

Name of Campus Stafford Elementary

STAFFORD MUNICIPAL SCHOOL DISTRICT

Date of Completion Dec 5th, 2022

WELLNESS POLICY MEASUREMENT PLAN

Principal - Diana De La Rosa | Nurse - Rachel Clark, RN

Wellness Policy Mission Statement: The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. (See policy FFA (LOCAL))

Component 1: Nutrition Standards: The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules (See CO and FJ)				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District shall establish standards for all foods and beverages provided, but not sold to students during the school day. These standards shall be addressed in the District’s Wellness Plan.	✓			The Child Nutrition Department has stopped selling un-nutritional extras as well as discontinued serving overly sugar items. There are vegetables, meatless options, and lightly processed or whole fruit options for desserts always available. Standards established for food/beverages include only having 100% juice beverages with only have 4oz at a time. At least 80% of grains must be whole grain

Component 2: Nutrition Promotion & Education Standards: The District shall implement, in accordance with law, a coordinated school health program with nutrition education component. (See EHAA) The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District’s food service staff, teachers and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.		✓		Nutritional signs are up around the train line where the students get lunch. Part of curriculum includes nutritional info given in classroom setting. Could be expanded by having more signs up in the actual cafeteria and having more classroom nutritional involvement (see below for Brighter Bites application which would meet this.)
2.The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students			✓	District webpage for health and wellness needs to be updated with nutritional info for parents; currently just states basics like medication policy, health screening, and communicable disease information. The district has applied to the Brighter Bites Program to engage parents, students, and teachers in a program that involves getting free fruits and vegetables delivered to the school for parents to pick up, in addition to recipe instruction for utilization of produce and demonstrations by teachers to the students of the importance of nutrition.

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Component 3: Physical Activity Standards: The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. (See BDF, EHAA, EHAB, and EHAC)				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.				The P.E. Department offers developmentally appropriate programming including archery, rock climbing, all major sports, and new this year: Lacrosse. For the last 3 years though, our students are only allowed 45 minutes a week for physical education. The state mandate is 135 minutes/week of structured physical activity. Need to increase this time up to 135 min.
2.The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.				We are not aware of Staff Development that encourages or trains teachers to integrate physical activity into academic curriculum. First step would be to integrate into professional development courses.
3.The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.				There are no before/after school physical activity programs, nor are there stipends available for teachers to take a role in these programs. First step would be to have our PE coaches develop optional programs and also motivate staff to help facilitate re stipends/other incentives.
4.The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.				More wellness and fitness trainings have been available on professional development days. A new teacher-led Yoga class is starting winter of 2022 at the E.S.
5.The District shall encourage parents to support their children’s participation to be active role models, and to include physical activity in family events.				Our head PE coach is authoring a monthly wellness and fitness online newsletter to share with parents.
6.The District shall encourage students, parents, staff and community members to use the District’s recreational facilities, such as tracks, playgrounds and the like, that are available outside of the school day (See GKD)				Playground, Track and sporting facilities are available to students and families of Stafford.

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Component 4: Other School-Based Activities Standards: The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District shall promote employee wellness activities and involvement at suitable District and campus activities.				Professional development has recently focused on employee wellness and self care, currently a weekly "walking Wednesday" led by administrator for all staff to attend, weekly yoga started at ES
2.The District shall allow sufficient time for students to eat meals in a cafeteria facility that is clean, safe, comfortable and that visually promotes a message of the importance of healthy eating and overall wellness.				Students have adequate time to eat lunch (30 min). Cafeteria is spacious, clean, and students listen to positive messages and have interaction with administrators during lunch.