WESTERN PENNSYLVANIA SCHOOL FOR THE DEAF

LOCAL WELLNESS POLICY

SPRING, 2006

Amended, 2008
Amended, 2009
Amended, 2010
Amended, 2011

Western Pennsylvania School for the Deaf

LOCAL WELLNESS POLICY

PURPOSE

The Western Pennsylvania School for the Deaf (WPSD) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. WPSD is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

AUTHORITY

(P.L. 108-265, Sec. 204)

To ensure the health and well-being of all students, WPSD shall provide the students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

DELEGATION OF RESPONSIBILITY

- The Superintendent, or designee, will be responsible for monitoring the school, program, and curriculum to ensure compliance with this policy, related policies and established guidelines and/or administrative regulations.

- Staff members responsible for programs related to student wellness will report to the Superintendent or designee, regarding the status of each program.

- The Superintendent, or designee, will report to the Board on the school's compliance with law and related policies related to student wellness. The report will include:
  - Assessment of school environment regarding student wellness issues.
  - Review of all foods and beverages sold in school for compliance with established nutrition guidelines.

- Listing of activities and programs conducted to promote nutrition and physical activity.
- Suggestions for improvement in specific areas.
- Recommendations for policy and/or program revisions.
- Feedback from staff, students, parents/guardians, community members, and the Wellness Committee.

- An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law, the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 and 1766) and the Child Nutrition Act of 1966 (42 U.S.C. 1779) as those regulations and guidance apply to schools, will be provided by the Food Service Director under supervision of the Business Manager.

WELLNESS COMMITTEE

- In accordance with the law, the Wellness Committee will be comprised of at least one (1) of each of the following:
  - School Board member.
  - Administrator.
  - Food service representative.
  - Student.
  - Parent/Guardian.
  - Member of the public.

- In accordance with the law, additional members on the Wellness Committee may include:
  - Teacher.
  - School nurse.
  - School counselor.
  - Coach.
  - Dietitian.
  - Health professional.
  - Representative of local or county agency.
  - Representative of community organizations.
  - Food vendor.
  - Other individuals chosen by the Board.

- The Wellness Committee will serve as an advisory committee regarding student health issues and will be responsible for developing a Local Wellness Policy that complies with the law to recommend to the Board for adoption.

- The Wellness Committee may examine related research and laws, assess student needs and the current school environment and programs, review existing Board policies and administrative regulations, and raise awareness about student health issues. (See Appendix A.)

- The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

- The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

- The Wellness Committee will provide periodic reports to the Superintendent or designee, regarding the status of its work, as required.

LOCAL WELLNESS POLICY

Nutrition Education

[√] The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

[√] Nutrition education will be provided with the sequential, comprehensive health education program in accordance with the Pennsylvania State Board of Education curriculum regulations, the Academic Standards for Health, Safety, and Physical Education and the Academic Standards for Family and Consumer Sciences. (See Appendix B.)

[√] Nutrition education will provide all students, from preschool through high school, with the knowledge and skills needed to lead healthy lives. (See Appendix C.)

[√] Nutrition education lessons and activities will be age-appropriate.

[√] Nutrition objectives will be behavior focused.

[√] Instructional staff will be encouraged to integrate nutritional themes into other subjects (language arts, math, science, social studies, and high school vocational classes) and daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

[ ] Nutrition education will be incorporated during classroom snack times, not just during meals.

[√] Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.

[√] The staff responsible for providing nutrition education will be properly trained and prepared and shall participate in appropriate professional development.

[ ] The staff will work with community organizations and resources to provide opportunities for appropriate student projects related to nutrition.

[ ] Nutrition education will extend beyond the school environment by sharing information with and involving families and communities.

[ ] Consistent nutrition messages will be disseminated throughout the school, classrooms, dining room, and homes.

Physical Activity

During the School Day

[√] The school will strive to provide opportunities for developmentally appropriate physical activity during the school day for all students designed to achieve optimal health, wellness, fitness, and performance benefits.

[√] The school will provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activityoutside the school environment, such as outdoor play at home, sports, etc. (See Appendix A.)

[√] When circumstances make it necessary for students to remain indoors and/or inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.

[√] A physical and social environment that encourages safe and enjoyable activity for all students will be maintained.

[√] After-school programs will provide developmentally and age-appropriate physical activity to meet the needs and interests of all children, including physical activity clubs and interscholastic sports.

[√] Students and staff will have access to physical activity facilities outside school hours.

[ ] School will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Physical Activity

Through Physical Education Classes

[√] Physical education will include instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

[√] A sequential physical education program consistent with State Board of Education Curriculum Regulations and Health, Safety, and Physical Education Academic Standards will be implemented.

[√] Physical education classes will provide an environment where students learn, practice, and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

[√] Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

[√] Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.

[√] Physical education shall be taught by certified health and physical education teachers.

[√] Appropriate professional development shall be provided for physical education staff.

[√] Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Other School-Based Activities

A. School environment.

[ ] Classroom snacks feature healthy choices.

[√] Periodic breaks shall be made for physical movement during the school day.

[√] Drinking water shall be available at all meal periods and throughout the school day.

[ ] Student shall have access to hand washing or sanitizing before meals and snacks.

[ ] Parent/guardians, teachers, administrators, students, food service personnel, and community members shall be encouraged to serve as positive role models through staff wellness programs and parent/community outreach.

