



2013-14 DPS School Wellness Plan Template

School: Neal Middle

Neal Middle School
[Handwritten Signature]

Principal's Signature: *

*insert electronic signature, or send this first page via scanned .pdf or courier with live signature

Year-round schools submission due date: *Friday, August 16*
Traditional calendar schools submission due date: *Monday, September 30*

To complete this template, please use the 2013-14 School Wellness Plan Instructional Guide.

ALL fields must be completed. If an item is checked YES (compliant), provide the action steps your school took to achieve compliance. If an item is checked NO (non-compliant) provide the action steps your school is planning to take to reach compliance by April 25, 2014, when year-end reports will be due, as well as any barriers encountered. If an item is specifically N/A for your individual school, please list why.

DPS Wellness Coordinator: Kate Turner; Katherine.turner@dpsnc.net; 919-560-2898 (21725) 808 Bacon St.

School Wellness Committee

- ➔ Wellness Champion: (Provide Name): Jessica Peaks
- ➔ Alternate: (Provide Name): Wayne Howell, Kaitlin Saracena

Name	Contact Email	Contact Phone	School/Community Area Represented	Title
1. Francesca Gantt	Francesca.gantt@dpsnc.net	919 560-3955	School Administrator <i>required</i>	Assistant Principal
2. Jessica Peaks	jessica.peaks@dpsnc.net	919 560-3955	Health/PE Representative <i>required</i>	Teacher
3. Gladys Stroud	Gladys.Stroud@dpsnc.net	919 560-3955	Child Nutrition Services Rep. - <i>required</i>	Cafeteria Manager
4.			Mental/Behavioral Health staff - <i>suggested</i>	
5. Lisa Buckner	Lisa.Buckner@dpsnc.net	919 560-3955	Medical staff <i>suggested</i>	School Nurse
6.			Parent <i>suggested</i>	Parent Rep
7.			Student <i>suggested</i>	Student Rep
8. Wayne Howell	Wayne.howell@dpsnc.net	919 560-3955	Health/PE	Teacher
9. Kashana Mutuku	Kashana.mutuku@dpsnc.net	919 560-3955	Neal Middle School	Teacher
10. Kaitlin Saracena	Kaitlin.saracena@dpsnc.net	919 560-3955	Neal Middle School	Teacher
11. Joanna Ali	joanna.ali@dpsnc.net	919 560-3955	Neal Middle School	Teacher
12. Ronald Bugg	Ronald.bugg@dpsnc.net	919 560-3955	Neal Middle School	Teacher
13. Kathryn Deroeck	Kathryn.deroeck@dpsnc.net	919 560-3955	Neal Middle School	Communities in Schools

14.				
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School Narrative	
School Wellness Mission Statement	Our mission at Neal Middle School is to provide every student and staff member with ample opportunities to achieve the recommended daily physical activity and proper nutrition to live a healthy and engaging life.
Long Term School Wellness Goals	That every student, teacher, administrator and support staff recognize and understand the importance of taking control of their Wellness for optimal Health in the 21 st century.
Wellness Related School Strengths	<ul style="list-style-type: none"> • Every student will the opportunity to participate in P.E. class during the school year. • Students do not have access to vending machines while at school. • Teachers promote healthy eating alternatives while at school.
Wellness Related School Challenges	<ul style="list-style-type: none"> • Healthy eating habits of the students. • Students not excited about physical activity and exercise.
Does your school plan on completing the Alliance Healthy Schools Program 2013-14 assessment?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Does your school plan to apply for a Bronze, Silver or Gold award with Alliance? (circle intended award level)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No x Bronze Silver <input type="checkbox"/> Gold

3021.2 Nutrition Education		
Policy Requirement	CURRENTLY Compliant	YES (compliant): List Action Steps <u>Completed</u> NO (non-compliant): List Action Steps <u>Planned</u>
A. Nutrition education is integrated into regular classroom instruction, as well as health or physical education classes.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Is a component of Physical Education/Health curriculum.
B. Enjoyable, developmentally appropriate, culturally relevant, participatory activities designed to impart nutrition education, such as contests, promotions, taste testing, farm visits, and school gardens are promoted.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	School staff and community groups work with students to plant and maintain gardens on school campus.
C. Fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices are promoted.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The Guidance department offers fruits on the 1 st Wednesday of the month to students and staff. Fruits are a regular part of the school lunch menu.
D. The caloric balance between food intake and physical activity/ exercise is promoted.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Part of the Physical Education/Health curriculum.
E. Nutrition education is integrated with school meal programs and nutrition-related community services.	x <input type="checkbox"/> Yes <input type="checkbox"/> No	Health Classes will create Nutritional posters to be displayed around the school in conjunction with the school cafeteria and health food choices.

