

# SAU 41

## USDA Wellness Policy Goals Progress Report

**School Name:** *Hollis Upper Elementary School*

**USDA Wellness Coordinator:** *Adam Wallis*

**Date Completed:** *12/1/2022*

This document is to be used as a tool to record the progress each school is making to accomplish the goals of the SAU 41 USDA Wellness Policy. Each Wellness Coordinator should document the steps that have or will be taken to meet each goal. Please include examples as specified in the goals and as much documentation as possible to support your findings. The "Contact Person" column should identify the individual who can report on the progress of the goal.

Nutrition Education						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Two of the following have been done: plan a healthy meal, understand and use food labels, critically evaluate nutrition information, misinformation and commercial food advertising	Stacie Sanborn	x			Health Curriculum: 4th Grade students healthy meal planning; 5th and 6th Grade students food labels, nutrition info, etc.	
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	Stacie Sanborn	x			Health Education Curriculum	
Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Food Staff/ Amy Cassidy	x			<a href="#">School Menu offers variety of entrees each month</a>	

The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	Stacie Sanborn	x			My Plate and USDA guidelines included in Health/Nutrition Lessons	
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Nutrition Promotion						
SAU Wellness Policy Goals	Contact Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy	Food Staff/ Amy Cassidy	x			white milk offered in coolers;sliced fruit offered; whole fruit displayed in baskets; menu options displayed in white board, and shared in classrooms	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Food Staff/ Amy Cassidy		x		<a href="#">Nutrition Information and other resources are available on the Food Service website</a>	Some links need to be updated or activated
Each school will have at least 20 days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events	Candi Fowler	x			Students always have uninterrupted lunch time	
Each school will display at least three nutritional posters in the lunchroom	Food Staff/ Amy Cassidy			x		Amy will order
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Amy Cassidy	x			All foods must meet the USDA standards and be approved by Amy	
All vending machine covers promote only water	n/a	n/a			no student accessible vending machines	

All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with USDA's Smart Snacks nutrition standards - this includes: fundraising, school stores, snacks and vending machines	N/A	n/a			No Outside Food Sales or Vending at HUES	
Teachers will not use food or candy as a reward	Candi Fowler	x			Reviewed with staff at August and September 2022 Staff meetings	
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Candi Fowler	x			Spelled out in <a href="#">STAFF</a> book and reviewed with staff at beginning of school year and at staff meeting; prior approval needed for involving food in celebrations	
School Lunch Program						
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Amy Cassidy/Food Staff	x			Food service director does this	
Each school will ensure that all meals offered meet the federal nutrition standards	Food Staff/ Amy Cassidy	x			<a href="#">Nutrition Information for menu is posted online</a>	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Amy Cassidy	x			Drinking Water available and refillable water bottle station located directly outside cafeteria	
Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Food Staff/ Amy Cassidy	x			All food must meet smart snack requirements	

Physical Activity Goals						
SAU Wellness Policy Goals	Contact Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
School Personnel will not use or withhold physical activity as punishment.	Candi Fowler	x			Physical activity is not used as punishment	
Each school will have at least three instances of classroom health education complementing physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	Stacie Sanborn	x			In the nutrition, wellness, infection control and puberty lessons the benefits of physical activity and proper nutrition to aid proper health and growth of the school aged child is discussed	
Each K-6 school will provide a daily recess	Candi Fowler	x			Daily 30 minute recess for each grade level	
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	N/A	n/a			n/a	
Each school will provide State mandated physical education through a variety of options	Candi Fowler	x			students have physical education classes weekly	
All students in grades 7-12 will be given one movement break during every long block class	N/A	n/a			n/a	

Other School Based Activities Goals						
SAU Wellness Policy Goals	Contact Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
Students are permitted to have water in the classroom	Candi Fowler	x			Students are allowed to have water bottles in the classroom and bring with them when moving between classrooms	

