

Three Year Evaluation of Wellness Plan December 2017, September 2018

Component A: National Guidelines

Healthy Eating Choices - Changed to a new vendor for the 2015-2016 School Year to provide us with healthier meals with more whole grains and a salad bar.

Goal 1: Once a year students and parents will complete surveys asking for input and feedback on menu selection.

2017-2018 Goal: Student Council members will conduct surveys periodically for input from students on the school lunch program.

2018-2019 Goal: With the assistance of the Communication Director, Student Council members will conduct surveys every two to three years for input from students on the school lunch program.

Evaluation 12/2017: 2016-17 Goal of once/year was not met; although student council members talked to students at lunch time to get their input on the lunch program. In 2015 Student Council members composed a survey to K-8 students about the lunch program but we didn't see that it was sent out to students.

A new goal of giving Student Council members the duty of organizing surveys periodically about the lunch program was made for the 2017-18 school year.

Goal 2: The Lunchroom Coordinator will display healthy nutrition posters monthly in the lunchroom

2017-2018 Goal will remain the same.

2018-2019 Goal will remain the same.

Evaluation 12/2017: In 2016-17, posters were posted on the lunchroom door. This was not done monthly but at least four times per year. For 2017-18, we will keep the monthly goal the same and new posters will be ordered and posted in other places besides just the doorway of the food service area.

Goal 3: School personnel will assist students in developing a healthy practice of washing hands before eating.

2017-2018 Goal will remain the same.

2018-2019 Goal will remain the same.

Evaluation 12/2017: In 2016-17, health office personnel posted hand washing directions in the health office and in all bathroom areas. Hand Sanitizer was placed in the lunchroom and all students were given sanitizer as they walked into the lunchroom. Hand Sanitizer was placed in all student classrooms.

Goal 4: Saint Pius X will consider students' needs in planning for a healthy school nutrition environment including those with food allergies.

2017-2018 Goal will remain the same.

2018-2019 Goal will remain the same.

Evaluation 12/2017: A separate peanut free table is provided for students with allergies. In 2016, we moved the food allergy table to the back of the lunch room to keep it more peanut free safe. Students are able to bring a buddy to the table if the buddy has a peanut-free lunch. As noted in the newsletters, more communication was provided to parents and students about allergy awareness.

Component B: Nutrition Education

Goal 1: All faculty will be offered nutrition training and physical activities, as well as, First Aid, CPR training throughout the year. Diocesan nurse, Maureen Vervaet, will provide annual training of the Heimlich maneuver to all Teaching Assistants and support staff/teachers involved in the lunchroom.

2017-2018 Goal: All faculty will be offered nutrition training and physical activities, as well as, First Aid, CPR training throughout the year. The annual Heimlich maneuver training provided by Diocesan nurse, Maureen Vervaet, is a required training to all teaching assistants and support staff/teachers who are involved in the lunchroom.

2018-2019 Goal will remain the same.

Evaluation 12/2017: Heimlich training dates: 12/14/15, 2/24/15, 9/2/16. Did not take attendance at the training class. Not all T/A's came to the training since they took it the year before. This will be a requirement for all staff involved with students in the lunchroom. CPR classes were provided throughout the past three years for teachers and staff: 2/24/15, 12/14/15, 1/16/16, 1/25/16, 10/1/16, 3/27/17

CPR classes were given to all eighth grade students since 2014 and all students were certified. In 2016, it was on March 6 – 23, 2016. Dates scheduled for this year (Mar.12-27th).

Some of the Wellness Lessons from 2016-2017 included:

5 Food Groups Lessons and Activities for K-5 students: January 23 – March 22, 2016
Food Allergy Awareness video and discussions for K-5 students : May 15 – 19, 2016
Sugar – Effects on Body/Limiting Candy/Sugar Intake for K-8 students: October, 2016
Taste Buds – Trying New Foods/Retrying for K-8 students: November 2016
Julie Jacobs Presentation to students in grades 6-8: March 21 – 30, 2016
Book discussions: Gregory, the Terrible Eater by Mitchell Sharmat, Good Enough To Eat – A Kid's Guide to Food and Nutrition, by Lizzy Rockwell, and The Two Bite Club (ChooseMyPlate.gov)

Evaluation: 9/2018: Heimlich training to all Teaching Assistants and staff in the lunch room given on 9/7/18 by Maureen Vervaet.

