

Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. 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. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name **Greenville ISD**

Policy Reviewer **Sharee Osten, Noel Bares**

School Name **NA**

Date **10/20/2021**

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

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

Person in charge of compliance:

Name/Title:

The policy is made available to the public.

Indicate How:

Our policy goals are measured and the results are communicated to the public.

Please describe:

Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

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

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

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

| | | | |
|-------|---|----------------|-----------------------|
| Name | Noel Bares RN / Sharee Osten | Position/Title | Dir HS/Dir CN |
| Email | baresn@greenvilleisd.com/ ostens1@greenvilleisd.com | Phone | 9034548871 9034084409 |



Well onTarget®



Hello!

Eating healthy doesn't mean you have to spend more money. This month's Health Kit provides simple, cost-saving ways for you and your family to eat well and stay within your budget.

Poster

Follow these tips to help you eat well without breaking the bank.

[Download Poster](#)

Brain Game

Find these words associated with healthy eating on a budget.

Download Game

Recipe

This month's recipe is healthy and budget-friendly!

Download Recipe

Podcast

This episode provides four tips to help you choose healthier foods while saving money.

Listen

Short Video

Watch this short video to learn about grocery shopping and budget apps you can use to stay on track.

Watch Video

Additional Information:

[For More Information on Healthy Eating on a Budget](#)

Coming up...

Tune in next month for information and tips on relaxation.



Well onTarget®

Healthy Eating on a Budget

1. PNLA AHAD E _____
2. POSH TRMAS _____
3. BDTGUE _____
4. ACETER A PPSHIIGN LTIS _____
5. UES NOSPOUC _____
6. EKAT INNYROETV _____
7. OOKC NAD EEFREZ _____
8. SAREH A MAEL _____
9. OOKC TA MEOH _____
10. ATE LOEVSTFER _____





Make Your Fitness Program Membership Work for You!

The Fitness Program gives you flexible options to help you live a healthy lifestyle.

As a TRS-ActiveCare participant, the Fitness Program is available exclusively to you and your covered dependents (age 16 and older).* The program gives you access to a nationwide network of fitness locations. There's also a new digital only option!

Before committing to a gym, make sure it's operating under health and safety guidelines for COVID-19. Please call the gym you're interested in to see what precautions they have in place to keep you safe while you exercise.

Other perks include:

- **Flexible Gym Network:** A choice of gyms to fit your budget and preferences.**

| Options | Digital Only | Base | Core | Power | Elite |
|---|---------------------|-------|-------|--------|--------|
| Monthly Fee | \$10 | \$19 | \$29 | \$39 | \$99 |
| Gym Facility Network Size† | Digital Access Only | 3,000 | 7,500 | 12,000 | 12,400 |
| \$19 Initiation Fee (No initiation fee for the Digital Only option) | | | | | |

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Workout with members of your family, including covered dependents.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

† Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.



Features

- **Mobile App:** Search locations, register for classes, check-in at the gym and see your activity history.
- **Real-Time Data:** Track your progress to see how many classes you've completed or how many goals you've reached.
- **Complementary and Alternative Medicine (CAM) Discounts through the Whole Health Living Choices Program:** Save money through a network of 40,000 wellbeing providers, such as acupuncturists, massage therapists and personal trainers. Register at www.whlchoices.com.
- **Blue PointsSM:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits.***
- **Web Resources:** Go online to find fitness locations and track your visits.
- **Digital Fitness:** Stay active from the comfort of your own home! Access thousands of digital fitness videos and live classes. Digital access is included with Base, Core, Power and Elite memberships. You can also exclusively join the Digital Only plan.

Are You Ready for Fitness?

It's easy to sign up:

1. Go to www.bcbstx.com/trsactivecare, and log in to Blue Access for MembersSM.
2. Under **Quick Links**, choose **Fitness Program**.
3. Click **Enroll Now**. Then search for and select the fitness program and location that are best for you. Remember, you can visit any participating fitness location in your plan after sign up. You can also choose the Digital Only plan.
4. Verify your personal information and method of payment. Print or download your membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

You can also sign up for the Fitness Program by calling **1-888-762-BLUE (2583)** Monday through Friday, 7 a.m. to 7 p.m. Personal Health Guides are available at **1-866-355-5999**, 24 hours a day, seven days a week for questions.



Find fitness buddies. take a digital class and try something new!
Join the Fitness Program today to help reach your health and wellness goals.

*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

**Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

***Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well on Target Member Wellness Portal for more information.

The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations. WholeHealth Living is an online discount program owned and operated by Tivity Health.



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Turn to us when you
don't know where
to turn

Confidential solutions are at your
fingertips with the Employee
Assistance Program

EMPLOYEE ASSISTANCE PROGRAM
Work/Life Balance

Toll-free 24/7 access:

 **1-800-854-1446** *(multi-lingual)*

 **www.unum.com/lifebalance**

 **Confidential**

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Help, when you need it most

- Stress
- Depression
- Addiction
- Child care
- Elder care
- Grief and loss
- Legal questions
- Family relationships and parenting
- Even reducing your medical/dental bills!

