| Wellness Policy Assessment Tool and Report Template   |                    |                       | 8               |
|---|--------------------|-----------------------|-----------------|
| LEA/ District Name: MOTTISVILLE Borough School DISTRICT Date Comp   | leted:             | 3/21                  | /24             |
| Name(s) of Reviewer(s): Dea Popovski School Name (if applicable): Select grades: Jennifer bannon  |                    |                       |                 |
| Select grades: Jenni Fer bannon   | /                  | 1                     |                 |
| PK K $\sqrt{1}$ $\sqrt{2}$ $\sqrt{3}$ $\sqrt{4}$ $\sqrt{5}$ $\sqrt{6}$ $\sqrt{7}$ $\sqrt{6}$ $\sqrt{9}$ $\sqrt{9}$ $\sqrt{10}$ $\sqrt{11}$  | 12                 | $\nabla$              |                 |
| Included in the written policy?   | school<br>Fully in | nented in<br>building | s)?<br>Not in   |
| Public Involvement, Notification, and Assessment  | Place              | in Place              | Place           |
| We have LEA official(s)/designee(s) in charge of wellness policy compliance.  Name(s)/Title(s): Jennifer Gannon, Operations Coordinator We complete an assessment of the local school wellness policy at least  | 6                  | 0                     | 0               |
| 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  | 0/                 | 0                     | 0               |
| accessible manner.  Website address and/or description of how to access copy:   | 0                  | 0                     | 0               |
| 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   | Ø                  | 0                     | 0               |
| implementation of the wellness policy at least annually and the policy is accessible to the public.   | Ø                  | 0                     | 0               |
| Website address for policy and/or description of how to access copy:  MV.0 rg → Board of Ed → Board docs → Policies → 200 pu  We retain records as required by federal regulations including:  ☐ The written school wellness policy,  | oils=              | 241                   | school wellness |
| <ul> <li>✓ O</li></ul>  | Q                  | 0                     | 0               |
| 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 | 0                  | 0                     | 0               |
| ☑ <b>′ Public</b> Other stakeholders (describe):  |                    |                       |                 |
| Notes on public involvement, notification, and assessment: Email to participants, posted to the district w  | ebsi               | te                    |                 |
| , Nutrition Education*  |                    |                       |                 |
| Nutrition education is provided within PDE's sequential, comprehensive health education standards.  | 0                  | 0                     | 0               |
| <ul> <li>         ∀ O          We teach, model, encourage, and support healthy eating through nutrition education.     </li> </ul>  | 0                  | 0                     | 0               |
| Rev. May 2022 This institution is an equal opportunity provider   |                    |                       | 1               |

| Included in the written policy?   |          | ented in<br>building(<br>Partially |       |
|---|----------|------------------------------------|-------|
| Yes No We provide all students with knowledge and skills for healthy lives via nutrition  | Place    | in Place                           | Place |
| O education.  We offer age-appropriate nutrition education and activities to students in:   | 0        | 0                                  | 0     |
| ☐ Elementary School ☐ Middle School ☐ High School   | W,       | 0                                  | 0     |
| O Our nutrition education curriculum teaches behavior-focused skills such as menuplanning, reading nutrition labels, and media awareness.   | 0/       | 0                                  | 0     |
| O School food service and nutrition education classes work together to create a learning laboratory.  | 0        | 0                                  | 0     |
|   | 0        | 0                                  | 0     |
| 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.   | Ø,       | 0                                  | 0     |
| Staff providing nutrition education receive standards-based training and  | 0        | 0                                  | 0     |
| professional development.  We engage and involve families and the community in nutrition education efforts.  Other goal (describe):   | 0        | 0                                  | 0     |
| Notes on goals for nutrition education: POSTCTS, Classroom disCUSSIONS and Included in FESSO  | ns       |                                    |       |
| Nutrition Promotion*  |          |                                    |       |
| We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.  | <b>Ø</b> | 0                                  | 0     |
| We participate in Farm to School activities such as having a school garden, tastetesting local products, incorporating local foods into school meals, and educating   | 0        | 0                                  | 0     |
| students in the classroom and on field trips about local agriculture.  We cooperate with community agencies and organizations to provide  | d        | 0                                  | 0     |
| We implement he wise I appear a the heart to necessary to the contract to the | ,        |                                    | _     |
| consumption of whole grains, fruits, and vegetables and to decrease plate waste.  | 0        | 0                                  | 0     |
| We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.   | Ø        | 0                                  | 0     |
| Our staff model healthy eating in front of students and avoid using unhealthy   | Ø        | 0                                  | 0     |
| foods in classroom lesson plans.  We offer health and nutrition resources to parents to help them provide healthy   | 0        | 0                                  | 0     |
| meals for their children. Other goal (describe):  |          | 0                                  | 0     |
| 나를 하면 생물에 하면 이렇게 되었다. 그런  |          |                                    |       |
| Notes on goals for nutrition promotion:   |          |                                    |       |
| Partnership with SNipes Farm  |          |                                    |       |
| Physical Activity*  |          |                                    |       |
| We provide a variety of developmentally appropriate opportunities for physical  | -/       |                                    |       |
| activity during the school day for all students.  | O ,      | O                                  | O     |
| 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.  | 8        | 0                                  | 0     |
| ev. May 2022 This institution is an equal opportunity provider  |          |                                    | 2     |