[ ] The Student Wellness Policy shall be considered in planning all school based activities (such as school events, classroom parties, holiday celebrations, field trips, and dances.).

[ ] Support for the health of all students is demonstrated by hosting health clinics, health screenings and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

B. Family and Community

[ ] WPSD will partner with parents and community members to institute programs that support student wellness.

[√] Students and staff will have access to physical activity facilities outside school hours.

[ ] Nutrition content and/or nutritional analysis of school meals will be available to students and parents/guardians.

[ ] The school will provide nutritional information to parents that will encourage parents to select and provide safe and nutritious foods for their children.

[ ] The school will support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

C. Nutrition Services

[√] Students will be provided a clean and safe environment.

[√] Students will be provided adequate time to eat: ten(10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

[√] Meal periods will be scheduled at appropriate hours.

[√] WPSD will provide adequate space for eating and serving school meals.

[√] Access to the food service operation will be limited to child nutrition and authorized staff.

[√] To the extent possible, the school will utilize available funding and outside programs to enhance student wellness (School Breakfast Program, After School Snack Program, and Summer Food Service Program).

[√] Schools will participate in programs to enhance the nutrition and nutrition education environment (e.g. PDE/Project PA, Dairy Council, Action for Healthy Kids, PANA) and will apply for available grant funds when possible.

D. Professional Development

[√] Qualified professionals shall administer the school meals program.

[√] Professional development will be provided for school nutrition staff.

[ ] The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.

E. Health Promotion for Staff

[ ] The staff will be provided with health education/wellness programs.

[√] The staff will be encouraged to participate in health education/wellness programs.

Social and Emotional Well-Being

[√] WPSD will provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families, and staff to request assistance when needed and links them to school or community resources.

[√] Students will be provided the skills to express thoughts and feeling in a responsible manner and give and receive support from others.

[√] Students will be taught to understand and respect the differences in others and how to build positive interpersonal relations.

[√] Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

NUTRITION GUIDELINES

[√] All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. (See Appendix D).

[√] Foods provided through the National School Lunch or School Breakfast Programs will comply with federal nutrition standards under the School Meals Initiative.

[√] Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for pre-school, elementary, and high school students.

[√] All foods and beverages are offered in compliance with USDA regulations (7 CFR Part 210) prohibiting the sale of "foods of minimal nutritional value" when school meals are served or eaten during meal periods.

[ ] Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all students.

[ ] Nutrition information for products offered in snack bars, vending machines, and school stores is readily available near the point of purchase.

[√] Families, teachers, students, and school officials are engaged in choosing competitive food selections for their local schools.

[ ] Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in school will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.

[√] Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

RECOMMENDATIONS

- Check [√] those Local Wellness Policy goals already in place at WPSD. Continue to implement them throughout the school.

- Begin the planning and implementation process for new goals. Implementation of these goals will be phased in over a three year period.

- Investigate and establish a plan to provide guidance to staff and students about the sale and consumption of competitive foods. The Nutritional Standards for Competitive Foods in Pennsylvania Schools maybe used as a guideline. See Appendix D.

  Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages, vending food snacks and beverages, school store food, fundraisers, classroom parties, holiday celebrations, and food from home.

- Investigate the implementation of a Staff Wellness Plan.

- Investigate the programs and opportunities provided by PANA (Pennsylvania Advocates for Nutrition and Activity).

- Actively promote healthy eating and physical activity to students, parents, teachers, administrators, and the community via a variety of media (e.g. handouts, posting on the school's websites, presentations, school television spots).

- Specific activities include:
  - Upper school students demonstrate healthy eating and exercises for elementary classes.
  - Promote monthly blood pressure checks for staff.
  - Promote wellness issues, e.g. diabetes, asthma, smoking.
  - Sports trainer provide classes on effective exercising to staff and students.
  - Seniors prepare their medical history.
  - Poster contest - "Healthy Living Styles"
  - Nutrition Tip of the day presented on the Silent News.
  - Health Center staff and community agencies give special presentations on specific topics.

POLICY EVALUATION

- The Local Wellness Policy will be assessed on a regular basis by the Superintendent or designee.

- The evaluation will include responses to any of the following activities:

  A. Answering questions:
     - What is working and what is not working?
     - What changes to nutrition education, physical activity, and other school-based activities occurred after the policy was implemented?
     - How can the impact of the policy be increased to enhance its effect on student health and academic learning?
     - Which goals are being implemented at the current time?
     - How are they being implemented?
     - What activities address these goals?

  B. Reevaluation/review of school environments:
     - food services
     - foods and beverages sold in school
     - curriculum, activities, and programs
     - process feedback from stakeholders

  C. Completion of the Improvement Checklist. (See Appendix E).

  D. Recommend improvements or program changes.

Appendix A

Current Program and Wellness Activities at WPSD

Physical Education Classes

Children's Center (kindergarten and pre-kindergarten)
T-Th classes 70 minutes/week

Lower School (school year)
M-W-F classes 111 minutes or 1.85 hours/week
T-Th classes 82 minutes or 1.36 hours/week

Upper School (semester class)
M-W-F classes 228 minutes or 3.8 hours/week
T-Th classes 172 minutes or 2.86 hours/week

Physical Education Class Activities

- Physical Education Curriculum, K - 12
- President's Physical Fitness Testing/FitnessGram Report
- School-Wide Annual Fitness Day
- Fitness Center Training - staff and students
- Climbing Wall
- Physical Education Challenge - 4th, 5th & 6th grades
- "Walk Across America" - internet program
- Staff bike activity.
- Student bike activity.
- Upper school students wear pedometers to track miles/steps traveled during class.

