



BETHANY PUBLIC SCHOOL DISTRICT TRIENNIAL WELLNESS NEEDS ASSESSMENT TOOL COMPLETED APRIL 25, 2017

Section 1: Nutrition Education and Promotion	
1.1 Does the District's Wellness Policy support and promote good nutrition consistent with applicable federal and state requirements and guidelines?	The District's Wellness Policy, 6142.101 with Regulations can be found on the Bethany website, www.bethany-ed.org .
1.2 Is there a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition? <ul style="list-style-type: none"> • Is nutrition education addressed in all grades? 	The PreK-Grade 6 Nutrition Standards are embedded in the PE/Science curriculum. The Wellness Committee, in collaboration with the Curriculum Department, identified this as a goal and plans to conduct a crosswalk between the Standards and the curriculum to ensure they are adequately covered.
1.3 Are there nutrition and health posters or signage displayed in the cafeteria, classrooms, hallways, gymnasium, and/or bulletin boards that are frequently rotated, updated or changed?	There currently exists some nutrition and health signage in the cafeteria but not elsewhere in the building.
1.4 Does the District/School or Food Service Provider provide developmentally appropriate participatory activities? (Examples: contests, surveys, promotions, food demonstrations, taste-testing, voting, farm visits, school garden.)	The Food Service Providers offer food demonstrations, taste testing opportunities and advertise monthly promotions (i.e. March on the Go). Bethany Community School (BCS) has a school garden which generates a very small amount of food for student consumption, while many grade levels visit local farms.
1.5 Does the District/School or Food Service Provider provide information to families that encourages them to plan nutritious meals for their families?	The Food Service Provider publishes a monthly newsletter which is posted on the website and linked to the Principal's BCS Happenings. The newsletter includes the lunch menu, recipes, and healthy lifestyle tidbits.

<p>1.6 Does the District/School partner with any community health agencies or organizations for school wellness activities?</p>	<p>BCS partners with the American Heart Association for an annual Jump for Heart event. State Troopers present a DARE program and Bethany Volunteer Fire Department present Fire Safety. BCS has sponsored wellness fairs in the past and worked with community organizations at the local and state level to support health, wellness, and fitness for all ages. The Wellness Council will organize a 5K Run and Community Health Fair in Spring 2018. The proceeds from this event will support the handicapped accessible early childhood playground.</p>
<p>Section 2: Physical Activity</p>	
<p>2.1 Does the District/School have a written Physical Education curriculum, aligned with national and/or state physical education standards, for students in all grades?</p>	<p>The District has a written Physical Education curriculum aligned with national and/or state physical education standards, for all students in all grades. New PE Standards have recently been released and revisions will be made to the current curriculum during the 2017 – 2018 school year.</p>
<p>2.2 Does the District/School offer staff wellness activities and professional development opportunities related to health and nutrition to inspire school staff to practice healthy eating and physical activity so they can serve as role models?</p>	<p>The District partners with healthcare provider, ConnectiCare, to offer staff health and nutrition professional development opportunities (Healthy Eating 2016, Biometrics 2017) The BCS staff plan a variety of physical activities to encourage healthy lifestyles (i.e. hikes, nutritional support, and fitness classes) In August 2017, staff will be provided with an opportunity to participate in a Team-building Ropes Course and Mindfulness activities.</p>
<p>2.3 Does the District/School sponsor activities that promote health and wellness? (Examples: health fair, turn off TV week, family day activities, school garden.)</p>	<p>BCS sponsors a Garden Club afterschool activity. The school also organizes (2) Walk to School Days to promote physical activity. Recommendations will be made to the PTO to consider Turn Off TV Week activities. The PTO is currently sponsoring the implementation of a running track at the school. The Wellness Council plans to sponsor a 5K Race and Health Fair in the Spring of 2018.</p>

2.4 Does the District/School website or newsletter promote healthy eating, healthy recipes or physical activity?	The Food Service provider's newsletter which includes recipes and healthy lifestyle information is posted to the website.
2.5 Has the District set the minimum requirement for physical education including time and frequency?	The District/School provides students in Grades K – 6 with 45 minutes of physical education per 4-day cycle.
2.6 Has the District set the minimum requirement for recess, including the amount of time and guidelines?	The District/School schedules recess for students in PreK – Grade 6 a minimum of 20 minutes/day.
2.7 Does the District/School promote physical activity breaks for all students during the school day in addition to recess?	Teachers provide a variety of physical activity breaks for all students throughout the school day in addition to recess (i.e. Go Noodle, Bursts)
2.8 Does the District/School support walking or biking to school?	Although there are no sidewalks in Bethany, there is BOE Policy 5131.3 that allows students to walk or bike to school with parental permission and guidance for safety. In addition, BCS sponsors (2) Walk to School days each year. Bike racks are available at the school.
2.9 Does District/School policy address using physical activity as a reward?	Teachers use physical activity as a reward in a variety of ways including "Responsible Fridays", and earned recess.
2.10 Does District/School policy address physical activity not being withheld as a punishment?	BOE Wellness Policy and Regulations, 6142.101, prohibits staff from withholding recess as a punishment.
2.11 Are there District/School sponsored afterschool activities that promote physical activity?	The school sponsors several afterschool activities that promote physical activity including: Track, Volleyball, Rock Climbing, Cross Country, and Unified Sports.
2.12 Does the District/School provide the community with after school access to the gymnasium or playgrounds for extended physical activity?	The BCS gymnasium and outdoor facilities are open for community use most nights and weekends. Local organizations, including Parks and Recreation use the BCS facility for a variety of sporting events. The BCS playground is available and accessible to all community members, except during the school day.
2.13 Does the District/School participate in any federal or state physical fitness challenges? (Examples: CT Physical Fitness Challenge, CT Red Ribbon PASS Program, Healthier U.S. Challenge.)	The School participates in the CT Physical Fitness Challenge and received a Bronze Score for the Healthier U.S Challenge. The District is waiting for further guidance from the State Department of Education on the Red Ribbon PASS Program.

