

# Health and Wellness Committee

## District School Wellness Report

### 2015-2016

Annually district schools complete a School Wellness checklist as a self-assessment. The assessment aligns to Health and Wellness standards and uses a four point scale (exceeds standard, meets standard, needs improvement, not applicable). The School Wellness Checklist tool provides a mechanism for schools to identify areas of success that the district can celebrate as well as areas that the district can focus on for improvement. Eight standards, with indicators, comprise the checklist. The standards assessed are:

- |                             |                   |
|-----------------------------|-------------------|
| Communication               | Fundraising       |
| Staff                       | Curriculum        |
| Cafeteria                   | Physical Activity |
| Foods outside the Cafeteria | Food Safety       |

For each standard area and listed indicator the district tallies results. Based on this data, along with narrative successes and improvement areas, creates the District Wellness Report which is used to celebrate successes and set goals for improvement in the coming school year.

#### Overall District Totals

Scale	Overall District Total
Exceeds Standard	12.2 %
Meets Standard	63.3 %
Needs Improvement	12.9%
Not Applicable	11.7%

The district meet or exceeded the standard in 75.5% of the indicators; needed improvement in 12.9% of the indicators; and reported 11.7% of the indicators did not apply directly to school based decision making. There is a 6.3% increase in meeting or exceeding the standard from 2014-2015 (3% decrease in needs improvement).

The areas of successful and celebration are:

- Healthy food choices are marketed to students and unhealthful food marketing is restricted

- The School Breakfast, Lunch, and after school snacks programs comply with the current USDA Nutrition Standards for Federal Meals Programs and with RI School Meals Nutrition Requirements (RINR).
- All PE classes are taught by certified PE teachers who are provided professional development specific to Physical Education each school year.

The areas for improvement are:

- Diversify communication strategies about Wellness Policies and initiatives to reach more stakeholders.
- Continue integration of nutrition issues into the core curriculum, including math, science, and language arts.
- Increase communication to schools that explicitly highlight Health and Wellness issues and Health and Wellness Committee activities.

Actions:

1. Share District results and analysis with administrators and ARAMARK
2. Diversify communication strategies to reach a wider audience that will increase communication about Wellness Policies and initiatives.
3. Identify additional content areas where nutrition issues can be integrated into the curriculum.
4. Continue to conduct the annual Wellness Checklist

Respectfully submitted,

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