

SUSQUENITA SCHOOL DISTRICT

**Wellness Committee Assessment of Content and Implementation of
Wellness Policy 246**

Initial Posting: Fall 2017

Next Evaluation Required: Fall 2020

<u>Wellness Policy Topic</u>	<u>Our District status and progress in meeting the goals and complying with the policy.</u>
Wellness Committee	<p>Although not all members can make it to every meeting, our committee contains representatives from the required groups and does align well with regards to committee membership. Minutes are provided to all and input is solicited between meetings as well. PE teachers and school nurses do serve on the committee.</p> <p>Our policy does not specify a number of meetings per year. Our committee generally meets 1 to 2 times per year.</p>
Nutrition Education	<p>Nutrition education is being provided throughout grade levels in the regular classroom, in physical education classes, and in family and consumer science (FCS) classes.</p>
Nutrition Promotion	<p>Nutrition, Inc., our school lunch program provider displays consistent nutritional messages and provides taste-testing and other nutrition promotions.</p> <p>In addition, PE teachers and FCS teachers promote nutritional messages through posters, signs, etc. Nutrition, Inc., sponsored a taste-testing table for families during open house events.</p> <p>On-going activities are provided in our schools by Nutrition, Inc. that support our policy. Information regarding existing and new activities /promotions are shared at public meetings of the Board as well as the District web-site.</p> <p>The breakfast and lunch menu is interactive. It offers families information related to calorie counts and allergy concerns.</p> <ul style="list-style-type: none">• Menu Link: http://susq.nutrislice.com/

Cafeteria and A la Carte Foods / Vending Machines	Our schools are in compliance with our policy and national school lunch program standards (including Smart Snacks). as well as our policy on vending machines for student use. Our District has in place a “grab and go breakfast”.
Fundraisers	The district does need to be sure that edible fundraisers intended for students consumption during the school day are limited to the number of annual exemptions provided by PA law. Our current policy is in compliance with PA guidelines.
Competitive Foods (foods and beverages offered or sold to students, on school campus during the school day, which are not part of the reimbursable school breakfast or lunch).	Currently our schools are in compliance with this policy section.
Physical Activity / Physical Education	<p>Currently our schools are in compliance with this section of the policy.</p> <p>However, we continue to work to promote physical activity such as providing students with opportunities to try new lifetime activities.</p> <ul style="list-style-type: none"> ● iPad apps are available for use where appropriate in certain grade levels. ● Health and PE classes at SMS and SHS are available through cyber when appropriate.
Other School Based Activities	We are in compliance in all areas (ex: hand-washing, nutritional information available to families and logistics of nutrition services. We provide faculty and staff with regular wellness updates. This includes information about free programs that are offered.