Students are discouraged from sharing foods and beverages with one another	<b>Candi Fowler</b>	x			Students are allowed to share items through the 'share fridge', but otherwise are discouraged from sharing food	
Students are provided with a school environment that is conducive to health eating	<b>Candi Fowler</b>	x			Smart snacks for approved celebrations, scheduled snack and lunch times	
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	<b>Candi Fowler</b>	x			daily scheduled snack/breakfast time for each grade level; 3 lunch blocks by grade level 20 minutes	
Students are scheduled in lunch blocks that provide minimal wait time for school meals	<b>Candi Fowler</b>	x			3 lunch blocks with 2 serving lines	
Students are provided a school environment that is conducive to being physically active	<b>Candi Fowler</b>	x			Play are for recess includes basketball courts, play/climbing structures, and field with kickball area, grass play area and track for walking/running.	
Students are provided with opportunities for physical activity throughout the day	<b>Candi Fowler</b>	x			In addition to recess and PE classes and recess options, the sensory hallway provides extra opportunity for physical activity in designated parts of the hallways. Teachers also have the freedom for taking kids on walks, offer movement breaks as needed	

K-6 students are encouraged to actively participate in recess	<b>Candi Fowler</b>	x			Recess activities available to students in three areas include marked Four Square, basketball, Hop Scotch, play structures with swings, climbing, slides, track, kickball field, and grass space for soccer, touch football and other games	
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)	<b>Candi Fowler</b>		x		Not formally part of the math/science curricula, but teachers may promote nutrition, health, and wellness concepts as appropriate	
Students are not denied recess or other physical activity time in order to make up instructional time	<b>Candi Fowler</b>	x			Students are not denied recess to make up instructional time	

# SAU 41

## USDA Wellness Policy Goals Progress Report

**School Name:** Richard Maghakian Memorial School

**USDA Wellness Coordinator:** Tena Ferenczhalmy, RN

**Date Completed:** 11/9/2022

This document is to be used as a tool to record the progress each school is making to accomplish the goals of the SAU 41 USDA Wellness Policy. Each Wellness Coordinator should document the steps that have or will be taken to meet each goal. Please include examples as specified in the goals and as much documentation as possible to support your findings. The "Contact Person" column should identify the individual who can report on the progress of the goal.

Nutrition Education						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Two of the following have been done: plan a healthy meal, understand and use food labels, critically evaluate nutrition information, misinformation and commercial food advertising	PE / Health Teacher	X			PE/Health Curriculum	
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	PE / Health Teacher	X			PE/Health Curriculum	

Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Kitchen Staff	X			Rotation of meals offered and new offerings listed in weekly bulletin to inform families. Challenges: Supply issues impact periodically. Substitutions meet USDA standards	
The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	PE/Health Teacher	X			PE/Health Curriculum	

Nutrition Promotion						
SAU Wellness Policy Goals	Contact Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
five of the Smarter Lunchroom	Kitchen Staff		X		previous goal. Covid has	variety of fruits to be set out in a
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Health Office/School Nurse	X			HO updates sent out via the weekly bulletin to all RMMS parents. Educational resources shared during March: National Nutrition Month.	
Each school will have at least 20 days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events	Principal	X			Tracked by the front office to ensure compliance.	
Each school will display at least three nutritional posters in the lunchroom	Kitchen Staff		X			Kitchen staff reports no time and they need new material. Nurse requests new material from SAU via email sent on 3/23/22. One poster located in the gym/eating area. Email sent to SAU requesting nutritional posters again on 11/9/22.



Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Kitchen Staff	X			Only foods that meet USDA standards are ordered/offered	
All vending machine covers promote only water	Senior Secretary	X			Dasani vending machine with water only cover in the teachers breakroom. It does offer other drinks including water and sodas.	
All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with USDA's Smart Snacks nutrition standards - this includes: fundraising, school stores, snacks and vending machines	Kitchen Staff	X			No vending machines available to students. Only USDA foods approved are ordered/offered to students	
Teachers will not use food or candy as a reward	Principal	X			Per SAU Policy	
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Principal	X			Per SAU Policy	
<b>School Lunch Program</b>						
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Kitchen Staff	X			Per SAU Policy	

Each school will ensure that all meals offered meet the federal nutrition standards	Kitchen Staff	X			Per SAU Policy	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Kitchen Staff	X			Water available at both water bubbler/fill stations in multiple areas in the building.	
Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Kitchen Staff	X			Per SAU Policy	

Physical Activity Goals						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
School Personnel will not use or withhold physical activity as punishment.	Principal		X		90% of the time lunch detentions are served in place of recess, so long as the behavior is not occurring during the recess or there is not a safety concern.	
Each school will have at least three instances of classroom health education complementing physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	PE Teacher	X			PE/Health Curriculum	

