



School Wellness Plan 2014-15

School: Sandy Ridge Elementary

Principal's Signature: *John Colclough (send via courier)

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

School Wellness Plan Submission Due Date: *Friday, April 25, 2014* to Wellness Coordinator Kate Turner; Katherine.turner@dpsnc.net; 919-560-2898 ext. 21725; 808 Bacon St.

To complete this template, please use the 2014-15 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 and remain in compliance. If an item is checked NO (non-compliant) provide the action steps your school is planning to take to reach compliance, 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 Name: MELISSA NEIL
- ➔ Champion Alternate Name: MARIA HELGESON

Name	Contact Email	Contact Phone	School/Community Area Represented	Title
1. We will have a new Assistant Principal & Principal next school year.	?	560-2695	School Administrator <i>required</i>	Assistant Principal
2. Melissa Neil	Melissa.neil@dpsnc.net	560-2695	Health/PE Representative <i>required</i>	Teacher
3. Linda Williams	Linda.williams@dpsnc.net	560-2695	Child Nutrition Services Rep. - <i>required</i>	Cafeteria Manager
4. None			Mental/Behavioral Health staff - <i>suggested</i>	
5. None			Medical staff <i>suggested</i>	
6. Christopher Ammon	rangerammon@hotmail.com	943-7340	Parent <i>suggested</i>	Parent Rep
7. 5 th grade students will be selected next school year			Student <i>suggested</i>	Student Rep
8. Maria Helgeson	Maria.helgeson@dpsnc.net	560-2695	Exceptional Children	Teacher
9. Sara Riley *May change next school year	Sara.riley@dpsnc.net	560-2695	ESL	Teacher
10. Deidre Lee *May change next school year	Deidre.lee@dpsnc.net	560-2695	1 st Grade	Teacher
11. Niki Wilson	Nicole.wilson@dpsnc.net	560-2695	Dance	Teacher

12. Kojo Wilson *May change next school year	Kojo.wilson@dpsnc.net	560-2695	Technology	Instructional Assistant
13.				
14.				

School Narrative

School Wellness Mission Statement	Schools are powerful places to shape the health, education and well-being of our students and faculty. Sandy Ridge will create an environment where physical activity and healthy eating are accessible and encouraged for our students, families, and staff. Healthy students are better able to concentrate on their work, attend school on a regular basis, and perform better in class.
Long Term School Wellness Goals	<ol style="list-style-type: none"> 1. Maintain established programs such as school garden, employee wellness, & healthy schools program. 2. Acquire picnic tables for outdoor eating in the school garden. 3. Establish consistent brain breaks in the classroom.
Wellness Related School Strengths	<ol style="list-style-type: none"> 1. Strong & active Wellness Council that meets once a month. 2. Student wellness activities provide opportunities for physical activity through clubs & after school activities such as martial arts, dance, & sports skills. 3. Employee wellness plan provides opportunities for physical activities such as Zumba & staff competitions.
Wellness Related School Challenges	<ol style="list-style-type: none"> 1. Funding for programs we would like to establish/maintain such as teacher incentives, a fitness trail, and school garden. 2. Getting the school community on board with the new policy as well as being actively involved in physical activity/healthy living opportunities at the school.
Does your school plan on completing the ALLIANCE Healthy Schools Program 2014-15 assessment?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Does your school plan to apply for a Bronze or Silver award with Alliance Healthy Schools Program? (circle intended award level)	<input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input checked="" type="checkbox"/> Not applying

3021.2 Nutrition Education

Policy Requirement	CURRENTLY Compliant	Action Steps: completed or planned
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	Action Steps Completed: K-5 Healthy Living Curriculum is provided to all teachers through faculty share; PLCs used to integrate curriculum elements; PE/classroom teachers integrate nutrition education throughout the school day.
		Action Steps Planned: Continue above steps.
B. Enjoyable, developmentally appropriate, culturally relevant, participatory activities designed to	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Various grades levels have farm visits and taste testing; established a school-wide garden.

