

Local Wellness Plan

Update on Committee Progress

October 28, 2016

Committee Members

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Survey Conducted in May 2016

- ▶ Survey conducted by the Wellness Committee of all principals and teachers in May 2016;
- ▶ Data was collected and reviewed by the Wellness Committee;
- ▶ Responses were analyzed in order to determine the committee goals for the 2016-2017 school year.



Survey Results - Principals

- ▶ Principals were asked if they had read the Wellness Policy for the school district;
- ▶ 10 out of a total of 11 principals responded to the survey questions;
- ▶ 70% of the principals had fully read the Wellness Policy.

Answer	Percentage
No	0%
Yes - partially read policy	30%
Yes - fully read policy	70%

Survey Results - Principals

- ▶ Principals were asked if they had a nutrition education curriculum in their school;
- ▶ 10 out of a total of 11 principals responded to the survey question;
- ▶ 60% of the principals believe they had instituted a nutrition education curriculum at some grade levels.

Answer	Percentage
No	40%
Some grade levels	60%
All grade levels	0%

Survey Results - Principals

- ▶ Principals were asked if they had promoted healthy food choices for their students;
- ▶ 10 out of a total of 11 principals responded to the survey question;
- ▶ 50% of the principals believed that they had promoted healthy food choices for students continuously.

Answer	Percentage
No	0%
On occasion	50%
Continuously	50%

Survey Results - Principals

- ▶ Principals were asked if the promotion of unhealthy food choices were restricted in their school;
- ▶ 10 out of a total of 11 principals responded to the survey question;
- ▶ 20% of the principals believed that they had fully restricted the promotion of unhealthy food in their school.

Answer	Percentage
No	40%
Some restrictions at certain grade levels	40%
Fully restricted	20%

Survey Results - Teachers

- ▶ Teachers were asked if they had read the Wellness Policy for the school district;
- ▶ 324 out of a total of 575 teachers responded to the survey question;
- ▶ 24% of the teachers had fully read the Wellness Policy.

Answer	Percentage
No	37.35%
Yes - partially read policy	38.89%
Yes - fully read policy	23.77%

Survey Results - Teachers

- ▶ Teachers were asked how nutrition education is communicated to parents;
- ▶ 324 out of a total of 575 teachers responded to the survey question;
- ▶ 60% of teachers provide some sort of nutrition education communication to parents during the school year.

Question	Answer
Nutrition education is not communicated to parents	40.35%
Nutrition education partially communicated	36.84%
Nutrition education clearly communicated in a variety of ways	22.81%

Survey Results - Teachers

- ▶ Teachers were asked if they offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g., media awareness, menu planning, reading nutrition fact sheets).
- ▶ 324 out of a total of 575 teachers responded to the survey question;
- ▶ 78% of teachers did not offer nutrition education to students.

Answer	Percentage
Yes	22.26%
No	77.74%

Wellness Goals for the 2016-2017 School Year

- ▶ Educate students about healthy lifestyle choices by providing monthly electronic newsletters to all students in Spanish and English;
- ▶ Pilot the use of fitness stations in four schools in order to incorporate wellness activities into the physical education program;
- ▶ Continue to promote wellness education at all grade levels by providing a series of clubs designed to increase physical activity and develop an appreciation for new and different healthy foods;
- ▶ Partner with the Cornell Cooperative Extension and Shoprite to educate and promote healthy lifestyles and choices;
- ▶ Prepare two newsletters during the 2016-2017 school year for students and staff which will highlight district and building level wellness initiatives.

How Will We Monitor Our Progress?

- ▶ A series of surveys will be developed, conducted and analyzed to track the progress;
- ▶ The four goals will be carefully tracked;
- ▶ At the end of the year, the survey that was provided to principals and teachers in May 2016 will be administered again in order to determine if their awareness of wellness initiatives has been elevated.



How Will We Determine Our Progress?

- ▶ We will compare the results of last year's survey to the one to be conducted in May 2017;
- ▶ We will survey students on the wellness activities that they participated in order to determine if the activities were useful and informative;
- ▶ Based on responses received, we will modify our wellness endeavors to better meet the needs of the students in the future.

Year End Report to the Superintendent

- ▶ At the conclusion of the 2016-2017 school year, a report will be provided to the Superintendent;
- ▶ The report will include a summary of a district and building level activities that promoted wellness;
- ▶ The report will include survey results and an analysis of the results;
- ▶ The report will include a progress report and recommendations for next steps;
- ▶ The year end survey will be the basis for developing the subsequent year's goals.
- ▶ The year end report will be posted on the District website once submitted to the Board and Superintendent.