

EMPLOYEES
SIGN IN SHEET
Wellness Policy Meeting

Date: 1/13/2022

Location: Lowellville Local Schools Kitchen

1. Holly Hanni
2. Kathy Whann
3. Lisa Watson
4. Katelynn Anguish
5. Cheryl Marks
6. Mandy Corcor
7. Lucille Yarnell
8. Jeanne Cappell

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Lawellville Local Schools Reviewer Holly Hanni

School Name Lawellville Date 1/13/2023

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

I. Public Involvement

Yes ☒ No ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
☒ School Board Members ☒ School Health Professionals ☒ Students ☒ Public

Yes ☒ No ☐ We have a designee in charge of compliance.

Yes ☒ No ☐ Name/Title: Christine Sawicki, Superintendent Wellness Committee

Yes ☒ No ☐ We make our policy available to the public.

Yes ☒ No ☐ Please describe: Posted on website under food service

Yes ☒ No ☐ We measure the implementation of our policy goals and communicate results to the public.

Yes ☒ No ☐ Please describe: Posted on website under food service

Yes ☒ No ☐ Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition education.

Yes ☒ No ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.).

Yes ☒ No ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

III. Nutrition Promotion

Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes ☒ No ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes ☒ No ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes ☒ No ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes ☒ No ☐ We ensure students have access to hand-washing facilities prior to meals.

Yes ☒ No ☐ We annually evaluate how to market and promote our school meal program(s).

Yes ☒ No ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes ☒ No ☐ We offer taste testing or menu planning opportunities to our students.

Yes ☒ No ☐ We participate in Farm to School activities and/or have a school garden.

Yes ☒ No ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).

Yes ☒ No ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes ☒ No ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

Yes ☒ No ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes ☒ No ☐ We provide teachers with samples of alternative reward options other than food or beverages.

Yes ☒ No ☐ We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☐ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☐ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☐ ☒ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☒ We have a recycling /environmental stewardship program.
- ☒ ☐ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We do not promote walking or biking to school due to the large area the district covers. It could be unsafe.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Christine Sawicki / Holly Hanni

Position/Title Superintendent / Regional Manager

Email C.Sawicki@lwellmileschool.org.

Phone 330-536-8426

Wellness Meeting Agenda

Date: 1/13/2023

USDA Local Wellness Policy: Discuss Guidelines and go over the Implementation and Summary of the Final Rule.

District Wellness Policy: Read over and discuss the District Wellness Policy

Wellness Policy Assessment Toll: Read over the Assessment Toll and Answer Questions on the Toll.

Discussion: Discuss any changes that may or may not need to be made and/implementations to Wellness Policy. Discuss Future Wellness Meetings.



Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule

What is a local school wellness policy?

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy

At a minimum, policies are required to include:

- **Specific goals for** nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students** during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

Wellness Leadership

LEAs must establish **wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement

At a minimum, LEAs must:

- **Permit participation** by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.



Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.



Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

Regulation

The proposed rule was published in the Federal Register, and the 60-day public comment period closed on April 28, 2014. FNS received 57,838 public comments that were considered in developing the final rule.

The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

Resources

USDA Food and Nutrition Service's "School Nutrition Environment and Wellness Resources" Web site has information and resources on:

- Local school wellness policy process,
- Wellness policy elements,
- Success stories,
- Grants/funding opportunities, and
- Trainings.

Check it out! <http://healthymeals.nal.usda.gov/school-wellness-resources>

Model Wellness Policy – Thoroughly reviewed by USDA FNS, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

Putting Local School Wellness Policies Into Action: Stories From School Districts and Schools – The Centers for Disease Control and Prevention and USDA developed a compilation of 11 stories to help LEAs and schools implement wellness policies.

National Wellness Study Briefs – Bridging the Gap's research briefs highlight areas of opportunity for State agencies, LEAs, and schools to strengthen wellness policy components.