F. Instruction regarding food marketing and its impact on health and nutrition is provided.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Part of the Physical Education/Health curriculum.
G. Nutrition education training is provided for teachers and other staff.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Emails are sent school wide informing staff of nutritional benefits and alternatives for healthy eating habits.

3021.4 Nutrition Guidelines for All Foods on Campus

Each school will be responsible for ensuring that food sales on campus comply with all applicable federal and state laws and regulations.

Policy Requirement	CURRENTLY Compliant	YES (compliant): List Action Steps <u>Completed</u> NO (non-compliant): List Action Steps <u>Planned</u>
A. Child Nutrition Services (CNS)		
(3) Vending machines (CNS and School-Wide)		
a. <u>Elementary Schools</u> : Vending machines are not accessible to students. Stores (other than school cafeterias) do not sell food to students.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	
b. <u>Middle and High Schools</u> : The only beverages sold in vending machines are low-fat or non-fat milk (flavored or unflavored), water, 100% juice with no added sweeteners (12 oz. maximum serving size), and sports drinks with 100 calories or fewer.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	Snack machines are not accessible to students.
c. <u>Middle and High Schools</u> : No snack item stocked in a vending machine that is accessible to students contains more than 200 calories.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	At least 50% of all snack items stocked in Staff vending machines will contain 200 calories or fewer.
d. <u>Student</u> vending machines: Only operational after the end of the school day unless stocked only with water.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	Student vending machines were taken out of schools.
e. <u>Staff</u> vending machines: At least 50% of all snack items contain 200 calories or fewer.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Following, per Wellness Policy 3021
B. Other School-Based Nutrition		
1. Class Celebrations		
a. Student birthday celebrations are consolidated to no more than one per month per class. Non-food celebrations are encouraged, and ideas for suggested alternatives are made available to staff and parents.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Not allowed per school policy.
2. School-wide Celebrations		
a. No more than four school-wide celebrations involve food per year, and each include no more than two	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	PBIS initiative, they understand the guidelines of Healthy foods.

<p>food items that could not be served in a school cafeteria consistent with Policy 3021 and applicable law.</p>		
<p>b. Soft drinks and other sugar-sweetened beverages are not served at school-wide celebrations.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Monitored by staff and support services.</p>
<p>3. Food and Beverages Served During the School Day and at School-Sponsored Events</p>		
<p>a. Except for permissible classroom or school-wide celebrations (see above), staff does not serve any food or beverages to students during school hours or at school-sponsored events that could not be served in a school cafeteria consistent with Policy 3021 and applicable law. Staff are encouraged to use non-food alternatives for school rewards.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Not observed, some afterschool activities and sporting events offered healthy foods and snacks.</p>
<p>b. Food is not used as a reward or a punishment for individual student behaviors, unless using food as a reward is detailed in a student’s Individualized Education Plan (IEP) or 504 Plan. Our school carefully considers the possible impacts of using food as a reward on students’ health and avoids this approach if equally effective, alternative rewards or strategies are available. If food is used as a reward in connection with a student’s IEP or 504 plan, healthy choices are offered to the maximum extent feasible.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Staff is reminded in meetings and emails to adhere to this policy.</p>
<p>c. Parents, students, student groups, and community members receive advance permission before bringing or sending any food/beverages to school to be served to students other than their own children during school hours/at school-sponsored events. All foods/bev comply with Policy 3021.5 food safety provisions. Healthy options, including water, are strongly encouraged</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Front office staff enforces this policy, posters will be placed around the school for more visibility.</p>
<p>d. Soft drinks and other sugar-sweetened beverages are not allowed during the school day or at school-sponsored events</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Monitored by staff</p>
<p>e. Food based activities may be included in the classroom when the</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Not observed but has been used in the past</p>

use of food is a necessary part of an instructional objective.		with teachers.
4. School or District Fundraising		
a. Food is not sold or distributed at fundraisers during school hours.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Monitored by staff.
b. Food sold from fundraisers after school hours is ordered and pre-paid before delivery..	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Monitored by office staff.
c. Our school considers non-food items or activities for fundraisers.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	PBIS initiative.
5. Concessions		
a. Concession stands at after-hours events include at least three nutritious food items that could be sold in a school cafeteria consistent with Policy 3021 and applicable law. Water is an option.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Monitored by office staff.
6. After-School Programs		
a. Any snacks provided as part of after-school programs or summer programs operated under the auspices of DPS meets the nutrition standards set forth in Policy 3021 and applicable law.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Citizen school, a New Schools Project enforces this policy.
7. Community and Parent Involvement		
a. Groups using DPS facilities are informed of the district's wellness policy and strongly encouraged to adhere to it while on school property.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Not observed, community is aware of this policy.
b. Athletic Boosters, PTSA, and other school-affiliated groups are notified of the wellness policy and encouraged to comply with the district nutrition standards.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Monitored by office staff.