Other Physical Activities

- Club Activities
  - Weight Training, 70 minutes/week
  - Walking Club, 45 minutes/week
- After School Sports Programs
  Elementary -
  Mighty Mites Soccer
  Mighty Mites Basketball

High School - Boys
Soccer
Basketball
Cheerleading
Track
High School - Girls
Volleyball
Basketball
Cheerleading
Track

- Physical activity opportunities during Art Therapy and counseling sessions.
- Fitness Center use.

Other Wellness Activities

- Annual Denim Day Program - breast cancer awareness and fundraising
  Support the Susan B. Koman Breast Cancer Walk
- Health Tips from Dan, Yellow Sheet
- Individual and Group Art Therapy
  Counseling Services
  Healthy Relationships Group
  New Student Group
  Grief Counseling
  Stress Management Group
- Wellness activities integrated into Language Lab themes.
- Monthly health bulletin board outside of the Health Center
- Involve nursing students in annual teaching project. (2004 - dental class, 2005 - meningitis).
- Provide dental screenings, scoliosis screenings, and mini-physicals for sports.
- State mandated law to provide height, weight, and body mass index annually to parents of students in grades K - 12.
- Sports trainer available once a week to work with students.
- Students permitted to have water in the classroom.
- Provide blood pressure checks, emergency services, and flu shots when available to staff.
- Work with Children's Hospital and nutritionist to plan special diets for students with special dietary needs.

Curriculum Review

Lower School

Grades 1 - 6 Health and Safety Units focus on disease prevention and control, drug use and abuse,

safety and first aid, mental/emotional health, as well as personal health in grades 4-6, HIV/AIDS in 5th grades, and consumer and community health in 6th grade.

Grade 2 Nutrition Unit - food groups, balanced meals, good diet, snacks

Upper School

Grades 7 - 8 The Wheel:
Intro. to Foods - importance of a balanced diet
Intro. to Living Skills - food groups, daily nutrients, comparing and contrasting food labels, weight improvement/maintenance, exercise program

Grades 9 - 12
Foods II - food groups, nutrition, caloric intake, meal planning
Meal Management - nutrition, Food Pyramid, read and use food labels, meal planning & prep., careers in food and nutrition
Microwave Cooking
Living Skills - Recreation Unit
Child Development - nutrition, healthy bodies
Family Living - self, values, positive image and perspective

Grade 7 Health Class inc. Mental Health Unit

Grade 8 Health Class inc. Wellness Unit - diet, nutrition, fitness, positive image

Grade 10 Health Class inc. Dating/Relationships Unit

Appendix B

Pennsylvania Curriculum Regulations

- Curriculum Regulation §4.21 Elementary education: primary and intermediate levels. Planned instruction in health and physical education shall be provided to every student every year in the primary (approximately 11 years of age) program.
- Curriculum Regulation §4.22 Middle level education: Planned instruction in health and physical education shall be provided to every student in the middle level (approximately 11-14 years of age) program.
- Curriculum Regulation §4.23 High school education. Planned instruction in health and physical education shall be provided to every student in the high school program.
- Curriculum Regulation §4.27(b) The physical education program shall be adapted for student who are unable to participate in the regular education program.
- Curriculum Regulation §4.12(h) Academic Standards. School districts are responsible for assessing individual student attainment of academic standards and for assisting students who have difficulty attaining them.
- Curriculum Regulation §4.52 Local assessment system. Local assessment systems must be in place to determine the degree to which students are achieving academic standards (Health, Safety and Physical Education).

Appendix C

Nutrition Education Topics

Pre-Kindergarten

- Proper hand washing.
- Importance of drinking adequate water.
- Food groups.
- Trying new foods.
- Feeling full and chewing thoroughly.

Elementary (The topics below may be addressed at more than one grade level and are to be covered with increasing depth in higher grades).

- Proper hand washing.
- Importance of drinking adequate water.
- Knowledge of food guide pyramid.
- Importance of eating a variety of foods.
- Serving sizes.
- Choosing healthful foods using dining room meals and vended items as examples.
- Foods that help keep the body healthy and foods that may contribute to poor health, including oral health.
- Relationship of food intake (energy input) and physical activity (energy output).
- Healthy snacks.
- Nutrition facts.
- Label reading.
- Healthy body image.
- Agricultural origins of common foods.
- Basic food preparation skills.
- Basic food safety.

Middle/High School (The topics below may be addressed at more than one grade level and are to be covered with increasing depth in higher grades).

- Proper hand washing.
- Importance of drinking adequate water.
- Basic nutrient requirements.
- Nutritional deficiencies and disease.
- Relationship of nutrients in food to good health and long-term risks of unhealthy food selections.
- Importance of meals and how meal time contributes to family life.
- Basic food preparation skills.
- Basic food safety (e.g. storing, cleaning, preparing, cooking, cooling, reheating).
- Evaluating health claims of food labels.
- Dietary guidelines and personal eating plans.
- Balanced and unbalanced meals in the student's own eating pattern.
- Healthy body image.
- Evaluating fad diets.
- Use and misuse of dietary supplements.
- Healthful ways to lose/gain/maintain weight.
- Eating disorders.
- Relationship of food intake (energy input) and physical activity (energy output)
- Understanding calories.
- Serving sizes.