impart nutrition education, such as contests, promotions, taste testing, farm visits, and school gardens are promoted.		Action Steps Planned: We will try to have the cafeteria manager provide taste testing during the school year.
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	Action Steps Completed: The cafeteria manager placed posters in the lunch line promoting healthy eating as well as a choice board; PE/classroom teachers discuss healthy snacks with students and provide examples to parents.
		Action Steps Planned: Continue above steps.
D. The caloric balance between food intake and physical activity/exercise is promoted.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: PE/classroom teachers emphasize caloric balance per Healthy Living Curriculum; 4-H EFNP nutritionist visits our classes.
		Action Steps Planned: Continue above steps.
E. Nutrition education is integrated with school meal programs and nutrition-related community services.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: The cafeteria manger placed posters in the lunch line promoting health eating as well as a choice board; 4-H EFNP nutritionist visits our classes.
		Action Steps Planned: Continue above steps.
F. Instruction regarding food marketing and its impact on health and nutrition is provided.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: PE/classroom teachers discuss food marketing as part of the Healthy Living Curriculum: assignments such as posters & comparing nutrition labels to the advertisement.
		Action Steps Planned: Continue above steps.
G. Nutrition education training is provided for teachers & other staff.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Staff receives training on the wellness policy and health integration ideas in August on a workday; All information is on faculty share for everyone to access; Ms. Neil provides additional help to teachers as needed; Sharing will take place in faculty meetings whenever feasible.
		Action Steps Planned: Continue above steps.

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 not accessible to students. Stores (other than school	<input type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: We do not sell food to our students.

cafeterias) do not sell food to students.	<input checked="" type="checkbox"/> N/A	Action Steps Planned: Continue above step.
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 type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	Action Steps Completed:
		Action Steps Planned:
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 type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	Action Steps Completed:
		Action Steps Planned:
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	Action Steps Completed:
		Action Steps Planned:
e. <u>Staff</u> vending machines: At least 50% of all snack items contain 200 calories or fewer.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Action Steps Completed:
		Action Steps Planned: DPS is looking for a vendor to supply snack items containing 200 calories or less. I will continue to negotiate with current vendor.
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	Action Steps Completed: Classroom teachers sent a letter to parents explaining this policy with alternative ideas given. Each teacher decided the day of the month for his/her celebration. Alternative ideas are accessible on faculty share for staff.
		Action Steps Planned: Continue above steps.
2. School-wide Celebrations		
a. No more than four school-wide celebrations involve food per year, and each include no more than two food items that could not be served in a school cafeteria consistent with Policy 3021 and applicable law.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Our school wide celebrations consist of awards assemblies which do not involve food. We recognize students during assemblies with certificates and non-food prizes.
		Action Steps Planned: Continue above steps.
b. Soft drinks and other sugar-sweetened beverages are not served at school-wide celebrations.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: We do not serve beverages except water or 100% juice.
		Action Steps Planned: Continue above step.
3. Food and Beverages Served During the School Day and at School-Sponsored Events		

<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>Action Steps Completed: Teachers promote “healthy snacks”. Food/beverages served to students is in compliance of policy 3021.</p>
		<p>Action Steps Planned: Continue above steps.</p>
<p>b. Food 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>Action Steps Completed: Teachers give students “starbucks” to purchase items in our school store. Other rewards include extra recess time, dance party, homework passes, etc.</p>
		<p>Action Steps Planned: Continue above steps.</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>Action Steps Completed: Parents check with the classroom teacher to make sure food is appropriate. Healthy options are strongly encouraged at school sponsored events. Teachers contact Ms. Neil (Wellness Champion) or Mr. Colclough (Principal) if there is a question.</p>
		<p>Action Steps Planned: Continue above steps.</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>Action Steps Completed: We do not serve soft drinks or sugared beverages except 100% juice, milk, or water.</p>
		<p>Action Steps Planned: Continue above steps.</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>Action Steps Completed: Classroom taste testing and cultural celebrations.</p>

use of food is a necessary part of an instructional objective.		Action Steps Planned: Continue above steps.
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	Action Steps Completed: Food is not sold during school hours.
		Action Steps Planned: Continue above step.
b. Food sold from fundraisers after school hours is ordered and pre-paid before delivery..	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: We do not sell food as fundraisers.
		Action Steps Planned: Continue above step.
c. Our school considers non-food items or activities for fundraisers.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: All fundraisers are non-food such as penny wars, dances, sea glass necklaces, PE4ME.
		Action Steps Planned: Continue above steps.
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	Action Steps Completed: We do not have concession stands.
		Action Steps Planned: Continue above step.
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	Action Steps Completed: Before/After-School program is in compliance of policy 3021; they work with DPS child nutrition services.
		Action Steps Planned: Continue above steps.
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	Action Steps Completed: "Playworks" uses our gym for basketball & volleyball games; they do not serve snacks & provide water only. Classes are taught to students by community members after school; if snacks are provided, they must adhere to policy 3021.
		Action Steps Planned: Continue above steps.
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	Action Steps Completed: The PTA president met with Ms. Neil (Wellness Champion) to discuss policy 3021.
		Action Steps Planned: Continue above steps.