Each K-6 school will provide a daily recess	Principal	X			We devise a schedule each year to ensure that we provide recess.	
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	N/A	N/A	N/A	N/A	N/A	N/A
Each school will provide State mandated physical education through a variety of options	PE Techer	X			See RMMS PE Curriculum for details	
All students in grades 7-12 will be given one movement break during every long block class	N/A	N/A	N/A	N/A	N/A	N/A

### Other School Based Activities Goals

SAU Wellness Policy Goals	Contact Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
Students are permitted to have water in the classroom	Principal	X			Per SAU Policy	
Students are discouraged from sharing foods and beverages with one another	Principal	X			Teachers and lunch staff monitor	
Students are provided with a school environment that is conducive to health eating	Kitchen & PE/Health	X			Nut Safe classrooms and lunch tables available. Adequate time and monitor to ensure healthy eating in place. Kitchen provides	
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Principal	X			25 minute lunches scheduled to meet this req.	
Students are scheduled in lunch blocks that provide minimal wait time for school meals	Principal	X			We devise a schedule each year to ensure that we provide 25 minute lunches.	

Students are provided a school environment that is conducive to being physically active	Principal	X			We have implemented sensory paths, a break zone, morning recess 1x a week, daily lunch recess, and grades K-2 do at least 2 recesses a day.	
Students are provided with opportunities for physical activity throughout the day	Principal	X			paths, a break zone, morning recess 1x a week, daily lunch recess, and grades K-2 do at least 2 recesses a day.	
K-6 students are encouraged to actively participate in recess	Principal	X			Any recess concerns are brought forth by teachers.	
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)	PE / Health Teacher	X			PE/Health Curriculum	
Students are not denied recess or other physical activity time in order to make up instructional time	Principal	X			If anything, students make up instructional work after school or during other academic times.	





# USDA Wellness Policy Goals Progress Report

**School Name:** CSDA

**USDA Wellness Coordinator:** Maureen Lorden

**Date Completed:** 11/30/2022

This document is to be used as a tool to record the progress each school is making to accomplish the goals of the SAU 41 USDA

Nutrition Education						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Two of the following have been done: plan a healthy meal, understand and use food labels, critically evaluate nutrition information, misinformation and commercial food advertising	Tammy Van Dyke	yes			November is nutrition month in Health classes. This information is reviewed at each grade level	
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	Tammy Van Dyke	yes			Topics are overed in both Health and Phys Ed classes.	
Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Anne Marie Connors/ Amy Cassidy	Yes			A varietyof food choices are on the menu. This is normal yearly practice	

The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	Tammy Van Dyke	Yes			We currently integrate the USDA My Plate program and the 'Make Every Bite Count Program'. <i>We are not integrating the "Dig In" Program</i>	
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Nutrition Promotion						
SAU Wellness Policy Goals	Person	Place	in Place	Place	goal and list challenges of	to fully implement the goal
Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy	Anne Marie Connors/ Amy Cassidy	yes			Milk is available in the cooler, menu items include multiple vegetables, whole and sliced fruits, grains	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Anne Marie Connors/ Amy Cassidy		yes		Nutrition information and other resources are available on the food services website	Food Services Director to work on website links that need to be updated or activated
Each school will have at least 20 days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events	Trisha Bouley/ Anne Marie Connors	Yes			Neither snack time nor lunch times conflict with bus or other program scheduling.	
Each school will display at least three nutritional posters in the lunchroom	Anne Marie Connors/ Amy Cassidy	yes			Posters are in place in the cafeteria/lunchroom.	Food Services Director will work with food service staff to create a system to rotate the information. Food Services Director will order new materials.
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Anne Marie Connors/ Amy Cassidy	yes			Food Services Director does this as part of DOE reporting	



All vending machine covers promote only water	N/A				No vending machines at CSDA	
All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with USDA's Smart Snacks nutrition standards - this includes: fundraising, school stores, snacks and vending machines	N/A				No snacks or vending machines at CSDA	
Teachers will not use food or candy as a reward	Trisha Bouley	yes			Policy in place - no food sharing . Reviewed with staff on 4/13/2022	
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Trisha Bouley	yes			Policy adopted 2021; food events are reviewed by the Principal, School Nurse and Food Service Director for assessment and approval. Reviewed with staff beginning of school year and 4/13/22.	
<b>School Lunch Program</b>						
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Anne Marie Connors/ Amy Cassidy	yes			Food Service Director does this. Part of DOE review	
Each school will ensure that all meals offered meet the federal nutrition standards	Anne Marie Connors/ Amy Cassidy	yes			Food Service Director does this. Part of DOE review	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Anne Marie Connors/ Amy Cassidy	yes			Students can access water bubbler or automatic water dispenser in hallway outside cafeteria.	

Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Anne Marie Connors/ Amy Cassidy	yes			No a la carte or snacks are served in the cafeteria this school year. Smart Snack calculator done by Amy each year and records are kept.	
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Physical Activity Goals						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
School Personnel will not use or withhold physical activity as punishment.	Trisha Bouley	yes			Physical Activity is not withheld as punishment. Reviewed with staff on 4/13/22.	
Each school will have at least three instances of classroom health education complementing physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	Tammy Van Dyke	yes			All students have Health class once a week for a 30 minute block. This schedule runs the entire school year. and covers the noted topics	
Each K-6 school will provide a daily recess	Trisha Bouley	yes			Each grade level has a 20 minute recess following lunch; Staff will also bring students outside for other breaks during the school day	
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	N/A					
Each school will provide State mandated physical education through a variety of options	Tammy Van Dyke	yes			All students have 5 - 45 minute Physical Education classes per month.	

All students in grades 7-12 will be given one movement break during every long block class	N/A					
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Other School Based Activities Goals						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Students are permitted to have water in the classroom	Trisha Bouley/Staff	Yes			All students are encouraged to have water bottles at their desks	
Students are discouraged from sharing foods and beverages with one another	Trisha Bouley	Yes			CSDA has a No Sharing of food policy	
Students are provided with a school environment that is conducive to healthy eating	Trisha Bouley/Staff	Yes			Morning Snack is held in Classrooms or outside when weather is nice ; Lunch is held in the Cafeteria at Lunch time	
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Trisha Bouley/Staff	Yes			Bkfst: Snack time is 15 minutes in the morning, some classes will go outside to eat and or pair it with a walk/physical activity	
Students are scheduled in lunch blocks that provide minimal wait time for school meals	Trisha Bouley	Yes			Each lunch period is 25 minutes in length	
Students are provided a school environment that is conducive to being physically active	Trisha Bouley, Staff, Tammy Van Dyke	Yes			Staff provide outside time for students during the school day outside of phys ed classes and recess time.	

Students are provided with opportunities for physical activity throughout the day	Trisha Bouley, Staff, Tammy Van Dyke	yes			Staff provide outside time for students during the school day outside of phys ed classes and recess time.	
K-6 students are encouraged to actively participate in recess	Trisha Bouley/St aff	yes			Students have multiple offerings at recess- basketball court, swings, climbing structure, soccer field	
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)	Trisha Bouley/St aff/ Tammy Van Dyke			yes	Student Health- Nutrition is covered in weekly health classes for all grades and is not embedded in the math and science curriculum. Although not formally covered teachers may reinforce healthy habits.	<i>No changes this school year</i>
Students are not denied recess or other physical activity time in order to make up instructional time	Trisha Bouley/St aff	yes			This is in place. Reviewed with staff on 4/13/22	

# SAU 41

## USDA Wellness Policy Goals Progress Report

**School Name:** HBMS

**USDA Wellness Coordinator:** Lynn DiZazzo

**Date Completed:** 12/1

This document is to be used as a tool to record the progress each school is making to accomplish the goals of the SAU 41 USDA Wellness Policy. Each Wellness Coordinator should document the steps that have or will be taken to meet each goal. Please include examples as specified in the goals and as much documentation as possible to support your findings. The "Contact Person" column should identify the individual who can report on the progress of the goal.

Nutrition Education						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Two of the following have been done: plan a healthy meal, understand and use food labels, critically evaluate nutrition information, misinformation and commercial food advertising	St. Pierre (health teacher)		X		During our nutrition unit we evaluate the information on food labels, learn to understand how the information is presented and how food companies can use tactics to mislead consumers.	Add healthy meal planning to nutrition unit
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	St. Pierre (health teacher)	X			During nutrition unit we talk about why some foods high in calories but low in nutrition will promote more caloric intake and lower energy levels.	

Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Amy Cassidy	x			This is normal yearly practice	
The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	ROCK (homeroom) committee and St. Pierre (health teacher)		x			Our ROCK (homeroom) committee is working to implement this as part of our morning ROCK lessons. It can also be incorporated in health classes

Nutrition Promotion						
SAU Wellness Policy Goals	Person	Place	in Place	Place	goal and list challenges of	taken to fully implement the
Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy	Amy Cassidy	x			Getting back to 5 was part of our summer prep work in August (did less than 5 during Covid) - White milk accessible, cut up fruit, labeling, multiple choices, attractive packaging to name some!	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Amy Cassidy	x			On website	
Each school will have at least 20 days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events	Amy Cassidy	x			school calendar	

Each school will display at least three nutritional posters in the lunchroom	Amy Cassidy		x		The cafeteria (MPR) does not have bulletin board space. We are putting up posters on the walls, but they do not stay.	Will create a system to rotate the info
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Amy Cassidy	x			Amy does this as part of her DOE reporting	
All vending machine covers promote only water	Amy Cassidy	x			done	
students outside the federally	Amy Cassidy	x			run through School Nutrition	
Teachers will not use food or candy as a reward	Patrick West		x		Teachers were reminded of this again at the beginning of the year, and most (if not all) have complied.	Continue to stress this and offer alternative suggestions for rewards
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Classroom teachers/Counselors	x			Teachers were reminded of this again, and all food tied to curriculum must be "vetted" by admin	
<b>School Lunch Program</b>						
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Amy Cassidy	x			Part of DOE reviews	
Each school will ensure that all meals offered meet the federal nutrition standards	Amy Cassidy	x			Part of DOE reviews	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Amy Cassidy	x			There is a water bubbler in the MPR	

Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Amy Cassidy	x			Smart Snack calculator done by Amy each year and records are kept	
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Physical Activity Goals						
SAU Wellness Policy Goals	Person	Place	in Place	Place	goal and list challenges of	taken to fully implement the
withhold physical activity as	(Alex and	x			are offered additional PE time to	
Each school will have at least three instances of classroom health education complementing physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	PE or health teachers	x			We continually incorporate units into physical education and health education that promote life long physical activity. Some examples of units include: Rock Climbing, Pickleball, and Hiking/Orienteering	
Each K-6 school will provide a daily recess		n/a	n/a	n/a	We do not offer recess at the Middle School level.	
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	Althletic director (Allie)	x			We offer several interscholastic opporntnities throughout the year, and offer one without tryouts each season.	
Each school will provide State mandated physical education through a variety of options	PE teachers (Alex and Colleen)	x			We offer physical education to all of our students in 7th and 8th grade for the entire school year. Within that curriculum there are a variety of units that each grade level explores.	
All students in grades 7-12 will be given one movement break during every long block class		n/a	n/a	n/a	At the Middle School, all classes are the same length.	

<b>Other School Based Activities Goals</b>
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SAU Wellness Policy Goals	Person	Place	in Place	Place	goal and list challenges of	taken to fully implement the
Students are permitted to have water in the classroom	Patrick	x			Frequent reminders that students can have water	
Students are discouraged from sharing foods and beverages with one another	Patrick		x		Constant reminders during lunch	Notifications to parents Discussions during ROCK
Students are provided with a school environment that is conducive to health eating	Patrick	x			Students eat in a designated area - MPR	
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Patrick	x			lunch times meet requirement	
Students are encouraged to eat in blocks that provide minimal wait time for school meals	Patrick		x		two block lunches - one per grade level	Working to adjust the schedule to allow for longer lunch or more than two lunches
Students are provided a school environment that is conducive to being physically active	Patrick	x			movement during instruction, ROCK provides an opportunity for games, when weather permits, students eat lunch outside and are able to use the field for	physical activity in ROCK and in classes. ROCK committee can create some games/activities that teachers can use, and we can use staff meeting time to
Students are provided with opportunities for physical activity throughout the day	Patrick		x		See above	
K-6 students are encouraged to actively participate in recess	NA					
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)			x			Working with teachers to implement these activities

Students are not denied recess or other physical activity time in order to make up instructional time	Patrick	x			Special schedules (ex: state testing) are equitable with loss of instructional time across all content areas	
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# SAU 41

## USDA Wellness Policy Goals Progress Report

**Hollis Brookline High School**

**USDA Wellness Coordinator:** Louise P. Hickey

**Date Completed: 12/1/2022**

This document is to be used as a tool to record the progress each school is making to accomplish the goals of the SAU 41 USDA Wellness Policy. Each Wellness Coordinator should document the steps that have or will be taken to meet each goal. Please include examples as specified in the goals and as much documentation as possible to support your findings. The "Contact Person" column should identify the individual who can report on the progress of the goal.

