SAU 41
USDA Wellness Policy Goals Progress Report

School Name: HOLLIS BROOKLINE HIGH SCHOOL

USDA Wellness Coordinator: Louise P. Hickey

Date Completed: 15-May-23

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	White	X			Students completed lessons and a project evaluating nutrition labels and ingredients	Done
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	White	X			Students had lessons designed to help them understand that calories are a measurement of energy and exercise utilizes that energy	Done

Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Cassidy	x			This has been done consistently all year with new menu ideas	Ongoing
The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	White Cassidy					Hancock (FACS), A Cassidy, E White RESPONSES: E White does not use USDA materials in her class. A Cassidy - Uses USDA guidelines to plan meals. Would include posters, if a display area was provided. C Hancock (FCS) - Elective open to all students. C Hancock frequently changes nutrition bulletin board in hall next to main office as well as including full meal planning and nutrition facts as well as food pyramid as well as divergent Menu competition, information on additives, preservatives, dyes. Here is the link to the State Guidelines for NH Association of Family & Consumer Sciences which is used in FCS classes: https://sites.google.com/view/nhafcs/resources/state-standards?authuser=0 **To share information with full student body, C. Hancock would share slides about nutrition, including the food pyramid, info**

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	Cassidy	x			White milk in coolers, sliced fruit, atractive fruit bins, fruit at registers, signage on the line	

At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Cassidy	x			This is on the website under food services	
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	Flamino Zeller	x			keep period 4 intact for most schedule changes	Done-see previous column/LPH
Each school will display at least three nutritional posters in the lunchroom	Cassidy				There is no bulletin board for such posters, wellness team to change goal	
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Cassidy	x			Yes, always as required by regulations, covered under reviews	
All vending machine covers promote only water	Cassidy	x			Only ones allowed	
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	Cassidy	x			School admin to always check with Food Service Director before approving anything during school day	

Teachers will not use food or candy as a reward	Flamino	X				Done. Staff needed reminders earlier in the year; is in handbook and staff should be fully aware
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Flamino Zeller	X				Done. Is in handbook and staff should be fully aware
School Lunch Program						
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Cassidy	x			Yes, as federally required and covered under state reviews	
Each school will ensure that all meals offered meet the federal nutrition standards	Cassidy	x			Yes, the director ensures this as her responsibility	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Cassidy	x			Yes, water cooler is there	
Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Cassidy	x			Yes, as federally required and covered under state reviews	

Physical Activity Goals						
SAU Wellness Policy Goals	**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.	Flamino Zeller	X				Done.

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	White	X			Wellness classes combined with fitness classes throughout the year to reinforce the importance and habit of physical activity	Done.
Each K-6 school will provide a daily recess	N/A					
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.	Buschmann	X				Done
Each school will provide State mandated physical education through a variety of options	Buschmann	X				Done
All students in grades 7-12 will be given one movement break during every long block class	Flamino Zeller		X			Staff often take students on walks; students can request movement breaks

Other School Based Activities Goals						
SAU Wellness Policy Goals	**Person**	**Place**	**in Place**	**Place**	**goal and list challenges of**	**to fully implement the goal**
Students are permitted to have water in the classroom	Flamino Zeller	X				Done.
Students are discouraged from sharing foods and beverages with one another	White	X			Students learned about disease transmission and how sharing food and beverages can spread germs	Done
Students are provided with a school environment that is conducive to health eating	Flamino Zeller	X				Done.

Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Flamino Zeller	X				Done.
Students are scheduled in lunch blocks that provide minimal wait time for school meals	Flamino Zeller	X				Done. Students have adequate time eat lunch
Students are provided a school environment that is conducive to being physically active	Buschmann		X			I would consider this very close to "Done/Fully In Place". The only addition I would make is some sort of recess/movement option during lunch.
Students are provided with opportunities for physical activity throughout the day	Flamino Zeller		X			Teachers often provide movement breaks; students can also request movement breaks
K-6 students are encouraged to actively participate in recess	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)	Flamino Zeller		X			Continue to promote cross-curricular activities
Students are not denied recess or other physical activity time in order to make up instructional time	Flamino Zeller	X				Done. Not applicable regarding recess; students are not removed from PE classes to make up instructional time for other classes

SAU 41
USDA Wellness Policy Goals Progress Report

School Name: HBMS

USDA Wellness Coordinator: Lynn DiZazzo

Date Completed: 5/11

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 clasess

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	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	
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	Amy Cassidy	x			Policy dictates food events are run through School Nutrition Director for tracking and ensuring compliance	
Teachers will not use food or candy as a reward	Patrick West		x		Teachers were reminded of this again at the begining 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	
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	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	

Physical Activity Goals						
SAU Wellness Policy Goals	**Person**	**Place**	**in Place**	**Place**	**goal and list challenges of**	**taken to fully implement the**
School Personnel will not use or withhold physical activity as punishment.	PE teachers (Alex and Colleen)	x			There are several students who are offered additional PE time to best suit their learning needs. It is never taken away as a punshiment.	
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/Orientering	
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 opportnities 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		x			At the Middle School, all classes are the same length. When using a special schedule with block periods (ex: for state testing), time is built in for movement.	

