

Wellness Policy Assessment Tool and Report Template

LEA / District Name: George Junior Republic

Reporting Timeframe (month/year to month/year): 6/17 to 6/20

Name(s) of Reviewer(s): Jarrod Gault

School Name (if applicable): George Junior Republic in Pa

Select grades:

PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10 ☒ 11 ☒ 12 ☒

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Public Involvement, Notification, and Assessment

<input checked="" type="radio"/>	<input type="radio"/>	We have LEA official(s)/designee(s) in charge of wellness policy compliance. Name(s)/Title(s):	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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 accessible manner. Website address and/or description of how to access copy:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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 implementation of the wellness policy at least annually and the policy is accessible to the public. Website address for policy and/or description of how to access copy:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We retain records as required by federal regulations including: <input checked="" type="checkbox"/> The written school wellness policy, <input checked="" type="checkbox"/> Documentation of making the wellness policy publicly available, <input checked="" type="checkbox"/> Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and <input checked="" type="checkbox"/> Copy of triennial assessment and documentation of reporting results to public. The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food service staff <input checked="" type="checkbox"/> School health professionals <input type="checkbox"/> Parents <input checked="" type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input checked="" type="checkbox"/> Students <input type="checkbox"/> Public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other stakeholders (describe): Nursing staff representative, Direct Care provider (cottage parent and clinical manager)

Notes on public involvement, notification, and assessment:

George Junior Republic in Pennsylvania utilizes the company website and school website to post Menus, wellness policy and triannual assessments.

Nutrition Education*

<input checked="" type="radio"/>	<input type="radio"/>	Nutrition education is provided within PDE's sequential, comprehensive health education standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We teach, model, encourage, and support healthy eating through nutrition education.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Included in the written policy?

Yes No

- ☒ ☐ We provide all students with knowledge and skills for healthy lives via nutrition education.
- ☐ ☒ We offer age-appropriate nutrition education and activities to students in:
☐ Elementary School ☒ Middle School ☐ High School
- ☐ ☒ Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.
- ☐ ☒ School food service and nutrition education classes work together to create a learning laboratory.
- ☐ ☒ 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.
- ☐ ☒ Staff providing nutrition education receive standards-based training and professional development.
- ☐ ☒ We engage and involve families and the community in nutrition education efforts.
- Other goal (describe):

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

- ☒ ☐ ☐
- ☐ ☒ ☐
- ☐ ☒ ☐
- ☐ ☒ ☐
- ☒ ☐ ☐
- ☒ ☐ ☐
- ☒ ☐ ☐
- ☐ ☒ ☐

Notes on goals for nutrition education:

Our goal is to educate our clients served on healthier food choices once they leave our program. We will have our central kitchen provide more literature on the food that we serve as well as combine the same education in our classroom.

Nutrition Promotion*

- ☐ ☒ We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.
- ☐ ☒ We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.
- ☐ ☒ We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.
- ☐ ☒ We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.
- ☐ ☒ We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.
- ☐ ☒ Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.
- ☐ ☒ We offer health and nutrition resources to parents to help them provide healthy meals for their children.
- Other goal (describe):

- ☐ ☒ ☐
- ☐ ☒ ☐
- ☐ ☐ ☒
- ☐ ☒ ☐
- ☒ ☐ ☐
- ☒ ☐ ☐
- ☐ ☐ ☒

Notes on goals for nutrition promotion:

This is our first year at growing our own gardens with our clients served. We are hoping that it is very successful and will result in a tradition at George Junior Republic. Promoting healthier living through developing an understanding of the work that is required to grow your own food. Educating the clients served on the valuable nutrition that they will gain from growing organic foods and food grew from

Physical Activity*

- ☒ ☐ We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.
- ☒ ☐ 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.

- ☒ ☐ ☐
- ☒ ☐ ☐

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Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

- | | | | | | |
|----------------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| <input checked="" type="radio"/> | <input type="radio"/> | 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. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | We maintain a physical and social environment that encourages safe and enjoyable activity for all students. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We discourage extended periods of inactivity (two hours or more) for students. | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We provide physical activity breaks in the classroom. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We offer before and/or after-school programs that include physical activity for participating children. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity. | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We do not use physical activity as a punishment (e.g., running laps). | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We do not withhold physical activity as a punishment (e.g., taking away recess). | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | We encourage walking and biking to school. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> | 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 rules. | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | Other goal (describe): | | | |

Notes on goals for physical activity:

Our goal is to help our clients served gain an understanding of the importance being physically active. Expand on our existing activities and build more clubs and intermural sports.

Physical Education (PE)

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

Notes on goals for physical education:

Introducing sports and activities that our clients served may have not previously participated in. Utilizing our Ropes course and adventure b.

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Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Other School-Based Wellness Activities*

<input type="radio"/>	<input checked="" type="radio"/>	Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide adequate space for eating and serving school meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide a safe and clean meal environment for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Students have access to hand washing or sanitizing before meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Only authorized staff have access to the food service operation.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide the nutrition content of school meals to the school community.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We include students/parents in menu selections through taste-testing and surveys.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We utilize outside funding and programs to enhance school wellness.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We train all staff on the components of the school wellness policy.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	School based activities are planned with wellness policy goals in mind.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for other school-based activities:

George Junior Republic is an RCCI so parents are difficult to get involved in our program due to travel and distance issues. Our goal is to get Parents more involved in helping with menu planning and participating in the wellness committee.

Nutrition Guidelines for All Foods and Beverages at School

<input type="radio"/>	<input checked="" type="radio"/>	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	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 items.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Included in the written policy?		Implemented in the school building(s)?				
Yes	No	Fully in Place	Partially in Place	Not in Place		
<input type="radio"/>	<input checked="" type="radio"/>	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.		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	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 class as shared classroom snacks.		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	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.		<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on nutrition guidelines for foods and beverages at school:

RCCI settings do not allow us to use vending machines or fundraising efforts due to our setting. Our goal would be to work closer with parents and guardians of our clients served to educate them on ways they can continue their healthier living lifestyle once they are returned home.

*** At least one goal for these categories must be included in the written policy per federal regulations.**

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

We continue to make our wellness policy a priority in the everyday lives of our clients served. Educating our youth on making healthier choices in the meals that they eat as well as the physical activities required to live a healthy life. Our Wellness Policy is in place as a reminder of what we expect as an organization to provide for our clients served. Attaining our goals made in our Wellness Policy have helped us look at what is important in providing our clients served with the proper education and tools to be healthy. We have successfully met our goals of providing healthy meals while educating our clients on the importance of eating healthy. Providing ample exercise and activities so that the importance of staying active is something they will continue even once they have left our organization. We look forward to meeting our next set of goals and making them become part of our Wellness Policy.