Nutrition Education						
SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement the goal
Two of the following have been done: plan a healthy meal, understand and use food labels, critically evaluate nutrition information, misinformation and commercial food advertising	Erin White		X		Normally part of the Wellness curriculum.	Add healthy meal planning to nutrition unit.
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	Erin White		X		Normally part of the Wellness curriculum.	Add healthy meal planning to nutrition unit.
Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	A Cassidy	X			This is normal yearly practice.	
The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.						

### Nutrition Promotion

SAU Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	implement goal and list challenges of	taken to fully implement the goal
Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy	A Cassidy	X			routine, white milk first, sliced fruit, labels, choices, fruit first	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	A Cassidy	X			On website: <a href="https://www.sau41.org/administration/22">https://www.sau41.org/administration/22</a>	
Each school will have at least 20 days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events	A Cassidy	X				
Each school will display at least three nutritional posters in the lunchroom	A Cassidy		X			More posters/material to be ordered
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	A Cassidy	X			Done as part of DOE reporting.	
All vending machine covers promote only water	A Cassidy	X			Only ones we would accept from vendors	
All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with USDA's Smart Snacks nutrition	A Cassidy	X			Tracked by director yearly	
Teachers will not use food or candy as a reward			X			
involve activities unless there is a connection with						
<b>School Lunch Program</b>						
Each school will follow the Federal, State and local established nutrient standards for all foods and	A Cassidy	X			Done as part of DOE reporting.	
Each school will ensure that all meals offered meet the federal nutrition standards	A Cassidy	X			Done as part of DOE reporting.	
Each school will ensure that drinking water is available where school meals are served during mealtimes	A Cassidy	X			Water available in cafe	
Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	A Cassidy	X			Smart Snack calculator done each year and records are kept.	

### Physical Activity Goals?

<b>SAU Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps taken to implement goal and list challenges of implementation</b>	<b>List next steps that will be taken to fully implement the goal</b>
School Personnel will not use or withhold physical activity as punishment. PE (CB & NF) 2 credits of PE are required to graduate. Freshmen must complete	PE (CBuschman & NFortuna				N/A - In place	N/A - In place
Each school will have at least three instances of classroom health education complementing physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	PE (CBuschman & NFortuna		X		Students are required to take 1 year of Health/PE (typically this is completed as a freshman). Perhaps we need more electives geared towards health, such as a nutrition class.	I suppose the next step would be to write up a curriculum for a nutrition class (and/or any other electives that are geared towards health & wellness).
Each K-6 school will provide a daily recess	NA				N/A	N/A
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	PE (CBuschman & NFortuna	X			N/A - In place	N/A - In place
Each school will provide State mandated physical education through a variety of options	PE (CBuschman & NFortuna	X			Personal Fitness, Team & Individual Sport and Outdoor Adventures. Next	N/A - In place
All students in grades 7-12 will be given one movement break during every long block class	Inconsistent		X		Dependent on curriculum and weather.	

### Other School Based Activities Goals

Students are permitted to have water in the classroom	Yolanda Flamino	X				
Students are discouraged from sharing foods and beverages with one another	Yolanda Flamino		X		Reminders during lunch	Reminders during lunch
Students are provided with a school environment that is conducive to health eating	Yolanda Flamino	X				
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Yolanda Flamino	X			Time permitted for lunch and window of time permitted for breakfast are adequate	

Students are scheduled in lunch blocks that provide minimal wait time for school meals	Yolanda Flamino		X		All students must eat in one of the three lunches offered; certain classes are not conducive to being scheduled for the middle lunch period	Continue to examine scheduling to best spread out students in the lunch periods
Students are provided a school environment that is conducive to being physically active	Yolanda Flamino		X		There are multiple PE classes and after school activities that allow for physical activity; teachers are permitted to take classes on walks; at the high school level there is	Promote movement breaks in classrooms
Students are provided with opportunities for physical activity throughout the day	Yolanda Flamino		X		See above	See above
K-6 students are encouraged to actively participate in recess	Yolanda Flamino				N/A	N/A
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)	Yolanda Flamino		X		All students take a wellness class; some courses cover content that promotes student health, it is not a cross-curricular focus	Promote wellness across classes
Students are not denied recess or other physical activity time in order to make up instructional time	Yolanda Flamino	X				

**PE Teachers: CB Cole Buschman; NF Nicole Fortuna**

**Wellness Teacher: Erin White**

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