Appendix D

Nutritional Standards for Competitive Foods at WPSD
based on
Nutritional Standards for Competitive Foods in Pennsylvania Schools

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
A la Carte - Food/Snacks * Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an ala carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	The following standards apply to <u>all</u> foods offered as a la carte. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • A selection/variety of whole grains will be available on a daily basis.* (Table 1) • A minimum of 1 fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.* • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis.* • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.	The following standards apply to <u>all</u> foods offered as a la carte. • Except for entrees, items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grains.* (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh/raw). A variety of fruits and vegetables will be offered from day to day.* • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per	The following standards apply to <u>all</u> foods offered as a la carte. • Items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grain.* (Table 1) • A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 or each being fresh/raw). A variety of fruits and vegetables will be offered from day to day.* • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis.* • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more that 2 times per

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
A la Carte - Food/Snacks, Continued * Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an ala carte item. ** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.	In addition, the majority of items offered will: • Not contain added sugar as the first ingredient. (Table 3) • Provide minimal to no trans fatty acids. (Table 4) Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods K-5 will not offer more than 5 a la carte food items in total.	week.** These 3 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. In addition, a minimum of 75% of items available will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods	week.** These 2 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, <u>all</u> food items will contain: • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. (Table 4) K-5 will not offer more than 5 a la carte food items in total.

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
A la Carte - Food/Snacks, Continued		K-5 will not offer more than 5 a la carte food items in total. ****Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**	A la carte items will supplement the reimbursable meal (limited to 1-2 items); not replace the reimbursable meals. ****Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.**
A la Carte - Beverages	A minimum of 75% of the beverages offered will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 12 oz.). • Milk, 1% lowfat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Marketing, pricing, and nutrition education strategies will be used to encourage the selection of the beverages listed above.	A minimum of 75% of the beverages offered will be: • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz.). • Milk, 1% lowfat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Marketing, pricing, and nutrition education strategies will be used to encourage the selection of the beverages listed above.	<u>All</u> beverages will meet these criteria. • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar).

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
A la Carte - Beverages, Continued	Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.	Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed: • 150 calories • 35 grams of sugar Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.	
Vending Food/Snacks	Vending is not available to students during the school day. If a special circumstance arises, a child may receive a healthy snack from a vending machine.		
Vending Beverages	Vending is not available to students during the school day. If a special circumstance arises, a child may receive a healthy snack from a vending machine.		
Fundraisers Non-vending	All food items sold as fundraisers will not be available for sale during the school day.		

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Classroom Parties/ Holiday Celebrations	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 1) and will provide the following: • fresh fruits and vegetables • water, 100% fruit juice or milk	Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 1) and will provide the following: • fresh fruits and vegetables • water, 100% fruit juice or milk	In addition, the Food Service Department will offer party lists/menus that include food and beverage choices that: • moderate in sodium content • provide minimal to no trans fatty acids • offer fresh fruits and vegetables • offer water, 100% fruit juice of milk as the beverage choices • do not offer any Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220). Parents and teachers will be encouraged to purchase foods and beverages from the menu of items.
Rewards	Food will be used on a limited basis as a reward for classroom or school activities.	Food will be used on a limited basis as a reward for classroom or school activities.	Food will be used on a limited basis as a reward for classroom or school activities.

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Foods from Home		Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/ caregivers will be encouraged to provide or encourage the purchase of healthy alternatives. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to he best of their ability and knowledge. Examples of nutrition education outreach include newsletters, back to school nights, open houses, family nights, etc.	Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/ caregivers will be encouraged to provide a healthy alternative. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to he best of their ability and knowledge. Examples of nutrition education outreach include newsletters, back to school nights, open houses, family nights, etc.

WPSD Nutrition Guidelines

Source of Competitive Food	A Starting Point (July 1, 2006)	Better (July 1, 2007)	Best (July 1, 2008)
Faculty Lounges	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.
Other		Vegetarian Options - Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input - Students will be an active part of menu planning through regularly scheduled meetings and taste testing.	Vegetarian Options - Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices. Student Input - Students will be an active part of menu planning through regularly scheduled meetings and taste testing.

WPSD Nutrition Guidelines

Table 1 - Whole Grains

A whole grain food is one labeled with the whole grain as the first ingredient. The Food and Drug Administration requires that foods that bear the "whole grain health claim" to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: "cracked," "crushed," "whole," "entire," or "grouts." Examples of whole grain products are:

Whole/entire wheat flour	Whole grain barley (hulled or lightly pearled)
Whole oats/oatmeal	Wild rice
Cracked/crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgar
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown Rice	Spelt
Whole Rye	

Generally, if the first ingredient is "fortified" or "enriched," it is probably not a whole grain. These items are generally not whole grains:

Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

WPSD Nutrition Guidelines

Table 2 - Fried Foods

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir fried or sautéed, but does include foods that have been pre-fried, flash fried, or deep-fat fried.