3021.5 Food Safety/Food Security		
Policy Requirement	CURRENTLY Compliant	YES (compliant): List Action Steps <u>Completed</u> NO (non-compliant): List Action Steps <u>Planned</u>
B. Our school is responsible for overseeing compliance with Policy 3021.5 with respect to parent-provided snacks and other foods brought from outside the school and served to multiple students.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Monitored by office staff. Posters will be created by students in Physical Education/Health class and placed around the school.
C. Foods brought to school by students/parents/ community members to feed more than 1 child during school hours or at school-sponsored events meet Policy 3021.5	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Not permitted, and Monitored by office staff.

requirements and consist only of one or more of the following: Peelable whole fruits/veg; Unpeelable whole fruit/ veg that are both pre-washed/ washed on site; Bottled water; Pre-packaged foods/foods prepared by a restaurant/catering service that meets all applicable food safety/ sanitation requirements; and/or Any other foods approved in advance by principal/principal's designee.		
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3021.6 Eating Environment		
Policy Requirement	CURRENTLY Compliant	YES (compliant): List Action Steps <u>Completed</u> NO (non-compliant): List Action Steps <u>Planned</u>
A. Students are provided a minimum of 25 minutes to eat lunch, to the maximum extent feasible.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	This is the amount of time allowed at Neal for student lunch.
C. Pleasant and sanitary eating areas are available for students and staff, including an overall school environment that encourages students and staff to make healthy food choices.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Cafeteria offers healthy food choices, is cleaned by the custodial staff after breakfast and class lunches to provide an inviting atmosphere.
D. Dining areas include adequate space to seat all students through normal lunch period rotations.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	We have two cafeterias for students to eat, areas are divided by teams.
E. Lunch periods are scheduled so that students do not have to eat lunch unusually early or late and preferably so that they may eat after periods of exercise, to the maximum extent feasible.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Two grade levels eat after electives which include Physical Education.
G. Our school considers opportunities for students to eat outside when feasible and appropriate.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Teachers are encouraged to take classes outside to eat.

3021.7 Physical Education and Activity		
Policy Requirement	CURRENTLY Compliant	YES (compliant): List Action Steps <u>Completed</u> NO (non-compliant): List Action Steps <u>Planned</u>
A. Structured physical <u>education</u> classes are offered to students. (Please list the average number of minutes per week per student, and how this might be increased.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Followed by DPS policy. Students average 400 minutes of Physical Education every two weeks. Neal operates on an "A" day, "B" day schedule.
B. Physical <u>education</u> classes are taught by state-certified physical education instructors. (Please list how the number of state-certified physical education instructors may	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	All teachers at Neal are certified or working toward certification.

be increased.)		
C. Opportunities for <u>unstructured physical activity</u> are made available to students. All students receive 30 minutes of (cumulative not continuous) moderate to vigorous physical <u>activity</u> daily. (Please list how the 30-minute daily requirement is met.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Teachers are encouraged to take their classes outside for recess. Clubs may be offered this year where students have the opportunity for cardiovascular activities from 7:20 – 8:00 every other Friday.
D. <u>Middle Schools</u> : Healthful Living Education classes with certified health and physical education teachers are available to students. (Please list how such offerings may be expanded.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	All Health instructors are certified,
E. Adequate equipment is provided for physical <u>education</u> classes.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	We have equipment for basic activities.
F. Criteria is met for the HUSSC Bronze or Gold standards for physical <u>education</u> and physical <u>activity</u> . List any barriers to achieving those goals, along with any steps needed to attain the Bronze standard by no later than the 2013-2014 school year and the Gold standard by no later than the 2016-2017 school year.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	We received the bronze medal last year. We are trying to improve employee wellness. This was an area last year that was lacking, we provided some opportunities for teacher that encouraged walking buddies and afterschool exercise class.
G. Community access and encouragement is offered to students and community members to use the school's physical activity facilities outside of the normal school day in accordance with state law and board policy on Use of School Facilities.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The community use some facilities when the extended day activities have finished.

If your school has additional elements to add, please list them here.	
Additional Element	List Action Steps <u>Taken</u> or Action Steps <u>Planned</u>
1. Employees Wellness	We will continue the "Neal Fit Club" which was started last year
2.School Field Trips	Teachers, PBIS, and Citizen School will offer field trips to students. Some will encourage cardiovascular activities for health benefits.
3.Exercise Class	Physical Education classes to include "Zumba" and other fitness options.