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>
<p>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.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Action Steps Completed: This was addressed in the parent letter sent home by classroom teachers; a list of appropriate food was provided. Office staff monitors food brought in as well as the classroom teachers. Wellness policy information is provided as a link on our school’s website. Information is provided in staff handbook as well as a faculty share folder.</p> <p>Action Steps Planned: Continue above steps. I would like to see DPS add the wellness policy to the student handbooks.</p>
<p>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 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.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Action Steps Completed: This was addressed in the parent letter sent home by classroom teachers; a list of appropriate food was provided. Office staff monitors food brought in as well as the classroom teachers. Wellness policy information is provided as a link on our school’s website. Information is provided in staff handbook as well as a faculty share folder.</p> <p>Action Steps Planned: Continue above steps. . I would like to see DPS add the wellness policy to the student handbooks.</p>

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>
<p>A. Students are provided a minimum of 25 minutes to eat lunch, to the maximum extent feasible.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Action Steps Completed: 25 minute lunch periods are scheduled throughout the school day as specified on the master schedule.</p> <p>Action Steps Planned: Continue above step.</p>
<p>C. Pleasant and sanitary eating areas are available for students and staff, including an overall school environment that encourages</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Action Steps Completed: The cafeteria has natural lighting with lots of windows; sound panels to keep noise level down; tables and floors are cleaned by students after every class.</p>

students and staff to make healthy food choices.		Action Steps Planned: Continue above steps.
D. Dining areas include adequate space to seat all students through normal lunch period rotations.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: We have 16 tables; each class is assigned 2 tables.
		Action Steps Planned: Continue above step.
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	Action Steps Completed: Lunch begins at 11:00 and ends at 1:10 as indicated in our master schedule.
		Action Steps Planned: Continue above step.
G. Our school considers opportunities for students to eat outside when feasible and appropriate.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Teachers have the option to eat outside whenever feasible. Wellness council tried to provide picnic tables this year, but could not receive funding.
		Action Steps Planned: Wellness council will continue to seek funding & materials to provide picnic tables in our school garden.

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	Action Steps Completed: A certified physical education teacher serves every class once every 6 days of school for 45 minutes. A dance teacher serves every class once every 6 days of school for 45 minutes.
		Action Steps Planned: Work with scheduling committee & administration to have PE & Dance once a week.
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 be increased.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: One certified physical education teacher serves the entire school. Additional state or federal funding is needed to increase the number of certified PE teachers at each school; legislators will need to mandate daily PE for additional teachers.
		Action Steps Planned: Continue above steps.
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	Action Steps Completed: A Playworks Coach serves every grade level for structured recess 30 minutes daily with additional time for class game time.
		Action Steps Planned: Continue above step.

<p>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.)</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	Action Steps Completed:
		Action Steps Planned:
<p>E. Adequate equipment is provided for physical <u>education</u> classes.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Ms. Neil receives money from the school and from fundraisers she organizes to purchase equipment.
		Action Steps Planned: Continue above steps.
<p>F. Criteria 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.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: Physical education as well as dance class is provided once every 6 school days for 45 minutes. Since this is a 6 day rotation some classes do not receive PE or dance weekly. We add PE minutes by doing the following: 5 minutes of daily walk/run club & 5 minutes of daily classroom energizers as indicated on the master schedule.
		Action Steps Planned: Continue above steps. Ms. Neil will continue to work with the scheduling committee and administration to allow PE/dance to meet weekly next school year.
<p>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.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Action Steps Completed: The community has walking access to our playground, field, outdoor basketball court, and nature/hiking trail.
		Action Steps Planned: Continue above steps.

<p>If your school has additional elements to add, please list them here.</p>	
<p>Additional Element</p>	<p>List Action Steps <u>Taken</u> or Action Steps <u>Planned</u></p>
<p>1. Wellness policy should be added to the student/parent handbook. Our school sends the district provided handbook home instead of creating our own handbook.</p>	<p>District Wellness Coordinator should speak with the appropriate DPS people to have the Wellness Policy added to the student/parent handbook.</p>
<p>2.</p>	
<p>3.</p>	