



Triennial Assessment Report

- Assessment Date:** June 19, 2020 @ Noon
- Assessment Place:** Zoom room of Carole Aiello, Principal, in accordance with COVID-19 guidelines
- Attendees:** The entire SSRCS faculty, which includes all teachers, faculty, support staff, etc.

After review of the Wellness Policy, St. Sebastian Regional Catholic School (SSRCS) was found in compliance. The local school policy was derived using the model school wellness policy template from the PDE website. Given the current COVID-19 pandemic, it was especially important to focus on attaining specific goals to maximize the potential of physical and nutritional health for the students and faculty. The former policy was too general in nature, and our focus moving forward will be greater concentration on physical activity and emphasis on nutrition should another lock down or quarantine period occur with continued distance learning.

- Recess was extended by 10 minutes daily for each grade level, PreK-8
- Use of the Serenity Garden as an outside classroom has increased
- Plastic straws were replaced in the cafeteria with paper straws
- Styrofoam is no longer being utilized
- During the mandated distance learning from March 2020 – May 2020, both Health and Physical Education classes were still taught via Zoom as part of our required curriculum.
 - We encouraged students and faculty to stay active by hosting various extra-curricular activities, such as an outdoors scavenger hunt, online talent show, pet parade, etc.
 - We hosted a virtual Marathon
 - “Creating Art with Food” as a lesson centered on creativity in making food sculptures from fruit and raw vegetables

We will continue to exceed the minimum Wellness requirements for our students and staff and strive to provide a solid knowledge base for lifelong health and wellness.

Wellness Policy Assessment Tool and Report Template

LEA / District Name:

Reporting Timeframe (month/year to month/year):

Name(s) of Reviewer(s):

School Name (if applicable):

Select grades:

PK K 1 2 3 4 5 6 7 8 9 10 11 12

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially In Place Not in Place

Public Involvement, Notification, and Assessment

- We have LEA official(s)/designee(s) in charge of wellness policy compliance.
Name(s)/Title(s): *Carole Aiello, Principal*
- We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").
Triennial assessment results are made available to the public in an easily accessible manner.
- Website address and/or description of how to access copy:
www.sssbv.org
- At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.
- The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.
- Website address for policy and/or description of how to access copy:
www.sssbv.org
- We retain records as required by federal regulations including:
 - The written school wellness policy,
 - Documentation of making the wellness policy publicly available,
 - Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and
 - Copy of triennial assessment and documentation of reporting results to public.
 The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:
 - Administrators Food service staff School health professionals
 - Parents School board members PE teachers Students
 - Public
 Other stakeholders (describe):

Notes on public involvement, notification, and assessment:

While the public is made aware of the policy, they do not provide much input

Nutrition Education*

- Nutrition education is provided within PDE's sequential, comprehensive health education standards.
- We teach, model, encourage, and support healthy eating through nutrition education.

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

- We provide all students with knowledge and skills for healthy lives via nutrition education.
 - We offer age-appropriate nutrition education and activities to students in:
 - Elementary School Middle School High School
 - Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.
 - School food service and nutrition education classes work together to create a learning laboratory.
 - In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).
 - We reinforce lifelong lifestyle balance by linking nutrition and physical activity.
 - Staff providing nutrition education receive standards-based training and professional development.
 - We engage and involve families and the community in nutrition education efforts.
- Other goal (describe):

Implemented in the school building(s)?

Fully in Place Partially In Place Not in Place

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Notes on goals for nutrition education:

We need to incorporate nutrition education into the curriculum on a more frequent basis.

Nutrition Promotion*

- We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.
 - We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.
 - We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.
 - We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.
 - We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.
 - Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.
 - We offer health and nutrition resources to parents to help them provide healthy meals for their children.
- Other goal (describe):

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Notes on goals for nutrition promotion:

We should make nutrition messages more prominent in school visually

Physical Activity*

- We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.
- We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.

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Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully In Place Partially In Place Not In Place

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We maintain a physical and social environment that encourages safe and enjoyable activity for all students. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We discourage extended periods of inactivity (two hours or more) for students. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide physical activity breaks in the classroom. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer before and/or after-school programs that include physical activity for participating children. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We do not use physical activity as a punishment (e.g., running laps). | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We do not withhold physical activity as a punishment (e.g., taking away recess). | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We encourage walking and biking to school. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Other goal (describe): | | | | | |

Notes on goals for physical activity:

we should host virtual walk-a-thon during COVID-19

Physical Education (PE)

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We implement a PE program consistent with state academic standards. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | All students participate in PE. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | PE instruction promotes skills and knowledge necessary for lifelong physical activity. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Our curriculum promotes both team and individual activities. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We use a local assessment system to track student progress on state standards. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide safe and adequate equipment, facilities, and resources for PE class. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Certified health and PE teachers teach our classes. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide professional development for PE staff. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | PE classes have a teacher-student ratio similar to other courses for safe and effective instruction. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We do not use or withhold physical activity as a form of punishment in PE class. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other goal (describe): | | | | | |

Notes on goals for physical education:

Contact YMCA in regards to implementing swimming classes

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Other School-Based Wellness Activities*

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|-------------------------------------|-------------------------------------|---|-------------------------------------|-------------------------------------|-------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Free drinking water is available and accessible to students during meal periods and throughout the school day. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | School nutrition staff meet local hiring criteria and in compliance with federal regulations. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide continuing education to school nutrition staff as required by federal regulations. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide adequate space for eating and serving school meals. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide a safe and clean meal environment for students. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Students have access to hand washing or sanitizing before meals. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Only authorized staff have access to the food service operation. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide the nutrition content of school meals to the school community. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We include students/parents in menu selections through taste-testing and surveys. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We utilize outside funding and programs to enhance school wellness. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We train all staff on the components of the school wellness policy. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | School based activities are planned with wellness policy goals in mind. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Fundraising projects submitted for approval are supportive of healthy eating and student wellness. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | Other goal (describe): | | | |

Notes on goals for other school-based activities:

Fundraisers should not revolve around food-based products.

Nutrition Guidelines for All Foods and Beverages at School

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|-------------------------------------|--------------------------|---|-------------------------------------|--------------------------|--------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We consider promoting student health and reducing obesity when offering foods and beverages to students at school. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

