

# Does Your Wellness Policy Measure Up?

## Local Wellness Policy Triennial Assessment

A local school wellness policy is a written plan that includes methods to promote student health and wellness. This optional assessment form can be used to complete the assessment of the policy, which must be conducted at least once every three years.

The required components of the assessment include:

- I. Compliance with the local school wellness policy;
- II. How the local school wellness policy compares to model local school wellness policies; and
- III. Progress made in attaining the goals of the local school wellness policy.

General Information			
District Name: <b>Good Will-Hinckley</b>			
Names of schools included in this assessment: <b>Glenn Stratton Learning Center</b>			
Date: <b>May 4, 2023</b>			
The local wellness policy can be found online: enter web address here <b><a href="http://www.gwh.org/wp-content/uploads/2021/05/GlennStrattonLearningCenteratGoodWill-Hinckley-Wellness-Policy.pdf">www.gwh.org/wp-content/uploads/2021/05/GlennStrattonLearningCenteratGoodWill-Hinckley-Wellness-Policy.pdf</a></b>			
Leadership	Yes	No	NOTES
Does the policy identify at least one school official with the authority and responsibility to ensure that each school within the district complies with the policy?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>(Insert the name of designated leader)</i> Gary Dugal, President & Executive Director, Good Will-Hinckley

<b>Public Involvement &amp; Notification</b>	<b>Yes</b>	<b>No</b>	<b>In Progress</b>	<b>NOTES</b>
Does the policy allow parents, students, school food Service, Teachers of Physical Education, School Health Professionals, School Administrators, School Board Members, and the General Public to participate in the development, implementation and evaluation of the policy?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<i>(Insert names of Wellness Committee Members)</i> Parent: Student: School Food Service: Katrina Guptill Physical Education Teacher: Chris Howe & Lawrence Libby School Health Professional: Jessica Mitchell School Administrator: Gary Dugal School Board Member: General Public: Other:
Annually, the public is informed about the content and implementation of the policy & the progress towards meeting the goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	The GSLC Wellness Policy is on the GWH Website. We discussed moving a copy of it on the actual GSLC page. We will also add a copy of this review to the GSLC page. Also add the Wellness Policy to the student handbook and update the café bulletin boards.
<b>Assessment:</b> Enter the goals from the LWP below. Indicate if they are being met, partially met, or not being met. Use the 'notes' section to indicate how the goals are being met and additional work that is needed.				
<b>Nutrition Education Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert goal</i> The school will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day, adequate space to eat, and a clean and safe meal environment.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our cafeteria staff follows all rules and regulations of the national breakfast program as well as the NSLP. Most of our meals are scratch made so they are healthier with less preservatives and sodium. Our students get ½ hour for breakfast and for lunch. Breakfast is served at 8:00 am and 8:30 am and lunch at 11:00 am and 11:30 am with students leaving campus at 2:00 pm. We feel that these are appropriate lengths of time and times of day. Our serving areas are cleaned daily, and café is maintained by our maintenance crew daily.

<i>Insert goal</i> Aligning a comprehensive health education program with the content standards of the Maine system of Learning Results	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Much of our educational program aligns with the Maine Learning Results. We will continue and build so that all grade levels have a health curriculum that aligns with the Learning Results.
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Nutrition Promotion Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert goal</i> Provide nutrition education that focuses on the skills students need to adopt & maintain healthy eating behaviors.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>This year GSLC participated in the SNAP-Ed Program. Maine SNAP-Ed provides nutrition education services in settings like schools, food pantries, Head Starts, and other childcare settings, grocery stores, and regional DHHS offices.</p> <p>The Maine SNAP-Ed program is made up of over 35 Nutrition Educators and Program Coordinators located statewide. We aim to reach every community within the state of Maine to provide nutrition education to low-income Mainers.</p> <p>Maine SNAP-Ed uses evidence-based curricula and multi-level community-based approaches to help make the healthy choice the easy choice for Maine families. This is a program that GSLC would like to continue with for all grade levels.</p>
<i>Insert goal</i> Students will have access to clean and safe drinking water, throughout the school day and school activities.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>GSLC has a water cooler on each level of the school. The café offers potable water for each meal. There is a water cooler just outside of the door of the Prescott Auditorium where the students conduct much of their gym time.</p> <p>The consumption of water is frequently suggested to students by staff.</p>

<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Physical Activity Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert goal</i> The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Though not listed out most of our age groups are working within the Learning Results standards. We will be working to list out and show how each age group is meeting those standards.
<i>Insert goal</i> Students will demonstrate responsible personal and social behaviors in physical activity settings.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Each day our staff works with student groups involved in physical activities that engage students to work together and demonstrate cooperation and teamwork.
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Other school-based activities that promote student wellness Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert goal</i> As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This fall GSLC staff and students participated in the American Heart Association Fall Fest. Activities included CPR, a dunk tank, healthy dessert contest, pallet/tasting contest.
<i>Insert goal</i> Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We need to make a better effort to encourage our students to carry home with them the good habits we are trying to instill here on campus. Working with parents to promote healthy snacks through eblasts and newsletters.
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

<b>Nutrition Standards for foods SOLD to students:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert standards.</i> The Board will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal and state regulations and will encourage maximum participation in the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The only food sold to GSLC students on campus comes from the café during breakfast and lunch. These meals follow all the standards set by federal and state regulations – school breakfast program and the NSLP.
<b>Nutrition standards for foods NOT SOLD/provided during the school day:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
<i>Insert standards.</i> Goals of the wellness policy will be considered when planning school or classroom parties, celebrations, or events.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We need to take a closer look at the daily snacks being offered to students for sugar/sodium content. Also, we need to push to include veggies and fruits during parties, celebrations, and events.
<b>Food &amp; Beverage Marketing:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
Does the policy only permit the marketing of food and beverage that meet federal smart snack guidelines?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our policy does not allow for any food to be sold except for meals in the cafeteria. We have no vending machines on campus.

Triennial Assessment:	Yes	No	NOTES
Every three years the policy has been evaluated for compliance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
The policy has been compared to model policies (i.e. Alliance for a Healthier Generation, Rudd Center's WellSAT 3.0)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p><i>(Indicate what model policy was used for comparison and the results of the comparison such as strengths of current policy and areas of improvement.)</i></p> <p>We have used the Alliance for a Healthier Generation model.</p> <p>We feel that our current policy's strengths include the inclusion of our wellness committee, our aspirations for physical activity and our café's commitment to healthy, homemade meals.</p> <p>Modeling from staff needs to be encouraged more.</p> <p>Food brought in for celebrations could use more consideration.</p>
A copy of the assessment is made available to the public.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	This assessment was posted to Glenn Stratton Learning Center page on the Good Will-Hinckley website in May of 2023.

Comments: