

Caswell County Schools Triennial Wellness Policy Assessment 2023 Results (16 responses)

A. Nutrition Promotion and Education

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	Comments:
Food Safety				
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	16			
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	16			- Still have hand sanitizing stations in the building
Scheduling of Meals				
3. Nutrition education is provided to families via handouts, newsletters, and website posts.	13	2	1	<ul style="list-style-type: none"> - Info on CCS webpage - Nutrition classes presented by nurse - Carb counts not on menus for diabetics or a new updated listing provided for all foods served
4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.	16			
Food and Behavior				
5. Foods or beverages are NOT used as rewards for academic performance or good behavior. If edible awards are offered, they should be of high nutritional value.	13	3		<ul style="list-style-type: none"> - Prize boxes - Teachers are rewarding using candy - Staff give cookies/etc to prompt good behavior in classrooms

Fundraising				
6. Fundraising activities involving the sale of food will take place outside of the school day (school day is defined from midnight until 30 minutes after the dismissal bell rings) must comply with the Smart Snack Rules and may not be conducted until after the end of the last lunch period.	14	2		
7. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.	14	2		
Celebrations				
8. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for “healthy” foods.	12		4	<ul style="list-style-type: none"> - Cupcakes/candy/sugar drinks brought in for each classroom event. Have not noted any healthy snacks within the classroom parties - Ice cream purchases in cafeteria are made by students without eating their lunch items - Staff will be given explicit instructions on the next staff meeting regarding this item - Will go over this section of the wellness policy with staff at the next staff meeting - PBIS celebrations do not follow the guidelines. Also parents do not follow with the items sent in.
Sharing Foods and Beverages				
9. Sharing of foods and beverages is not allowed unless	16			- Have not observed

completely unopened.				
Snacks and Beverages				
10. Fast food promotion and packaging is not allowed during student meal times at schools. If a meal from a fast food establishment is provided from home for the students, the food must not be packaged in restaurant wrappers/containers.	16			
11. Unflavored drinking water is available to all students throughout the school day.	16			<ul style="list-style-type: none"> - Posters seen showing amounts of sugar content in other items - Via water fountains not bottles anymore
12. Students are allowed to bring and carry approved water bottles filled with only water throughout the day.	16			

B. Nutrition Education

13. Nutrition education is linked with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, and other community services.	14		2	<ul style="list-style-type: none"> - Blast program in place after school for grades 3-5 at 2 elementary schools
14. Nutrition Education is integrated throughout the school day and after school programs.	13	1	2	<ul style="list-style-type: none"> - After school snacks provided by cafeteria not healthy - Need to expand nutrition education program in classroom
15. Menus are posted monthly on the District website.	15	1		<ul style="list-style-type: none"> - Not always up to date
16. Students with special dietary needs are accommodated per	16			<ul style="list-style-type: none"> - Need updated carb counts for diabetics

Federal law and accommodations.				
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C. Physical Activity

Physical Education				
17. Provides all ELEMENTARY students with 150 minutes per week of physical education throughout the entire school year.	13		3	<ul style="list-style-type: none"> - No -we have PE 2x weekly for each grade level - The need for additional PE staff would warrant adding additional time
18. Provides all MIDDLE/HIGH school students with 225 minutes per week for the entire school year.	14	2		
Integrating Physical Activity into the Classroom				
19. In addition to physical education, provide all students with other opportunities to be physically active during the school day. (The recommended amount of physical activity is at least 30 minutes per day)	15	1		<ul style="list-style-type: none"> - Challenges provided for 3rd and 4th graders for walking the track at recess
20. Classroom teachers provide short physical activity breaks between lessons or classes as appropriate.	15	1		<ul style="list-style-type: none"> - Brain breaks - Uncertain - Bathroom breaks built in
Daily Recess				
<div style="border: 1px solid black; padding: 5px;"> 21. Physical Activity only takes place outside when temperatures are between 40-90 degrees. </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> 22. Recess does not substitute physical education class. </div>	16			<ul style="list-style-type: none"> - Emails were sent out by Asst. Superintendent regarding temps and days to avoid taking students outside

Physical Activity Opportunities Before and After School				
23. Provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs interest and abilities.	15	1		<ul style="list-style-type: none"> - Through Caswell County Rec Dept - Advocate for PE teacher everyday - Parks & Rec
Physical Activity and Punishment				
24. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.	14	2		- Uncertain
Staff Wellness				
25. School staff serve as role models for students and are the key to successful implementation of wellness programs.	13	3		
26. Designated employees (at least 2 at each school) are trained every 2 years in CPR and AED use.	16			