Other School Based Activities Goals						
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			Studets 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 scheduled in lunch blocks that provide minimal wait time for school meals	Patrick		x		two block lunches - one per grade level	Aiming to adjust the schedule to allow for longer lunch or more than two lunches resulting in smaller groupings (lessening wait time even
Students are provided a school environment that is conducive to being physically active	Patrick	x			Teachers are mindful of offering 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, walks are encouraged as a break during class or skills (study hall) time.	We can encourage more physical adctivity in ROCK and in classes. ROCK committee can create some games/acticities that teachers can use, and we can use staff meeting time to collaborate and brainstorm ways to add physical activity in to content area lessons.
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	

SAU 41
USDA Wellness Policy Goals Progress Report

School Name: *Hollis Upper Elementary School*

USDA Wellness Coordinator: *Adam Wallis*

Date Completed: 5/18/2023

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			School Menu offers variety of entrees each month	
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	

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		Nutrition Information and other resources are available on the Food Service website	Amy will find out who updates the website and work on getting links fixed and/or updated
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 uninterupted lunch time	
Each school will display at least three nutritional posters in the lunchroom	**Food Staff/ Amy Cassidy**		x		Some posters have been hung in the kitchen/serving area	Amy has received more posters and will be bringing them to display
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 **STAFF** 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			Nutrition Information for menu is posted online	
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	**Candi Fowler**	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	**Candi Fowler**	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	**Candi Fowler**	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	**Candi Fowler**	x			3 lunch blocks with 2 serving lines	
Students are provided a school environment that is conducive to being physically active	**Candi Fowler**	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	**Candi Fowler**	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	**Candi Fowler**	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)	**Candi Fowler**		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	**Candi Fowler**	x			Students are not denied recess to make up instructional time	

USDA Wellness Policy Goals Progress Report

School Name: CSDA

USDA Wellness Coordinator: Maureen Lorden

Date Completed: 05/12/2023

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	Tammy Van Dyke	yes			November is nutrition month in Health classes. We review this information at each grade level during the month of November in health classes - 4-30 min sessions for each grade	
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	Tammy Van Dyke	yes			Covered 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 variety choices are on the menu. This is normal yearly practice. **We do try new menus as already stated and offer a variety of items.**	**Next year we hope to be able to offer a daily entree salad choice and do more "tastings" especially with vegetables.**

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 in	We are hoping to integrate the USDA 'Dig In' proram in the fall.

Nutrition Promotion						
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**
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		**Fully compliant...we have white milk in coolers, fruit is sliced, we try to display fruit nicely and close to register, menu is written at lunch line, menu is shared in each classroom.**	
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			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	Trisha Bouley/Anne Marie	Yes			Neither snack time nor lunches 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 in place. Will work with food service staff and create a system to rotate the informaiton.	Will work with food service staff and create a system to rotate the informaiton.
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			Amy Cassidy 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 . **Re-Reviewed with staff on 5/11/23**	
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 assesssment and approval. Review with staff beginning of school year and 5/11/23.	
School Lunch Program						
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**
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 bubler 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			**We have snacks now at lunch time and they are all Smart Snack approved.** Smart Snack calculator done by Amy each year and records are kept.	

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 5/11/23.	
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 Phys Ed classes per month.	
All students in grades 7-12 will be given one movement break during every long block class	N/A					

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, reviewed with staff **5/11/23**	
Students are discouraged from sharing foods and beverages with one another	Trisha Bouley	Yes			CSDA has a No Sharing of food policy. Reviewed with staff 5/11/23	
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/Gym 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/Staff	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/Staff/ 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.	

Students are not denied recess or other physical activity time in order to make up instructional time	Trisha Bouley/Staff	yes			This is in place. Re-reviewed with staff on **5/11/23**	

SAU 41
USDA Wellness Policy Goals Progress Report

School Name: Hollis Primary School

USDA Wellness Coordinator: Katie Turner

Date Completed: May 16, 2023

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	Jennifer Rocheleau	X			Health lesson on my plate and portions	
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise	Jennifer Rocheleau	X			Incorporated in health lessons on exercise and coordinated with PE teacher with his weekly lessons	
Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Amy Cassidy	x			We operate as "offer" so kids pick what they want. We always try new things with favorites.	

