

## Wellness-Related Policy Assessment – 2018-2019 (August – December 2018)

School Name: 10th Street Elementary – Wellness Committee (Advisory Council Review)

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
<p><i>Topics Discussed</i></p> <p>Committee Meetings – Adoption of annual calendar. Approval of Calendar by Committee. Include Calendar as part of the Committee By-laws.</p>	<p><i>Status</i></p> <p>Annual Calendar developed and adopted by committee. Copies have been collected for documentation. Two meetings held thus far: September 6, 2018 and November 1, 2018.</p>	X			X					<p>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</p> <p>None</p>
<p>Committee Meetings – Sign-in sheets should state name and position of those in attendance: Ex: Jane Doe – Teacher.</p>	<p>Sign-in sheets are being turned in for each meeting.</p>		X		X					<p>Notes: Sign-in sheets not provided for documentation. Requested from Mr. Zolkowski.</p>
<p>Committee Meetings – By-Laws Development &amp; Adoption</p>	<p>By-Laws adopted in 16-17, no changes to them for 17-18.</p>	X			X					<p>Notes</p>
<p>Committee Meetings – Composition of members.</p>	<p>Committee Composition is lacking students. Discussion about including students as the committee to benefit them. Students are to have an active part in decisions.</p>		X		X					<p>Notes: it is difficult to get elementary students to attend wellness committee meetings. Mr. Zolkowski plans to invite the Student Council as often as possible to attend.</p>

Committee Meetings – Discussion at PTO meetings – information sent home to parents, Spread the word.	Discussion about updating parents via newsletters, PTO discussions, Facebook, website, etc., Nutrition promotion.	X	X				
Food – Serving Provide potable water	Yes – As required by the Healthy, Hunger-Free Kids Act – During Serving Times Potable Water is available free.	X	X				
Provide non-food rewards.	All rewards have now moved away from food items and are now non-food reward items.	X	X				
Primarily non-food items should be sold through school fundraising activities/		X	X				School Fundraising Items are sold outside of the school day and do include candy, and other non-healthy type items. PTO's and Boosters choose these items.
Provide opportunity for hand-washing and sanitizing prior to meal periods.		X	X				
Provide appropriate meal times: Allow 10 mins sit down time for breakfast. Allow 20 minutes sit down time for lunch.	More than required time offered: 20 minutes sit down for breakfast and 30 minutes sit down time for lunch.	X	X				
Provide opportunities for children to get physical activity every day.	Daily Recess is still occurring as well as physical education both indoor and outdoor weather permitting. In addition, 10 <sup>th</sup> street wellness committee has implemented: Counselor's Corner to daily discuss mental wellness. Fitness Fridays began September 21 <sup>st</sup> again. The first one was a walking event, a scavenger hunt, yoga, etc are ideas for future Fitness	X	X				Metz is held a raspberry testing in September for the students. They are planning a Garbonzo Bean sampling at the first of the new year (2019)

	Fridays.								
The school demonstrates a commitment to neither deny nor require physical activity or meals as a means of punishment.		X						X	
Smart Snacks – Food List for parents – Metz pricing list. Notify parents annually.		X						X	
Develop Safe Walking/Bicycling Routes and distribute annual to parents/guardians.		X						X	Part of the required posting was complete. The building is working to notify parents to fulfill the rest of the requirement.
Policy 808.1 Lunch Accounts/Unpaid Meal Policy.			X					X	Much improvement and clean up in this area. New food service manager is assisting with contact parents regarding lunch accounts and with enforcing and educating policy.