Table 3 - Added Sugar

Brown sugar	Invert sugar
Corn sweetener	Lactose*
Corn syrup	Maltose*
Dextrose	Malt syrup
Fructose*	Molasses
Fruit juice concentrate	Raw sugar
Glucose*	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup

* Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food label.

Table 4 - Trans Fatty Acids (Trans Fats)

Trans fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans fatty acids include hydrogenated/partially hydrogenated vegetable oils that are use to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fatty acids are present in foods that come from ruminant animals (e.g. cattle and sheep). Such foods include dairy products, beef and lamb. Federal labeling of trans fats on all food products is required by January 1, 2006.

WPSD Nutrition Guidelines

Table 5 - Formulas

% Total fat:	1. Multiply grams of total fat per serving times 9 2. Divide by calories per serving 3. Multiply times 100
% Saturated fat:	1. Multiply grams of saturated fat per serving times 0 2. Divide by calories per serving 3. Multiply times 100
% Sugar by weight	1. Divide grams of sugar per serving by gram weight for the serving size 2. Multiply times 100

Appendix E

Healthy School Nutrition Environment - Improvement Checklist

HEALTHY SCHOOL NUTRITION ENVIRONMENT

Improvement Checklist*

Component 1: Commitment to Nutrition and Physical Activity		
Definitions of Success	**In Place**	**Comments & Notes**
Nutrition education and physical activity are included in the school's educational program from pre-kindergarten through grade 12.	√	
Administrators support development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. They address issues such as the kinds of foods available on the school campus, nutrition education, and physical activity.	√	
School staff, students and parents are part of the policy-making process and support a healthy school nutrition environment.	√	
School food service staff are part of the education team and participate in making decisions and policies that affect the school nutrition environment.		They are a contracted service provider to the school. They do provide input and feedback to the educational team.
The school has a health council to address nutrition and physical activity issues.		WPSD has a Wellness Committee and a variety of curriculum committees that address these issues.

Adapted from Changing the Scene - Improving the School Nutrition Environment, USDA.

Component 2: Quality School Meals		
Definitions of Success	**In Place**	**Comments & Notes**
School offers lunch and breakfast programs, and students are encouraged to participate.	√	
The Child Nutrition Programs are administered by school food service staff that is properly qualified according to current professional standards.	√	
All school food service staff have appropriate training and participate in additional development activities as needed.	√	
School meals are offered at prices students can afford.	√	
Menus are planned with input from students and include local, cultural and ethnic favorites of the students.		Menus are reviewed by students and feedback taken into consideration for future planning.
Menus meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.	√	

Definitions of Success	In Place	Comments & Notes
School food service staff use food preparation techniques to provide school meals that are lower in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.	√	
School meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.	√	
School meal participation rates are approximately the same for paying students as for students eligible for full and reduced price meals.	√	
Food safety is a key part of the school food service operation.	√	

Component 3: Other Healthy Food Options		
Definitions of Success	**In Place**	**Comments & Notes**
All foods and beverages that are available at meals contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.	√	
School policies include nutrition standards for foods and beverages offered at parties, celebrations, and social events.	√	
If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.		A la carte items are not available to our students.
There are appropriate restrictions on students' access to vending machines, the snack bar, and other outlets that sell foods and beverages, if these options are available.	√	
The school encourages parents to provide a variety of nutritional foods if students bring bag lunches from home.	√	
The school encourages organizations to raise funds by selling non-food items.	√	

Component 4: Pleasant Eating Experiences		
Definitions of Success	**In Place**	**Comments & Notes**
Meals periods are scheduled at appropriate times. The school does not schedule tutoring, pap rallies, club and organization meetings, and other activities during meal times.	√	
Meal periods are long enough for students to eat and socialize.	√	
Dining areas are attractive and have enough space for seating; tables and chairs are the right size for the students.	√	
Schools encourage socializing among students, and between students and adults. Adults properly supervise dining rooms and serve as role models to students.	√	
Creative, innovative methods are used to keep noise levels appropriate.	√	
Facility design (including the size and location of the dining/ kitchen area, lighting, building materials, windows, open space, adequate food service equipment for food preparation and service, and food and staff safety), is given priority in renovations or new construction.	√	

Definitions of Success	In Place	Comments & Notes
Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.	√	
Drinking fountains are available for students to get water at meals and throughout the day.	√	
School uses an accounting system that protects the identity of students who eat free and reduced price school meals.	√	

Component 5: Nutrition Education		
Definitions of Success	**In Place**	**Comments & Notes**
Students in pre-kindergarten through grade 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.	√	
Nutrition education is offered in the school dining room and in the classroom, with coordination between school food service staff and teachers.		Skills learned during nutrition education in the classroom are reinforced in the dining room during meal time by the staff.
Students receive nutrition messages throughout the school that are consistent and reinforce each other.	√	
State and district healthy education curriculum standards and guidelines include nutrition education and physical education.	√	
Nutrition is integrated into core curriculum areas such as math, science, and language arts.	√	
The school conducts nutrition education activities and promotions that involve students, parents, and the community.	√	