The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.	Jennifer Rocheleau	x			Posters and visual and handouts for my plate	

Nutrition Promotion						
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**
Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy	Amy Cassidy	x			White milk in cooler, sliced fruit, more than 1 choice, attractive food display, named veggies	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Amy Cassidy	x			On the SAU website under food service	
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	Paula Izbicki	x			Each grade has scheduled lunch daily	
Each school will display at least three nutritional posters in the lunchroom	Amy Cassidy		x		No good place to do so, have 1	
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Amy Cassidy	x			Not applicable	
All vending machine covers promote only water	Amy Cassidy	x			No vending machines for students	

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	Amy Cassidy	x			Schools are supposed to check with food service director to ensure compliance	
Teachers will not use food or candy as a reward	Paula Izbicki	x			School rule	
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details	Paula Izbicki	x			Birthdays are read over the morning announcements and students go to office to get a pencil, bookmark, etc	
Each school will follow the Federal, State and local established nutrient standards for all foods and beverages during the school day.	Amy Cassidy	x			Yes, all federal regulatation followed and compliance shown in state reviews	
Each school will ensure that all meals offered meet the federal nutrition standards	Amy Cassidy	x			Yes, food service director ensure	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Amy Cassidy	x			Yes, it is available with a bubbler	
Each School will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements	Amy Cassidy				Not applicable	

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.	Paula Izbicki	x			Recess is not taken away from students	
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	Kyle Precourt and Jennifer Rocheleau	x			Included in our health lessons and P.E classes and movement is encouraged	
Each K-6 school will provide a daily recess	Paula Izbicki	x			Each grade level has a daily recess	
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	Kyle Precourt, Tara Happy	x			PE for each class weekly and Environmental science-hiking, walks, snowshowing	
All students in grades 7-12 will be given one movement break during every long block class	N/A					

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	Paula Izbicki	x			Permitted and also encouraged through health lesson as well	
Students are discouraged from sharing foods and beverages with one another	Jennifer Rochealeau	x			Safe eating spaces	
Students are provided with a school environment that is conducive to health eating	Paula Izbicki	x				

Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends	Paula Izbicki	x			30 minutes for lunch and 15 minutes for snack	
Students are scheduled in lunch blocks that provide minimal wait time for school meals	Paula Izbicki	X			30 minutes for lunch	
Students are provided a school environment that is conducive to being physically active	Paula Izbicki	X			1 x 30 minute recess, 2nd recess optional, Environmental science, PE	
Students are provided with opportunities for physical activity throughout the day	Paula Izbicki	X			Recess, PE, Environmental science	
K-6 students are encouraged to actively participate in recess	Paula Izbicki	X			Teachers are out at recess and encourage students to play and enjoy recess time	
Students are provided with activities that coordinate content across curricular areas that promote student health (such as teaching nutrition concepts in math or science)	Abby Diaz			X		Checked in with Abby Diaz
Students are not denied recess or other physical activity time in order to make up instructional time	Paula Izbicki	x			School rule/expectation	

SAU 41
USDA Wellness Policy Goals Progress Report

School Name: Richard Maghakian Memorial School

USDA Wellness Coordinator: Stephen Martus, Diana Zoltko, Amy Cassidy

Date Completed: 5/8/2023

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			X			
At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise				X		
Cafeteria staff will expose students to at least two new food experiences and a wide variety of food choices	Amy Cassidy	x			We have done this all year long	

The school will integrate at least two USDA's Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.			x			

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	Amy Cassidy	x			we have white milk in cooler, menu in classroom, sliced fruit,written menu in the line and fruit at register	
At least two nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, etc.	Amy Cassidy	x			This is online under food service	
days in which there is no disruption to lunch times by bus schedules, recess and other special programs or events		x				
Each school will display at least three nutritional posters in the lunchroom	Amy Cassidy	x			They are there but need to be changed	
Each school ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards	Amy Cassidy	x			Yes always	
All vending machine covers promote only water				x*	*no vending machines in student areas; only in staff space	

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	Amy Cassidy	x			There are no such events the FS is aware of	
Teachers will not use food or candy as a reward		x				
Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum - see each school's student handbook for more details		x				
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	x			Always and covered under federal reviews	
meals offered meet the federal nutrition standards	Amy Cassidy	x			Always and covered under federal reviews	
Each school will ensure that drinking water is available where school meals are served during mealtimes	Amy Cassidy	x			We provide cups and water	
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			Not offered	

Physical Activity Goals						
SAU Wellness Policy Goals	**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.		x				
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		x				
Each K-6 school will provide a daily recess		x				
All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.					RMMS is PreK-Grade 3	
Each school will provide State mandated physical education through a variety of options		x				
All students in grades 7-12 will be given one movement break during every long block class					N/A - school is PreK-Grade 3	

Other School Based Activities Goals						
SAU Wellness Policy Goals	**Person**	**Place**	**in Place**	**Place**	**goal and list challenges of**	**to fully implement the goal**

Students are permitted to have water in the classroom		x				
Students are discouraged from sharing foods and beverages with one another		x				
Students are provided with a school environment that is conducive to health eating		x				
Students are provided with adequate breakfast and lunch time to enjoy eating healthy foods with friends		x				
Students are scheduled in lunch blocks that provide minimal wait time for school meals		x			The schedule allows for 25 minute lunches with a 5 minute lunch in between. Due to the large number of students buying lunch and the number of choices available to students, the wait time can tend to be long.	
Students are provided a school environment that is conducive to being physically active		x				
Students are provided with opportunities for physical activity throughout the day		x				
K-6 students are encouraged to actively participate in recess		x				

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				
Students are not denied recess or other physical activity time in order to make up instructional time		x				