in nutrition education and has been provided general wellness resources and opportunities.	X			
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### C. Physical Activity

#### Physical Education

24. All students receive physical education each year as detailed in the student's Individualized Education Program (IEP). There will be no exemptions to this law.	X			
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25. Physical education is provided in appropriate student : teacher ratio that ensures adequate supervision and minimized risk of injuries.	X			
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#### Integrating Physical Activity into the Classroom

26. In addition to physical education, provide all students with other opportunities to be physically active during the school day as detailed in the student's Individualized Education Program (IEP).	X			
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#### Daily Recess

27. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day.	X			
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28. Encourage ELEMENTARY students to have a physically active recess period.	X			
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29. Provide ELEMENTARY students their recess period <u>before</u> they eat lunch, <i>if scheduling allows</i> .	X			
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#### Physical Activity and Punishment

30. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for	X			
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physical activity (i.e. recess, physical education) as punishment.				
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**Staff Wellness**

31. School staff serves as role models for students and are the key to successful implementation of wellness programs.	X			
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**D. Financial Impact of Implementation of Wellness Policy (Base Year 16-17)**

32. School Food Service Program Revenue			\$807,499 Base Year 16-17 \$830,555 Year 17-18	
33. School Store Revenue			\$9,561 Base Year 16-17 \$ 14,281 Year 17-18	
34. School Vending Machine Commissions			\$30,169 Base Year 16-17 \$21,625 Year 17-18	

**E. Local School Wellness Events**

35. February Heart Health Month				
36. March National Nutrition Month				
37. May National Fitness & Sports Month				
38. October Breast Cancer Awareness Month				
39. See Attached list of Health Events				

**F. Triennial Review of Wellness Policy**

40. Date of Review and Update, if required, of Wellness Policy # 6590			Last completed 4-23-18 Meeting	
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## Agency Wellness Committee Monthly Newsletter (sent to entire Agency)

December 2017 – Healthy Happenings: Fruits and Vegetables

January 2018 – Staying Healthy and Safe in Winter

February 2018 – Heart Health

June 2018 – Spring Cleaning

- November – Superintendent's Conference Day – Varied wellness activities

## Health Related Activities for 2018-19

- Autism Walk
- Blood Drives
- Compassion without Borders
- Healthy Heart Clinic
- Nursing Home Visits
- Community Service – Stylist
- Soup Kitchen
- SPARK Challenge
- St. Baldrick's Fundraising Events
- Holiday Food Drive
- Toys for Tots
- Family and Friends Dinner
- Coat Drive
- Homeless Shelter Visits
- Afternoon of Beauty Fundraiser
- Cancer Society Pink Hair Extensions Fundraiser
- Pink Nails for Hope
- Pink Ties for Cancer Awareness
- Kindness Week
- Anti-Bullying Seminar
- Smile Train Fundraiser
- Bottles for the Brave Fundraiser
- Special Make-up Effects for Breast Cancer