NYS Wellness Policy Assessment Tool

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. The wellness policy and completed assessment must be made available to the public.

LEA Name: Elmira City School District	
School Name: ECSD	Date: 05/15/2023
Grades: PK-12	
Name/Title of person completing report: Zachary Lloyd- Director of Health, PE and Athletics	

Yes	No	**Nutrition Education**
☑	☐	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
☑	☐	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
☑	☐	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
☑	☐	Age appropriate nutrition education and activities are provided to students in: ☑ elementary school ☑ middle school ☑ high school
☑	☐	Families and the community are engaged in nutrition education efforts.

Indicate additional nutrition education activities that occur or are planned for the future:
Middle and High School offerings include Sports Nutrition, Family and Consumer Sciences, along with newly created Personal Wellness Courses.

After school ARCADE and Apex progams offer nutrition education through physical education classes and activities.

Wellness policy for the district allows for measurable goals that the district meets through these course offerings as well as monthly newsletters to staff and families to educate them on wellness opportunities.

Yes	No	Physical Activity
☑	☐	The local wellness policy includes measurable goals for physical activity.
☑	☐	Physical education is provided to students on a weekly basis.
☑	☐	Before or after school physical activity is offered in sports or other clubs.
☑	☐	Community partnerships are available that support programs, projects, events, or activities.
☑	☐	A staff wellness program is available.
☑	☐	Opportunities are provided for physical activity throughout the day.
☐	☑	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
☑	☐	Recess is available for all elementary students (skip this question if no elementary schools).
☑	☐	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
☑	☐	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.

Other physical education/physical activity/school-based activities that are available:

- Tanglewood hiking
- APEX and ARCADE after school programming
- Intramural programming

Future goals for physical activity:

Elementary PE lacks the appropriate minutes to meet all state standards. Our PE plan allows for MBE at the elementary level but it needs to be consistently implemented.

The district would like to implement required PE within all curriculum areas. While we are still a long ways from achieving this, there has been some movement at the high school with the new Personal Wellness curriculum.

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
☑	☐	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
☑	☐	The local wellness policy addresses access to the USDA School Breakfast Program.
☑	☐	Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell.
☑	☐	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
☑	☐	Free drinking water is available during meals.
☑	☐	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
☑	☐	School nutrition staff meet hiring criteria incompliance with federal criteria.
☑	☐	The local wellness policy addresses purchasing local foods when possible for the school meals program.

Other ways the local wellness policy addresses school meals and nutrition standards:
- Food Bank of the Southern Tier Backpack program
- Holiday food giveaways
- Food Bank food panty (HS Location)

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
☑	☐	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: ☑ as a la carte offerings ☐ in school stores ☐ in vending machines ☐ as fundraisers
☑	☐	Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc.

Notes and future goals on nutrition standards for competitive and other foods and beverages:

Yes	No	**Wellness Promotion and Marketing**
☑	☐	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
☑	☐	Steps are taken to address strategies to support employee wellness.
☐	☑	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
☑	☐	Healthy meal choices are offered and being promoted in the school meal programs.
☑	☐	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.

Other ways wellness is promoted at the school:
- Personal Wellness classes
- Cooking/nutrition electives
- Monthly staff newsletters
- Several schools have walking trails/paths for teachers and staff
- Signs/decor in school cafeterias

Future wellness goals:
- District should work on fundraising tactics that do not include the sale of candy/cookies etc. that do not meet the Smart Snacks criteria.
- Increase student involvement in wellness committee actions

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

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Zachary Lloyd/Director of PE, Health and Athletics

The wellness policy is made available to the public by (describe):

Elmira City School District Website

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):

Through the use of the NYS Wellness Assesment and made public on ECSD website

Yes	No	
☑	☐	The wellness policy is reviewed at least annually.
☑	☐	Triennial assessment results are/will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are incompliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
☑	☐	A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

- Updating secondary Health curriculum
- Adjusting PE scheduling at the HS level to include more PE classes
- Increasing the amount of intramural activities offered at Elementary level