

CHAGRIN FALLS EXEMPTED SCHOOLS
Student Wellness Program Assessment and Progress Report
SY 2015-16

The Chagrin Falls Exempted Village School District is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

The *Student Wellness Program* outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, the Chagrin Falls Exempted Village School District's *Student Wellness Program* establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition and physical education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

The *Student Wellness Program* applies to all students, staff, and school buildings in the district.

This school year the district's *Health Curriculum Revision Committee*, which included teachers representing each grade level, administrators, representatives from the Food Service Department and community members, assessed the *Student Wellness Program's* goals and the progress made in implementing these goals using a Wellness Action Plan Checklist. No revisions to the *Student Wellness Program's* goals were suggested by the committee. However, CFEVSD's *Student Wellness Program* was revised to better meet the USDA's student wellness program guidelines.

This report is intended to inform the community of the implementation and progression of the district's *Student Wellness Program*, by school building, for SY 2015-16

The *Student Wellness Program* document can be accessed on the Food Services page of the district website at www.chagrinschools.org.

For information on becoming involved with the District Wellness Committee (DWC), please contact Marti Jacobson, Food Service Supervisor marti.jacobson@chagrinschools.org.

GURNEY SCHOOL

Gurney School has made significant progress in implementing the Student Wellness Program during SY 2015-16.

Nutrition

- **Fully implemented**
 - All foods sold at Gurney School meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. CFEVSD offers reimbursable meals that meet USDA nutrition standards.
 - Menus containing allergen and nutrition information are posted on the district website.
 - Menus for all schools are created by a licensed and registered dietitian.
 - The district accommodates students with special dietary needs in accordance with Federal and state requirements
 - All food service department staff members are meet or exceed the USDA Professional Standards for child nutrition professionals.
 - Food based fundraisers that do not meet Smart Snacks or SB 210 standards, or whichever is more restrictive, are not permitted to be held during the school day.

Nutrition Education

- **Fully implemented**
 - Gurney school provides nutrition education as part of a sequential, comprehensive health curriculum in accordance with the Federal curriculum standards and benchmarks.
- **Partially implemented**
 - Integration of nutrition education into other areas of the curriculum when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- **Examples of implementation**
 - The district revised its entire k-12 health curriculum this school year.
 - Julie Albrecht's first grade class integrated nutrition education into a science project with a classroom garden project.

Physical Activity

- **Fully implemented**
 - Gurney school provides physical education in a sequential, comprehensive health curriculum in accordance with the Federal curriculum standards and benchmarks.
 - Through physical education, Gurney school encourages all students, regardless of athletic ability to lead an active lifestyle that continues into adulthood.
 - Gurney school promotes and encourages opportunities for physical activity for all students throughout the school day through both kinesthetic classroom exercise and activities outside the classroom.
- **Examples of implementation**
 - Gurney students have daily outdoor recess prior to their lunch period (weather permitting)

- Gurney staff utilize their kinesthetic classroom activity boxes to encourage physical activity throughout the day.
- Gurney school requested and received a grant to fund standing desks.
- After school sports sessions offered after school
- Tiger Trek fundraiser

Other Activities that Promote Student Wellness

- **Fully implemented**
 - Gurney provides a safe, comfortable, and pleasing environment allowing ample time and space for eating meals.
 - Gurney establishes and maintains relationships with community organizations that promote physical activity and wellness
- **Partially Implemented**
 - Supports student clubs organized to increase student wellness
 - Encourages school-related organizations, students, and staff to consider the nutritional value of foods and beverages when planning activities at school and school-related activities.
 - Promotes nutrition and wellness through special events and activities throughout the school year.
- **Examples of implementation**
 - Colorful posters in the kitchen serving area to promoting healthy foods
 - The PTO Nutrition Committee designed a bulletin board to promote health and wellness in the cafeteria
 - PTO Nutrition Committee organized a healthy food drive for students to bring in healthy non-perishables to give to those in need.
 - Taste testings of new and healthy foods during the school year.
 - Members of the Gurney student running club participated in the Chagrin Falls Boosters annual Turkey Trot on Thanksgiving Day

CHAGRIN FALLS INTERMEDIATE SCHOOL

Chagrin Falls Intermediate School has made moderate progress in implementing the *Student Wellness Program* during SY 2015-16.

Nutrition

- **Fully implemented:**
 - All foods sold at CFIS meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. CFEVSD offers reimbursable meals that meet USDA nutrition standards.
 - Menus containing allergen and nutrition information are posted on the district website.
 - Menus for all schools are created by a licensed and registered dietitian.
 - The district accommodates students with special dietary needs in accordance with Federal and state requirements
 - All food service department staff members are meet or exceed the USDA Professional Standards for child nutrition professionals.
 - Food based fundraisers that do not meet Smart Snacks or SB 210 standards, or whichever is more restrictive, are not permitted to be held during the school day.

Nutrition Education

- **Fully implemented**
 - CFIS provides nutrition education as part of a sequential, comprehensive health curriculum in accordance with the federal curriculum standards and benchmarks.
- **Partially implemented**
 - Integration of nutrition education into other areas of the curriculum when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- **Examples of implementation**
 - The district revised its entire k-12 health curriculum this school year.

Physical Activity

- **Fully implemented**
 - CFIS provides physical education in the sequential, comprehensive health curriculum in accordance with the federal curriculum standards and benchmarks.
 - Through physical education, CFIS encourages all students, regardless of athletic ability to lead an active lifestyle that continues into adulthood.
 - CFIS promotes and encourages opportunities for physical activity for all students throughout the school day through both kinesthetic classroom exercise and activities outside the classroom.
- **Examples of implementation**
 - CFIS students have daily outdoor recess (weather permitting)
 - CFIS staff utilize kinesthetic classroom activities to encourage physical activity throughout the day.
 - After school sports sessions offered after school

Other Activities that Promote Student Wellness

- **Fully implemented**
 - CFIS encourages school-related organizations, students, and staff to consider the nutritional value of foods and beverages when planning activities at school and school-related activities.
 - CFIS displays posters promoting good nutrition, such as My Plate, wherever possible.
- **Partially Implemented**
 - Supports student clubs organized to increase student wellness
 - Promotes nutrition and wellness through special events and activities throughout the school year.
 - Provides a safe, comfortable, and pleasing environment allowing ample time and space for eating meals.
 - Establishes and maintains relationships with community organizations that promote physical activity and wellness
- **Examples of implementation**
 - Colorful posters in the kitchen serving area to promoting healthy foods
 - Bike to School Day
 - Walk to School Day
 - Taste testings of new and healthy foods during the school year.
 - CFIS staff encourage parents to include healthy food for classroom and celebratory snacks.

CHAGRIN FALLS MIDDLE SCHOOL

Chagrin Falls Middle School has made moderate progress in implementing the goals of the Student Wellness Program for SY 2015-16.

Nutrition

- **Fully implemented:**
 - All foods sold at CFMS meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. CFEVSD offers reimbursable meals that meet USDA nutrition standards.
 - Menus containing allergen and nutrition information are posted on the district website.
 - Menus for all schools are created by a licensed and registered dietitian.
 - The district accommodates students with special dietary needs in accordance with Federal and state requirements
 - All food service department staff members are meet or exceed the USDA Professional Standards for child nutrition professionals.
 - Food based fundraisers that do not meet Smart Snacks or SB 210 standards, or whichever is more restrictive, are not permitted to be held during the school day.

Nutrition Education

- **Fully implemented**
 - CFMS provides nutrition education as part of a sequential, comprehensive health curriculum in accordance with the Federal curriculum standards and benchmarks.
- **Partially implemented**
 - Integration of nutrition education into other areas of the curriculum when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- **Examples of implementation**
 - The district revised its entire k-12 health curriculum this school year.

Physical Activity

- **Fully implemented**
 - CFMS provides physical education in the sequential, comprehensive health curriculum in accordance with the federal curriculum standards and benchmarks.
 - Through physical education, CFMS encourages all students, regardless of athletic ability to lead an active lifestyle that continues into adulthood.
 - CFMS promotes and encourages opportunities for physical activity for all students throughout the school day through both kinesthetic classroom exercise and activities outside the classroom.
- **Examples of implementation**
 - Multiple team sports opportunities

Other Activities that Promote Student Wellness

- **Fully implemented**

- CFMS provides a safe, comfortable, and pleasing environment allowing ample time and space for eating meals.
- CFMS displays posters promoting good nutrition, such as My Plate, wherever possible.

- **Partially Implemented**
 - Supports student clubs organized to increase student wellness
 - Encourages school-related organizations, students, and staff to consider the nutritional value of foods and beverages when planning activities at school and school-related activities.
 - Promotes nutrition and wellness through special events and activities throughout the school year.
 - Establish and maintain relationships with community organizations that promote physical activity and wellness

- **Examples of implementation**
 - Colorful posters in the cafeteria promoting healthy foods

CHAGRIN FALLS HIGH SCHOOL

Chagrin Falls High School has made moderate progress in implementing the goals of the Student Wellness Program for SY 2015-16.

Nutrition

- **Fully implemented:**
 - All foods sold at CFHS meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. CFEVSD offers reimbursable meals that meet USDA nutrition standards.
 - Menus containing allergen and nutrition information are posted on the district website.
 - Menus for all schools are created by a licensed and registered dietitian.
 - The district accommodates students with special dietary needs in accordance with Federal and state requirements
 - All food service department staff members are meet or exceed the USDA Professional Standards for child nutrition professionals.
 - Food based fundraisers that do not meet Smart Snacks or SB 210 standards, or whichever is more restrictive, are not permitted to be held during the school day.

Nutrition Education

- **Fully implemented**
 - CFHS provides nutrition education in the sequential, comprehensive health curriculum in accordance with the federal curriculum standards and benchmarks.
- **Partially implemented**
 - Integration of nutrition education into other areas of the curriculum when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- **Examples of implementation**
 - The district revised its entire k-12 health curriculum this school year.

Physical Activity

- **Fully implemented**
 - CFHS provides physical education in the sequential, comprehensive health curriculum in accordance with the federal curriculum standards and benchmarks.
 - Through physical education, CFHS encourages all students, regardless of athletic ability to lead an active lifestyle that continues into adulthood.
 - CFHS promotes and encourages opportunities for physical activity for all students throughout the school day through both kinesthetic classroom exercise and activities outside the classroom.
- **Examples of implementation**
 - Multiple team sports opportunities

Other Activities that Promote Student Wellness

- **Fully implemented**
 - CFHS provides a safe, comfortable, and pleasing environment allowing ample time and space for eating meals.
 - CFHS displays posters promoting good nutrition, such as My Plate, wherever possible.

- **Partially Implemented**
 - Supports student clubs organized to increase student wellness
 - Encourages school-related organizations, students, and staff to consider the nutritional value of foods and beverages when planning activities at school and school-related activities.
 - Promotes nutrition and wellness through special events and activities throughout the school year.
 - Establish and maintain relationships with community organizations that promote physical activity and wellness

- **Examples of implementation**
 - CFHS Health Club
 - Key Club Donation to Food Pantries

District Level Goals for SY 2016-17

1. Establish District Wellness Committee for SY 2016-17 by September 30th, 2016. This includes notifying parents and staff their ability to participate on the DWC through Superintendent communications, Building e-blasts, lunch menus, and Food Service Department's District webpage.
2. DWC to assign responsibilities, timelines, by to accomplish building goals set for 2016-17 SY
3. DWC evaluates progress made in 2016-17 goals and establishes goals for 2017-18.
4. Annual report for 2016-17 published and made available to the public by June 30th, 2017.

Gurney School Goals for the 2016-17:

1. Encourage school-related organizations and teachers to consider the nutritional value of foods and beverages when planning classroom celebrations and other school-related activities by providing staff and parents with snack lists of food items that meet the Smart Snacks in Schools nutrition standards and ideas for non-food related rewards and celebrations.
2. Promote at least one nutrition and wellness event or activity in the next school year.

Intermediate School Goals for the 2016-17:

1. Encourage school-related organizations and teachers to consider the nutritional value of foods and beverages when planning classroom celebrations and other school-related activities by providing staff and parents with snack lists of food items that meet the Smart Snacks in Schools nutrition standards and ideas for non-food related rewards and celebrations.
2. Address cafeteria issues. Not enough time to eat and chaotic in 4th and 5th grade.
3. Support student clubs that encourage wellness.

High School/Middle School nutrition promotion goals-Incorporate at least three smarter lunchrooms principles