Component 6: Marketing		
Definitions of Success	**In Place**	**Comments & Notes**
Healthy eating and physical activity are actively promoted to students, parents, teachers, administrators, and the community.	√	
The school considers student needs in planning for a healthy school nutrition environment. They ask students for input and feedback, and listen to what they have to say.	√	
Students receive positive, motivating messages about healthy eating and physical activity throughout the school setting.	√	
The school promotes healthy food choices and doesn't allow advertising that promotes less nutritious food choices.	√	
School works with a variety of media to spread the word to the community about a healthy school nutrition environment.	√	

Wellness Committee Members

Tina Abraham	Counselor
Mike Adams	Teacher, Physical Education & Health
Gregg Bowers	Dean of Students
Vicki Cherney	Marketing Director
Linda Critchlow	Assistant Principal, Lower School
Fabrienne DeRise	Counselor
Dan Emerick	Teacher, Physical Education & Health
Barb Goodman	Assistant Principal, Upper School
Joel Grover	Coordinator of Counseling and Evaluation Services
Barb Hancock	Five Starr Services
Tim Harris	Chief Fiscal Officer
Ken Jugan	Parent
Isaac Levari	Physician, Community Representative
Jarred Lilley	Student
Sue McAdoo	Curriculum Coordinator
Elaine Moore	Assistant Principal, Children's Center
Amy Newland	Teacher, Drama, Film & TV
Sharon Opris	Student
Monica Papa	Teacher, Vocational
Sheree Peery	Teacher, Vocational
Nancy Possumato	Nursing Supervisor
Marla Rabenstein	Student
Danah Richter	Student
Mary Lou Raible	Accountant
Cathy Rhoten	Principal
Don Rhoten	Board Member, Superintendent
Joyce Rodella	Teacher, Physical Education & Health
Josh Sechman	Student
Cindy Sherer	Administrative Assistant
Helen Shirey	Director of Human Resources
Jan Schumaker	Secretary, Human Resources
Dick Starr	Five Starr Services
Connie Stepien	Assistant Dean of Students
David Strait	Student
Donna Weiss	Art Therapist/Grief Counselor
Val Wojton	Teacher, Athletic Director
Ian Wright	Student
Lisa Yankoski	Purchasing Agent
Mary Beth Zeleski	Student

Resources

Action for Healthy Kids, www.actionforhealthykids.org.

Changing the Scene - Improving the School Nutrition Environment, Child Nutrition Division, U.S. Department of Agriculture, 2001.

Making It Happen - School Nutrition Success Stories, Team Nutrition - USDA and Division of Adolescent and School Healtn , Center for Disease Control, 2005.

National Alliance for Nutrition and Activity, www.schoolwellnesspolicies.org.

National Association of State Boards of Education, *Fit, Healthy and Ready to Learn*, www.nasbe.org/HealthySchools/healthy eating.html.

Pennsylvania Department of Education, Chapter 4 - Academic Standards and Curriculum Regulations.

Pennsylvania School Boards Association, www.psba.org.

ProjectPA, www.nutrition.psu.edu/projectpa.

School Nutrition Association, www.schoolnutrition.org.

Section 204 of Public Law 108-265 - Child Nutrition and WIC Reauthorization Act of 2004.

United States Department of Agriculture - Food and Nutrition Service, www.fns.usda.gov.html.

Wellness Committee Meeting
April 28, 2008
Minutes

The first objective of the meeting was to update the roster of committee members. Twelve members left the committee as a result of retirement and graduation and four new members joined the committee. Cathy Rhoten, school principal, then reviewed the basics parts of the Wellness Plan, providing a description for new members and a refresher for old. She also provided the committee with a summary of those things accomplished to date.

The committee then discussed the following topics and suggestions:

- The need for more portion control of the food served to the students.
- Providing a salad bar for the students.
- Asking Dr. Levari, the school physician, to present to the students, as well as the staff, about the importance of a healthy mind and body and how to achieve it.
- Expand the opportunities for students to stay in shape, especially those that need additional encouragement.

WELLNESS PLAN ANNUAL MEETING
May 8, 2009
Minutes

The following people were in attendance at the annual meeting:

Tina Abraham	Sheree Peery
Mike Adams	Nancy Possumato
Nancy Benham	Mary Lou Raible
Fabriene DeRise	Cathy Rhoten
Dan Emerick	Joyce Rodella
Barb Goodman	Diana Saunders-Conley
Barbara Hancock	Helen Shirey
Sue McAdoo	Donna Weiss
Aaron Noschese	Val Wojton

Sue shared one handout, a Wellness Checklist indicating the accomplishments through the 2008-2009 school year, with the group to review.

A discussion followed. The group made recommendations for next year, including:

Hand Sanitizer
One member of the group expressed concerned about supervising the use of hand sanitizer. The original plan provided for the hand sanitizer to be provided in the diningroom hallway, but that was stopped due to concerns about alcohol in the sanitizer.

Suggestions/Action:
- Hand sanitizer can be used when grades 1-4 lineup for lunch.
- Looking into hand sanitizer that does not contain alcohol.
- Identify strategic placement of containers.

Fitness Tutoring
A member noted that students receive tutoring in academic areas and need to do so for fitness as well. Students need to receive training support, including monitoring of heart rate, blood pressure, BMI, etc.

Suggestions/Action:
- PE teachers could be available during ISP.
- Sports trainer, Rob, could do a class for other students.

Staff Inservices
Propose a full day fitness/wellness inservice for staff

Suggestion/Action:
- Perhaps some one could present, like Tony Robins does on physical and mental health.
- Highmark /UPMC.
- Rob (sports trainer) a good contact.