2.14 Are there any recognition/reward programs for students who exhibit healthy behaviors?	"Mighty Milers" receive certificates of recognition for their accomplishments in Cross Country Track.
Section 3: Nutritional Guidelines for School Food	
3.1 Does the District/School follow all the nutritional regulations for the National School Lunch Program (NSLP)?	Yes.
3.2 Is relevant ongoing training provided to food service staff?	Yes.
3.3 Does the District/School take steps to inform parents about the opportunity to apply for free or reduced priced meals?	Yes.
3.4 Does the District/School take steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals?	Yes.
3.5 Are parents provided with nutritional information for school meals? (Examples: calories, saturated fats, sodium, sugar.)	Yes.
3.6 Does the District/School address compliance with USDA nutrition standards for reimbursable meals?	Yes.
3.7 Does the District/School address compliance with USDA minimum nutrition standards for all foods sold to students during the school day?	Yes.
3.8 Are school meal menus available on the District/School website?	Yes.
3.9 Does the timing and duration of school meals consider evidence-based research to support healthy eating?	Organizations such as the American Academy of Pediatrics and the National Alliance for Nutrition and Activity recommend that students have at least 20 minutes to eat lunch. At BCS students are provided a 30 minute lunch break.

	<p>According to the Journal of Child Nutrition and Management, a body of research supports scheduling recess before lunch reporting that students eat more fruits and vegetables, drink more milk, waste less food, and are better behaved on the playground, in the lunchroom, and in the classroom. Some schools also note a decrease in visits to the school nurse and more instruction time as benefits of the schedule switch. This is something that has been scheduled before and BCS administration is considering again if the instructional schedule allows.</p>
3.10 Are students provided with an opportunity to have a snack during the school day?	Students are provided time for a working snack at least one time per day depending on the grade level and lunch schedule.
3.11 Are students allowed to drink water during the school day?	Yes.
3.12 Does the District/School prohibit students from consuming candy and soda during school hours?	Yes.
3.13 Does the District/School regulate food served during school sponsored events? (Examples: classroom parties, celebrations, field trips.)	Classroom parties do not include food items. At PTO-sponsored events, where parents can monitor their children's choices, a balance of nutritional and sweet treats are provided. School celebration guidelines need to be revisited.
3.14 Does District/School policy address food not being used as a reward?	Policy and Regulations 6142.101 address food not being used as a reward.

Section 4: Implementation, Evaluation and Communication

4.1 Does a Wellness Council exist in your District/School?	Yes.
4.2 Does the District/School Wellness Council meet on a regular basis, at least twice per year?	The Wellness Council meets on a regular basis. The Wellness Council’s meeting agendas and minutes can be found on the website at www.bethany-ed.org .
4.3 Does the District/School Wellness Council keep accurate records and minutes posted to the website?	
4.4 Does the District/School Wellness Council have community-wide representation?	The BCS Wellness Council is comprised of a representative group including Central Office, BCS administration, teachers, parents, Food Service Provider, BOE member and community health official.
4.5 Is there a District-level official accountable for ensuring the District/School is in compliance?	The Bethany Superintendent of School serves as the District-level official accountable for ensuring the District/School is in compliance.
4.6 Does the Wellness Council complete a triennial assessment of school wellness policy implementation and progress towards wellness goals?	Yes. This document serves as the 2017 assessment of the school wellness policy implementation and establishment of goals.
4.7 Are the District/School’s triennial assessment results and goals made available to the public?	The Wellness Triennial Assessment results can be found on the website at www.bethany-ed.org .

Wellness Council Goal Setting

Section 1: Nutrition Standards and Promotion

1.1 Is there a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition?

1.2 Is nutrition education addressed in all grades?

- During the 2017 – 2018 school year, the BCS Curriculum Department will coordinate and conduct a crosswalk of the Nutrition Standards and other curricula to ensure that nutrition standards are addressed at all grade levels.

1.3 Are there nutrition and health posters or signage displayed in the cafeteria, classrooms, hallways, gymnasium, and/or bulletin boards that are frequently rotated, updated or changed?

- During the 2017 – 2018 school year, the Food Service Provider will recommend appropriate nutritional and health posters to display in the cafeteria.
- During the 2018 – 2019 school year, the Physical Education teacher will recommend appropriate nutritional and health posters to display in the gymnasium.
- During the 2018 - 2019 school year, the Curriculum Department and Physical Education teacher will recommend appropriate nutritional and health posters to display in the classrooms at each grade level.

Section 2: Physical Activity

1.6 Does the District/School partner with any community health agencies or organizations for school wellness activities?

2.3 Does the District/School sponsor activities that promote health and wellness?

- During the 2017 – 2018, the Wellness Council will organize a 5K Run and Community Health Fair in Spring 2018. The proceeds from this event will support the handicapped accessible early childhood playground.

Section 3: Nutritional Guidelines for School Food

3.13 Does the District/School regulate food served during school sponsored events?

- During the 2017 – 2018, BCS Administration will monitor and provide guidelines to staff and parents to regulate food served during school sponsored events.