Help is easy to access

- Online/phone support: Unlimited, confidential, 24/7.
- In-person: 3 visits with a Licensed Professional Counselor* are available at no additional cost to you. Your counselor may refer you to resources in your community for ongoing support.

Who is covered?

The program is available to you, your spouse, dependent children, parents and parents-in-law. It's provided to you at no additional cost as part of your insurance plan.

FOR MORE INFORMATION:

visit www.unum.com/lifebalance or call us at 1-800-854-1446 (multi-lingual).

* The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority.

Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details. Insurance products are underwritten by the subsidiaries of Unum Group.

This is not a medical insurance card.

Keep this card with you at all times. It gives you immediate access to a full range of confidential Work-life Balance services for you and your family. If you need additional cards, contact your workplace plan administrator.



**Better
benefits
at work.™**

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EN-2059-1 FOR EMPLOYEES (12-20)



Better benefits at work.

Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™
— helps you save on medical bills



Who is covered?

Unum's EAP services are available to all eligible employees, their spouses or domestic partners, dependent children, parents and parents-in-law.



Employee Assistance Program
— Work/Life Balance

Toll-free 24/7 access:

- 1-800-854-1446
(multi-lingual)
- www.unum.com/lifebalance



Turn to us, when you don't know where to turn.

Employee Assistance Program (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Family and parenting problems
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- And more

Work/Life Balance

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Financial services, debt management, credit report issues
- Elder care
- Even reducing your medical/dental bills!
- Legal questions
- And more
- Identity theft

Help is easy to access:

- **Online/phone support:** Unlimited, confidential, 24/7.
- **In-person:** You can get up to 3 visits available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

* The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority.

Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult

your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

Insurance products are underwritten by the subsidiaries of Unum Group.

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January National Health Observances:

- Glaucoma
 - <https://www.glaucoma.org/news/glaucoma-awareness-month.php>
- Cervical Cancer & Cervical Health Awareness
 - <https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

February National Health Observances

- Heart Health
 - <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>
- National “Wear Red” Day for women’s heart health with the American Heart Association
 - <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day>
 - <https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

March National Health Observances

- Nutrition & Healthier Eating Habits
 - <https://www.eatright.org/food/resources/national-nutrition-month/about-national-nutrition-month>
- Colorectal Cancer Awareness Month
 - <https://www.ccalliance.org/about/awareness-month>
- National Sleep Awareness Week
 - <https://www.thensf.org/sleep-awareness-week/>
- National Kidney Month
 - <https://www.eatright.org/food/resources/national-nutrition-month/about-national-nutrition-month>

April National Health Observances

- Stress Awareness Month
 - <https://www.stress.org/april-is-stress-awareness-month#:~:text=Stress%20Awareness%20Month%20has%20been,a%20healthy%20and%20positive%20life.>
- Parkinson’s Awareness
 - <https://www.thensf.org/sleep-awareness-week/>

National Health & Wellness Observances Calendar

May National Health Observances

- Physical fitness and sports awareness
 - <https://health.gov/news/202004/celebrate-national-physical-fitness-sports-month>
- Women's health week
 - <https://www.womenshealth.gov/nwhw/about>
- Mental Health Awareness month
 - <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- American Stroke Awareness
- Healthy Vision Month
 - <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources/healthy-vision-month>
- Lupus Awareness Month
 - <https://www.lupus.org/lupus-awareness-month>
- Melanoma/Skin Cancer Detection and Prevention Month
 - <https://www.skincancer.org/get-involved/skin-cancer-awareness-month/>
 - <https://www.cdc.gov/cancer/dpcp/resources/features/skincancer/index.htm>

June National Health Observances

- Alzheimer's and Brain Awareness Month
 - <https://www.alz.org/abam/overview.asp>
- Men's Health Month
 - <https://menshealthmonth.org/>

July National Health Observances

- UV Safety Awareness Month
 - https://www.va.gov/qualityofcare/education/uv_safety_awareness_month.asp
- Summer Safety
 - <https://www.cancer.org/healthy/be-safe-in-sun.html>

August National Health Observances

- National Breastfeeding Month
 - <https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding-benefits/index.html>
- National Immunization Awareness Month
 - <https://www.cdc.gov/vaccines/events/niam/index.html>

September National Health Observances

- National Cholesterol Education Month
 - <https://www.cdc.gov/cholesterol/communications-kit.htm>
- National Food Safety Education Month
 - <https://www.cdc.gov/foodsafety/education-month.html>
- Preventative Care-Importance of Yearly Wellness Exams

National Health & Wellness Observances Calendar

October National Health Observances

- Breast Cancer Awareness Month
 - <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>

November National Health Observances

- American Diabetes Month
 - <https://www.diabetes.org/community/american-diabetes-month>
- Great American Smokeout-Living Tobacco Free (Quit Smoking)
 - <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>
- Alzheimer's Awareness Month
 - <https://www.alz.org/abam/overview.asp>

December National Health Observances

- Holiday Stress/Depression/Seasonal Affective Disorder
- National Handwashing Week
- Safe Toys and Gifts Month
 - <https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/>
- Giving campaigns