Vending Machines
It was first noted that students do not use the vending machines during the school day.

Suggestions/Action:
- Look into more healthy selections.

- Vending company difficult to work with - could we stock the machines ourselves?
- Could sell healthy things at the school store, such as the water with WPSD labels
- "turn off"/block use after x-time (would have an impact on caffeine consumption)
- Suggested that pop have no caffeine. (although all pop is diet, it still has caffeine).
- Aaron shared that stricter guidelines are coming.

Senior Health Profile

Suggestions/Action:

- Provide a class to students to create a health profile and the opportunity to come back on an individual basis.
- Download the NTID and Gallaudet form so students could see what is required.

Sharing Wellness/Nutrition Education Information

Suggestions/Action:

- Put the wellness information included in the Yellow Pages for staff on the website for families.

Nutritional Progress

Mary Miller, a nutritionist, has met with groups over the year to make significant nutritional changes, e.g.: the use of:

white wheat bread vs. white bread
turkey dogs vs. regular hot dogs
salad bar for high school students
fresh fruit and vegetable choices (similar to a salad bar) for Lower and Middle School students.
very few tator tots

Suggestions/Action:

- working on changes with the cheese

Additional Suggestions

- Plan health oriented field trips, e.g. places where food is made.
- Use Dr. Lavari to discuss specific topics or as a resource.

WELLNESS PLAN ANNUAL MEETING
June 11, 2010

The following people were in attendance at the annual meeting:

Mike Adams	Mike Insko
Karen Carroll	Donald Mazreku
Dan Emerick	Michael Prezioso
Barb Goodman	Carrie Rain
Tim Harris	Val Wojton

Barb reviewed the recommendations that had not been addressed in the past. A discussion followed and recommendations were made for next year:

- 5 Starr Services will ask their vendors if they have nutrition education information that can be sent to parents.

- 5 Starr Services will try to obtain more nutrition posters to display in the cafeteria.

- Teachers will be given a list of nutritional snacks that can be served in the classroom. No other snacks will be permitted.

- Department supervisors need to be more careful in signing Food Requests, reviewing for adherence to snack restriction guidelines for classroom purchases as well as food ordered for special field trips and events.

- PE/Health teachers to develop quarterly newsletter to be sent to parents with nutrition information and physical activity information.

- Staff should be reminded of health and wellness information that is available through the EAP (Employee Assistance Program) and a reminder of the guidelines for the use of the Fitness Center (and how to access).

- Investigate including Health/Wellness in-service time.

* Identify kids at risk for obesity and design fitness program(s) for them.

- Vending machine changes need to be revisited – seemed to get healthier choices for a while but now back to unhealthy choices.

- Senior Health Profile class was taught but no students came for individual assistance with health forms. Possibly schedule times for the students to be sure this occurs.

- Provide salad bar for HS students 4 times per week.

- Use wheat pasta instead of whilte.

Wellness Committee Meeting
May 24, 2011

The following committee members attended the meeting:

Mike Adams	Barb Hancock	Nancy Possumato
Kathy Bartholow	Mike Insko	Sheree Perry
Amanda Capone	Tammy Insko	Michael Prezioso
Dan Emerick	Donald Mazreku	Carrie Rain
Kelsey Fike	Sue McAdoo	Joyce Rodella
Barb Goodman		

The following information was shared with the group:

- The current Wellness Plan is a product of the Child Nutrition and WIC Reauthorization Act of 2004. It provided measureable goals for nutrition education, physical activity, food provided on campus, and other school-based activities designed to promote student wellness.
- And adhering to the law, our Plan went into effect the spring, 2006 and is review annually.
- This law must be reauthorized every 5 years – though due to "critical" issues, it was extended.
- A year later, in December, 2010, the President signed the Healthy, Hunger-Free Kids Act into law – PL 111-296 which reauthorizes the law.
- Over the next several months, the USDA will be releasing guidance to state agencies and school food authorities explaining how various provisions will be implemented.

- The following information was shared in accordance with PL 111-296. Some members have requested the links to this information or a copy.
  1. Summary of the Healthy, Hunger-Free Kids Act
  2. Projected Implementation Timeline
  3. Implementation Plan
  4. Executive Summary of the Legislative Action Conference, March, 2011.
  5. Frequently Asked Questions
  6. Promising Practices (Table of Contents).
  7. Updated Teacher's Toolkit.

The group the reviewed the recommendations from last year and made new suggestions.

1. 5 Starr Services will ask their vendors if they have nutrition education information that can be sent to parents.

   "FitFUTURE" is nutrition information that is sent home to parents with the monthly breakfast and lunch menu.

2. 5 Starr Services will try to obtain more nutrition posters to display in the cafeteria.

   Each month, a new, colorful poster was displayed in the cafeteria. Students in grades K – 8 also received nutrition information through a variety of fun activities, e.g. nutrition paint-by-numbers, book mark, stickers, Crazy Grains (like Crazy Eights), etc.

3. Teachers will be given a list of nutritional snacks that can be served in the classroom. No other snacks will be permitted.

   The Children's Center students receive healthy snacks in the morning and afternoon.

Elementary teachers order from a predetermined list of healthy foods.
Healthy snacks are available to Middle School students on during special activities, e.g. PSSA testing.
The High School representatives reported that the High School teachers do not give candy.

4. Department supervisors need to be more careful in signing Food Requests, reviewing for adherence to snack restriction guidelines for classroom purchases as well as food ordered for special field trips and events.

   All of the assistant principals, through grade 8, reported that they review the Food Requests for classroom snacks before signing. The Elementary Assistant Principal also explained that when cookies are ordered for very special occasions, such as a holiday celebration, fruit is also ordered so that students have an option. The Middle School Assistant Principal shared that fruit trays and vegetable trays are part of the food order for Middle School reward activities.

5. PE/Health teachers to develop quarterly newsletter to be sent to parents with nutrition information and physical activity information.

   A quarterly newsletter is sent home with the report cards.

6. Staff should be reminded of health and wellness information that is available through the EAP (Employee Assistance Program) and a reminder of the guidelines for the use of the Fitness Center (and how to access).

   This information is sometimes included in the Keystone Connection.

7. Investigate including Health/Wellness in-service time.

   This recommendation requires further investigation.

8. Identify kids at risk for obesity and design fitness program(s) for them.

   This has been done informally. It was noted that this recommendation must be addressed very carefully. A Fitness Class was available this past school year for High School students. It was suggested that ISP time be used for fitness activities.

9. Vending machine changes need to be revisited – seemed to get healthier choices for a while but now back to unhealthy choices.

   It was agreed that this needs to be revisited. It appeared that the beginning of the school year started off strong with healthier snacks, though over the year, the selections become less healthy.

10. Senior Health Profile class was taught but no students came for individual assistance with health forms. Possibly schedule times for the students to be sure this occurs.

    A class is taught in the ILP about completing health forms. Parents are notified of the information that is required on forms. The Health Center also shares the health forms required by Gallaudet and NTID with students. The students seek very little direction from the Health Center staff.

11. Provide salad bar for HS students 4 times per week.

    This has been very successful! It was shared that turkey pepperoni in now used instead of pepperoni.

12. Use wheat pasta instead of white.

    Wheat pasta is used about half the time. It appears that many of the students still prefer the regular pasta. It was suggested that perhaps we could try white pasta with added fiber and calcium.

Additional Comments –

Mike shared some additional information from the dining room –

- Once a month the students were able to vote for a special lunch. Chicken wings, stir fry, and Philly cheese steaks are examples of the winning meals.
- More variety is provided at dinner.
- The students seem more satisfied – more chicken is served that burger.

Kathy shared that the Wii is used in the dorm and some new games would be great.

The number allowable servings needs to be reviewed.

Suggestions included –

Dance class for the students in the dorm after school.
Additional Wii games for dormitory use.
Putting nutrition information on the webpage/Facebook.

WPSD School Lunch Advisory Board Meeting
Tuesday, January 24, 2012

In Attendance:

Kai Miller – Student	Mike Insko – Food Service	Tammy Insko – Food Service
Val Wojton – Staff	John Fisher – Parent	Joan Stone – Interpreter
Beth Carr – Parent	Carrie Rain – Staff	Bradley Speck – Student
Alec Lindsey – Student	Barb Goodman – Staff	Barb Manning – Staff
Barb Hancock – Staff	Michael Prezioso – Staff	Donald Mazreku – Staff
Gregg Bowers - Staff		

Barb Goodman, Director of WPSD opened the meeting by welcoming everyone. The meeting started with Food Service distributing a copy of the 6-week menu for everyone's review. Input was received from the students in attendance as to what is their favorite lunch item and possibly not so favorite. The students expressed that the food is good but pizza didn't rate high on their list as a favorite. Food service staff commented on what is permitted and possibly they could add to their current sauce ingredients.

A lengthy discussion continued with input from various staff members as well as the students on many of the items on the 6 week menu. A salad bar is currently available to the high school students and middle school students questioned if it could be a possibility for them. Staff members suggested permitting middle school visit the salad bar once high school is finished and they could be escorted table by table, under staff supervision.

Beth Carr – staff and parent – made the suggestion of possibly adding a choice to the main component of the lunch. This suggestion would require a more in-depth review and analysis to determine the cost factor to the school. Barb Manning, CFO will review.

A general overview was presented on what makes up a complete acceptable lunch in accordance to the NSLP. The students were made aware of the obligations the school and food service personnel must adhere to in meeting these requirements. Val Wojton is concerned if all lunch monitors are diligent in this area. The suggestion was made to hold a review at the beginning of each school year with lunch monitor staff in order that they understand the specifics and what is required of them.

Students continued to express their views on various food/meal items. Food service replied they continually will alter the menu to accommodate the students' requests while still staying in compliance with NSLP. Food Service also took the time to explain the reason for some of the menu items. They are required to utilize the free commodities in their menu planning and thus incorporate into the students meals.

Food Service presented their "Mission Nutrition" incentive program which is geared to the students to encourage healthy eating habits.

The discussion of doing a weekly news cast appealed to the students. Food Service will be working in conjunction with the Media Department to present a once a week morning broadcast featuring healthy topics from the students. Also, a healthy newsletter is included with the menu that is sent home at the beginning of each month with the students.

A survey will be generated to distribute to all students for feedback on the menu as well.

Barb Goodman thanked everyone for their attendance and input and adjourned the meeting.