| written policy? |      |   |              | Implemented in the school building(s)? |         |  |
|-----------------|------|---|--------------|--|---------|--|
| Yes             | No   |   | Place        | in Place                               | Place   |  |
| Q               | 0    | 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.      | ø            | 0                                      | 0       |  |
| 6,              | 0    | We maintain a physical and social environment that encourages safe and enjoyable activity for all students.   | <sub>ර</sub> | 0                                      | 0       |  |
| 00              | 00   | We discourage extended periods of inactivity (two hours or more) for students. We provide physical activity breaks in the classroom.  | 8            | 00                                     | 0       |  |
| Q               | 0    | We offer before and/or after-school programs that include physical activity for participating children.   | 0/           | 0                                      | 0       |  |
| 0               | 0    | We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs  | 0            | 0                                      | 0       |  |
| 000             | 000  | supporting lifelong physical activity.  We do not use physical activity as a punishment (e.g., running laps).  We do not withhold physical activity as a punishment (e.g., taking away recess).  We encourage walking and biking to school. | 886          | 000                                    | 000     |  |
| 0               | 0    | 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  | 4            | 0                                      | 0       |  |
|                 |      | other goal (describe): 2K walk/run fundraiser with  for 2024-2025 school year   | the          | con                                    | nmunity |  |
| Note            | s on | goals for physical activity:  |              |  |         |  |
|                 |      |   |              |  |         |  |

| /     |      | Physical Education (PE)  |            |      |      |
|-------|------|--|------------|------|------|
| 0     | 0    | We implement a PE program consistent with state academic standards. All students participate in PE.  | ⊗′_        | 0    | 0    |
| Ø     | 0    | PE instruction promotes skills and knowledge necessary for lifelong physical activity.   | 0          | 0    | 0    |
| Ø,    | 0    | PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.   | 0/         | 0    | 0    |
| Q     | 0    | Our curriculum promotes both team and individual activities.   | 0          | 0    | 0    |
| 0     | 0    | We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.  | 0          | 0    | 0    |
| 0     | 0    | We use a local assessment system to track student progress on state standards.   | 0/         | 0    | 0    |
| Ø     | 0    | Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and  | $\bigcirc$ | 0    | 0    |
| @.QQQ | 0000 | disabilities.  We provide safe and adequate equipment, facilities, and resources for PE class.  Certified health and PE teachers teach our classes.  We provide professional development for PE staff.  PE classes have a teacher-student ratio similar to other courses for safe and effective instruction. | \$ QQQ     | 0000 | 0000 |
| Ø     | 0    | We do not use or withhold physical activity as a form of punishment in PE class.  Other goal (describe):   | 0          | 0    | 0    |

Notes on goals for physical education:

| Other School-Based Wellness Activities*  Free drinking water is available and accessible to students during meal periods and throughout the school day. School nutrition staff meal focal hring criteria and in compliance with federal regulations. We provide adequate space for eating and serving school meals.  We provide a safe and clean meal environment for students.  We provide a safe and clean meal environment for students.  We provide a safe and clean meal environment for students.  We provide a safe and clean meal environment for students.  We provide a safe and clean meal environment for students.  We provide a safe and clean meal environment for students.  We implement alternate school breakfast service models to increase participation, we implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast service models to increase participation, such as "grab & go," breakfast service models to increase participation, we implement alternate school breakfast service models to increase participation, which is such as "grab & go," breakfast service models to increase participation, which we have access to the food service operation.  We provide the nutrition content of school meals to the school community.  We provide the nutrition content of school meals to the school community.  We provide the nutrition content of school meals to the school velocity baste-testing and surveys.  School based activities are planned with wellness policy,  School based activities are planned with wellness policy,  School based activities are planned with wellness policy,  We contained to the components of the school wellness, we are concurage administrators, teachers, school intrincing professionals, students,  parentsiguardians, and community members to serve as positive role models through district programs, communications, and outroes, and the professionals, students,  We concurred an daily physical activity for their children.  Indoor air quality is in accordance with our healthy lea | Included in written po |   | school            | ented in t<br>building( | s)?                 |
|--|------------------------|---|-------------------|-------------------------|---------------------|
| Free drinking water is available and accessible to students during meal periods of throughout the school days, School nutritor staff meel local hiring criteria and in compliance with federal regulations.  We provide continuing education to school nutrition staff as required by federal regulations.  We provide continuing education to school nutrition staff as required by federal regulations.  We provide adequate space for eating and serving school meals.  We provide adequate space for eating and serving school meals.  We provide a school and clean meal environment for students.  We offer students enough time to eat (10 minutes sit down time for breakfast, 20 minutes sit down time for funch) and schedule meal periods at appropriate hours, We implement alternate school breakfast service models to increase participation, such as 'grab & go,' breakfast served in the classroom, and breakfast after first period.  Students have access to hand washing or sanitizing before meals.  Only authorized staff have access to the food service operation.  We provide the nutrition content of school meals to the school community.  We include students/parents in menu selections through taste-testing and surveys.  We will train all staff on the components of the school wellness.  We will will all staff on the components of the school wellness policy, School based activities are planned with wellness policy, School based activities are planned with wellness policy goals in mind.  Fundraising projects submitted for approval are supportive of healthy eating and student wellness.  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.  We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.  Indoor air quality is in accordance with our healthy learning environment program and applicable laws and | Yes No                 |   | Fully in<br>Place | Partially<br>in Place   | Not in<br>Place     |
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| We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.  Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations. Other goal (describe): SUNJEYS/TASE TESTING WILL be implemented WITH STUDENTS REPARTING MUNU SCICCTIONS.  Notes on goals for other school-based activities: New Cafeteria Tables purchased, 4 per cafeteria.  The High School Was awarded a Breakfast Expansion Grant, grab and go second chance breakfast aphions win be available once grant (omes into effect.  Nutrition Guidelines for All Foods and Beverages at School  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events. 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  | <b>o</b> / o           | parents/guardians, and community members to serve as positive role models   | 0/                | 0                       | 0                   |
| Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.  Other goal (describe): Surveys I taste testing will be implemented with Students I parchas regarding menu selections.  Notes on goals for other school-based activities: New Cafeteria tables purchased, 4 per cafeteria.  The High School Was awarded a Breakfast Expansion Grant, grab and go second chance breakfast options will be available once grant Comes into effect.  Nutrition Guidelines for All Foods and Beverages at School  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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  | 0/0                    | We communicate information to parents/guardians to support their efforts to   | 0                 | 0                       | 0                   |
| Other goal (describe): SUNLYS/TASTE TCSTING WILL by implemented with Students/ Panents regarding menu selections.  Notes on goals for other school-based activities: New Cafeteria Tables purchased, 4 per cafeteria.  The High School Wis awarded a Breakfast Expansion Grant, grab and go selond chance breakfast options will be available once grant comes into effect.  Nutrition Guidelines for All Foods and Beverages at School  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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  | 0/0                    | Indoor air quality is in accordance with our healthy learning environment program   | 0                 | 0,                      |                     |
| brians chool was awarded a Breakfast Expansion frant, grab and go second chance brians for the available ance grant comes into effect.  Nutrition Guidelines for All Foods and Beverages at School  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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   |                        | Other goal (describe): Surveys I taste testing Will be imply  | emen              | ted                     |                     |
| briakfast options win be available once grant comes into effect.  Nutrition Guidelines for All Foods and Beverages at School  We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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   | Notes on               | goals for other school based activities: New Cafeteria Tables pu  | rchas             | ed,                     | 4 per cafetenia.    |
| We consider promoting student health and reducing obesity when offering foods and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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   | The Hig                | hischool was awarded a Breakfast Expansion Gran   | it, g             | rabo                    | indgo second chance |
| and beverages to students at school.  Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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   | break                  | Ast options Win be available once grant comes  Nutrition Guidelines for All Foods and Beverages at So   | hool              | o efl                   | ict.                |
| School Breakfast Programs comply with federal meal standards.  We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.  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  | $ \sqrt{\circ} $       |   | 0                 | 0                       | 0                   |
| dances and sporting events.  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  | 0                      |   | 0                 | 0                       | 0                   |
| 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  | Ø 0                    |   | 0                 | 0                       | 0                   |
|  | 0                      | at school during the school day, meet or exceed the established federal   | 6                 | 0                       | 0                   |
|  |                        | 그렇게 하면 바다 그는 그는 그는 그는 그들이 가는 아내는 아내는 그를 가고 있는 것이 되는 것이 되었다. 그렇게 하는 그렇게 되고 있는 것으로 가지 않는 것이 되었다.  |                   |                         |                     |

|       | ded in the<br>en policy? |   | school            | building(             | g(s)?           |  |
|-------|--------------------------|---|-------------------|-----------------------|-----------------|--|
| Yes   | No                       |   | Fully in<br>Place | Partially<br>in Place | Not in<br>Place |  |
| 0     | 0                        | We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.  | 0                 | 0                     | 0               |  |
| 9     | 0                        | We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the  | 0                 | 0                     | 0               |  |
| Ø     | 0                        | class as shared classroom snacks.  We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.  | 0                 | 0                     | 0               |  |
| 6     | 0                        | Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans. | 0                 | 0                     | 0               |  |
| Note  | s on                     | nutrition guidelines for foods and beverages at school:   | 1 1               |                       |                 |  |
| T.110 | 1,-                      | sicina avanation audalines will be evalve   | 1.10              |                       |                 |  |

Fundraising exemption guidelines will be evaluated

Report on the progress made in attaining the goals of the wellness policy (REQUIRED):

PE Goal to implement a 2K walk/run fundraiser with the Community for the 2024-2025 School Year.

Surveying I task testing will be implemented with students/parents starting in the 2024-2025 school year for menu selections

<sup>\*</sup> At least one goal for these categories <u>must</u> be included in the written policy per federal regulations.