

Penn Cambria Wellness Committee Triennial Policy Assessment – Finalized March 2017

Note: Our policy was updated in February 2015 and is in compliance with requirements and guidelines provided by the state and national government. However, we are also required to analyze our current policy in relation to a “model” or ideal wellness policy. Our current policy takes into consideration the needs of our specific school community.

Wellness Policy Topic	*Our district status and progress in meeting goals and complying with policy * Information comparing our policy to a “model” wellness policy
Wellness Committee	<p>2017 - Although not all members can make it to every meeting, our committee contains representatives from the required groups. Minutes are provided to all and input is solicited between meetings as well. PE teachers and school nurses do serve on the committee.</p> <p>The committee currently is collaborating with PSU Extension and local businesses such as Vale Wood Farms.</p> <p>Our policy does not specific a number of meetings per year. Our committee generally meets 1-2 times per year with a model policy recommending a minimum of 4. Our policy continues to align well with regards to committee membership.</p>
Nutrition Education	<p>2017 - Nutrition education is being provided throughout grade levels in the regular classroom, in physical education classes, and in family and consumer science (FCS) classes. For example, the kindergarten Core Connections class includes nutrition education. The topics provided in a model wellness policy are included at various grade levels within our health education and family and consumer science curriculum. Many teachers report using resources such as My Plate (http://www.choosemyplate.gov/) from the US Department of Agriculture.</p>
Nutrition Promotion	<p>2017 - Nutrition, Inc., our school lunch program provider displays consistent nutritional messages and provides taste-testing and other nutrition promotions. Taste testing is used to promote student willingness to try new foods. In addition, PE teachers and FCS teachers promote nutritional messages through posters, signs, etc. For example, the importance of calcium in the diet is highlighted in student work displayed annually at PCMS. Handouts highlighting healthy recipes continue to be offered to families during conferences and in waiting areas at the elementary buildings. Our policy aligns well to model policies in this area. However, additional promotion techniques are always being sought.</p>
Cafeteria and A la Carte Foods / Vending Machines	<p>2017 -Our schools are in compliance with our policy and national school lunch program standards (including Smart Snacks) as well as our policy on vending machines for student use. Only MS faculty rooms have food vending machines and these are not accessible to students during the school day. Student access beverage machines only contain water.</p> <p>Model policies also recommend implementing additional nutritional related programming tied to food services if available such as “grab and go breakfast” or school gardens. Model polices recommend using student artwork to create attractive lunchrooms and schools throughout our district do use student art</p>

	work and murals to make the lunch rooms more appealing. Our policy does also include language related to lunch times which is included in a model policy.
Fundraisers	2017: Building principals are charged with ensuring that edible fundraisers intended for student consumption during the school day are limited to the number of annual exemptions provided by PA law (10 at HS, 5 at MS and Elementary levels). Building principals will be reminded to track this information when authorizing fundraisers within the building. Model policies suggest only allowing fundraisers that comply with Smart Snacks guidelines or eliminating food based fundraisers during the day completely. However, our current policy is in compliance with PA guidelines without these suggestions.
Classroom Parties/Holiday Celebrations, Rewards, School Stores, Sporting Events	2017: Currently our schools are in compliance with these policy sections. There are alternatives to food celebration ideas on our district Wellness page to help families consider non-food ways to celebrate special days such as birthdays. In addition, food service offers healthier options that allow parents to purchase vegetable trays, fruit trays, or whole grain cookie offerings for birthdays. Snacks that comply with SmartSnacks for students are provided at PCI during PSSA testing, often thanks to funding by the PTO. Rewards or celebrations offering food should not occur during lunches so as to comply with National School Lunch Program guidelines. Again, model policies suggest only allowing food offered during the day that complies with Smart Snacks and suggests banning food as a reward in any way. However, our current policy is in compliance with PA guidelines without these suggestions.
Physical Activity / Physical Education	2017: Currently our schools are in compliance with this section of the policy. However, we continue to work to promote physical activity such as providing students with opportunities to try new lifetime activities such as snowshoeing. Many students are using the gym in the mornings at PCMS while waiting for homeroom to begin. Model policies suggest increased time for physical education throughout the year (as opposed to blocks or chunks). Model policies also suggest minimum amounts of time be established for vigorous physical activity in PE class and that more opportunities for physical activity be promoted such as walking to school. While we promote many of these ideas, our current policy does not require them and is in compliance with necessary regulations.
Other School Based Activities	2017: We are in compliance in all areas (ex: hand-washing, nutritional information available to families and logistics of nutrition services). We provide faculty and staff with regular wellness updates from Highmark. This includes information about free programs that are offered. We do have on-site trainers for CPR and offered mental health professional development and information to faculty in the form of Mental Health First Aid and Suicide Prevention trainings over the last several years.