

## Triennial Assessment Local School Wellness Policy

Members present during assessment:

Amy Watkins, Jessica Gilmour, Jessica Wilcox, Alexandra Chanowsky, Samantha Lynch, Caroline Hernandez Pidala, Denise Angelucci, Thomas Libka, Steven Cabello, Eric Seipp and Chris Labelle

Date: 2/13/2025

### Rating Scale

2= Includes **all** required language

1= Includes **some** of the required language

0= Includes **none** of the required language

| Standards for USDA Child Nutrition Programs and School Meals                                                                      | Rating 0-2 |
|-----------------------------------------------------------------------------------------------------------------------------------|------------|
| The local wellness policy addresses nutrition standards for USDA reimbursable meals, including the USDA School Breakfast Program. | 2          |
| The privacy of students who qualify for free or reduced-priced meals is protected.                                                | 0          |
| Free drinking water is available to all during meals and throughout the day.                                                      | 0          |
| Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.                          | 0          |
| School nutrition staff meet hiring criteria in compliance with federal criteria.                                                  | 0          |
| Notes:                                                                                                                            |            |

| <b>Nutrition Standards for Competitive and Other Foods and Beverages</b>                                                                                                                                                                                                    | <b>Rating 0-2</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <p>The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including:</p> <p>A la carte</p> <p>Vending machines</p> <p>Fundraisers</p> | 1                 |
| Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc.                                                                                                                                                                    | 1                 |
| Notes: Add Smart Snacks                                                                                                                                                                                                                                                     |                   |

| <b>Wellness Promotion and Marketing</b>                                                                                                                                                              | <b>Rating 0-2</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.                                                               | 2                 |
| Steps are taken to address strategies to support employee wellness.                                                                                                                                  | 2                 |
| Healthy meal choices are offered and promoted in the school meal programs.                                                                                                                           | 2                 |
| Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture. | 0                 |
| Notes:                                                                                                                                                                                               |                   |

| <b>Nutrition Education</b>                                                                                   | <b>Rating 0-2</b> |
|--------------------------------------------------------------------------------------------------------------|-------------------|
| Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.                         | 2                 |
| Standards based nutrition education is offered in a variety of subjects (i.e. science, math).                | 0                 |
| Age appropriate nutrition education and activities are provided to students in:                              |                   |
| Elm                                                                                                          | 2                 |
| Alden                                                                                                        | 2                 |
| MS                                                                                                           | 2                 |
| HS                                                                                                           | 2                 |
| Families and the community are engaged in nutrition education efforts.                                       | 2                 |
| Notes: purposefully add nutrition to units like fractions, reading<br>Wellness fair- community nutrition/ist |                   |

| <b>Physical Activity</b>                                                                                                     | <b>Rating 0-2</b> |
|------------------------------------------------------------------------------------------------------------------------------|-------------------|
| The local wellness policy includes measurable goals for physical activity.                                                   | 0                 |
| Physical education is provided to students meeting the NYS requirements.                                                     |                   |
| Elementary level                                                                                                             | 0                 |
| Secondary level                                                                                                              | 0                 |
| Before or after school physical activity is offered in sports or other clubs.                                                | 2                 |
| Opportunities are provided for physical activity throughout the day.                                                         | 2                 |
| The written physical education curriculum for each grade is aligned with national and/or State physical education standards. | 1                 |
| A staff wellness program is available.                                                                                       | 2                 |
| Notes: no elem before or after activity<br>Add written national/state alignment for PE curriculum                            |                   |

### Implementation, Evaluation, and Communication

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy: ✓

Administrator School ✓ Food Service Staff ✓ P.E. Teachers ✓ Parents ✓

School Board Members ✓ School Health Professionals ✓ Students ✓

Public ✓

|                                                                                                                                                                                                                                                                                                                                                                                                                                              | Yes           | No |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----|
| The wellness policy is reviewed at least annually.                                                                                                                                                                                                                                                                                                                                                                                           | ✓             |    |
| Triennial assessment results are/will be made available to the public and will include:<br>1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;<br>2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;<br>3. A description of the progress made in attaining the goals of the local school wellness policy. | TBD<br>✓<br>✓ |    |

Add triannually to policy

## **Results**

On February 13, 2025, 11 members of our wellness committee convened to review our local wellness policy. During this meeting, we identified several areas that require updates to align with current practices:

1. **USDA Child Nutrition Programs & School Meals:** The policy must include wording to protect students who qualify for free/reduced meals, ensure the availability of free drinking water, specify that annual training is provided to food and nutrition staff, and confirm that school nutrition staff meet federal hiring criteria. While these practices are currently being followed, they are not explicitly stated in the wellness policy.
2. **Nutrition Standards for Competitive and Other Foods and Beverages:** The policy needs to include wording related to the Smart Snack standards to ensure compliance.
3. **Wellness Promotion and Marketing:** The policy should incorporate references to Farm to School activities, including field trips, classroom activities, and taste testing, as these are not currently mentioned.
4. **Nutrition Education Standards:** The current policy does not include a mention of evidence-based nutrition education, which should be added.
5. **Physical Education:** The policy lacks references to measurable goals and information on how physical education programs meet New York State standards. These should be included to ensure clarity and compliance.