Health lesson (all grades) Preventing spread of cold & flu germs. (Fall)

Fitness testing- we also did some Spring retesting in 2017-2018 with grades 5-8 (Apr. 11-23rd 2018)

We will do a Fall & Spring testing again 2018-2019

2016-17 Goal 2: Community Education with nutrition tips, healthy eating and hygiene safety will be posted in the newsletter monthly for parents and student education.

2017-18 Goal: The Physical Education Teachers will post Community Education, health care tips and hygiene safety in the newsletter at least four times per year for parents and student education

2018-19 Goal: The Communication Director will create a content calendar, gathering information from various sources (Physical Education teachers, school nurses, etc.) to post Community Education, health care tips and hygiene safety in the newsletter at least four times per year for parents and student education.

Evaluation 12/2017: We were not able to access all of the newsletters on the website but in looking at the last year, this was not done monthly. Dates of Newsletters with educational news: 10/7/16, 10/25/16 (Halloween safety tips, Allergy information), 12/8/16 (Information about the Hokki Stool), 1/12/17 (Safety), 2/10/17 (Cyber Safety and Food Allergy), 2/24/17 (Illnesses, Dance Party). Changed goal to at least four times/year.

Component C: Physical Activity

Goal 1: Our class time for Physical Education is 45 minutes twice a week for all students. (K-8) Additionally grades kindergarten through fifth grade have a minimum of five 20 minute weekly recess periods. Grades six through eight have one to two additional 20 minute weekly recess periods.

2017-18 Revised Goal: Recess occurs daily for grades K-8. Kindergarten through fifth grade have 20 minutes of daily recess. Grades six through eight have 15 minutes of daily recess. Kindergarten through third grade have 20 minutes additional daily recess in the morning or afternoon depending on their schedule.

2018-19 Goal will remain the same. Removed the sentence under Physical Activity Beyond PE: The school will provide daily recess of at least 20 minutes per day for all grades K-8.

Evaluation 12/2017: In 2014 increased physical activity time for K-5 from three 20 minute weekly recess periods to five 20 minute periods. In 2016 added 1-2 additional 20 minute weekly recess periods for grades 6-8. This year (2017-2018) have added an additional 15 minutes daily recess for grades 6-8.

-All students in grades 4-8 did fitness testing. Fitness Testing dates were:
Jan 28- Mar. 6, 2014- 15
Dec. 7- Jan. 15, 2015-16
Oct. 24- Nov. 17, 2016-17
Oct.16- Nov. 13, 2017-18

The Hokki Stool, ergonomically designed to let students keep moving, while sitting still, is currently utilized in the Resource Room.(See Newsletter 12/8/16)

Goal 2: After school programs and or physical activity clubs that meet all students' needs are offered, such as running club, moving and grooving and others.

2017-18 Goal: After school athletic programs and/or physical activity clubs that meet students' needs are offered.

2018-19 Goal will remain the same

Evaluation 12/2017: We offer many clubs to keep our students active and away from the television:

Athletics program (grades 5-8): soccer, softball, football, basketball, volleyball, track, baseball and boys lacrosse (www.icclsports.org).

Academic competitions: Quiz Bowl, Spelling Bee, Science Fair, ISSMA, First Lego League (FLL) (grades 4-5 and 6-8).

Student Activities: Book Club, Cheerleading, Chess Club, Craft Club, Lego Club (grades K– 2), Robotics/Coding, Ski Club, and Student Council

We do not offer a moving and grooving club or running club but offer track for girls and boys.

Decision was made to change to After school athletic programs and/or physical activity clubs that meet students' needs are offered.