

## Wellness Policy Assessment Tool and Report Template

LEA / District Name: East Penn School District

Reporting Timeframe (month/year to month/year): 8/2021 to 3/2022

Name(s) of Reviewer(s): Mrs. Lynn Brinckman

School Name (if applicable): Lincoln Elementary School

Select grades:

PK  K  1  2  3  4  5  6  7  8  9  10  11  12

Included in the written policy?

Yes No

Implemented in the school building(s)?  
Fully in Place Partially in Place Not in Place

### Public Involvement, Notification, and Assessment

We have LEA official(s)/designee(s) in charge of wellness policy

Yes  No  Fully in Place  Partially in Place  Not in Place

Name(s)/Title(s):

Yes  No  Fully in Place  Partially in Place  Not in Place

We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").

Yes  No  Fully in Place  Partially in Place  Not in Place

Triennial assessment results are made available to the public in an easily accessible manner.

Yes  No  Fully in Place  Partially in Place  Not in Place

Website address and/or description of how to access copy:

Yes  No  Fully in Place  Partially in Place  Not in Place

At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.

Yes  No  Fully in Place  Partially in Place  Not in Place

The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.

Yes  No  Fully in Place  Partially in Place  Not in Place

Website address for policy and/or description of how to access copy:

We retain records as required by federal regulations including:

Yes  No  Fully in Place  Partially in Place  Not in Place

- The written school wellness policy,
- Documentation of making the wellness policy publicly available,
- Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and
- Copy of triennial assessment and documentation of reporting results to public.

The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:

Yes  No  Fully in Place  Partially in Place  Not in Place

- Administrators  Food service staff  School health professionals
- Parents  School board members  PE teachers  Students
- Public

Other stakeholders (describe):

Notes on public involvement, notification, and assessment:

### Nutrition Education\*

Yes  No  Fully in Place  Partially in Place  Not in Place

Nutrition education is provided within PDE's sequential, comprehensive health education standards.

Yes  No  Fully in Place  Partially in Place  Not in Place

We teach, model, encourage, and support healthy eating through nutrition education.

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	Included in the written policy?					Implemented in the school building(s)?		
	Yes	No				Fully in Place	Partially in Place	Not in Place
	<input checked="" type="radio"/>	<input type="radio"/>	We provide all students with knowledge and skills for healthy lives via nutrition education.			<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We offer age-appropriate nutrition education and activities to students in: <input checked="" type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School			<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>	Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.			<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	School food service and nutrition education classes work together to create a learning laboratory.			<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>	In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).			<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.			<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>	Staff providing nutrition education receive standards-based training and professional development.			<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We engage and involve families and the community in nutrition education efforts.			<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	Other goal (describe):			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for nutrition education:

### Nutrition Promotion\*

- We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.
- We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.
- We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.
- We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.
- We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.
- Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.
- We offer health and nutrition resources to parents to help them provide healthy meals for their children.
- Other goal (describe):

Notes on goals for nutrition promotion:

### Physical Activity\*

- We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.
- We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.

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Included in the written policy?	Yes	No	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	Fully in Place	Partially in Place	Not in Place
	<input checked="" type="radio"/>	<input type="radio"/>	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We discourage extended periods of inactivity (two hours or more) for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We provide physical activity breaks in the classroom.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We offer before and/or after-school programs that include physical activity for participating children.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We do not use physical activity as a punishment (e.g., running laps).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We do not withhold physical activity as a punishment (e.g., taking away recess).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We encourage walking and biking to school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	Other goal (describe):	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for physical activity:

### Physical Education (PE)

<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	We implement a PE program consistent with state academic standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	All students participate in PE.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Our curriculum promotes both team and individual activities.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	We use a local assessment system to track student progress on state standards.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	We provide safe and adequate equipment, facilities, and resources for PE class.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Certified health and PE teachers teach our classes.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	We provide professional development for PE staff.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	We do not use or withhold physical activity as a form of punishment in PE class.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
			Other goal (describe):	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for physical education:

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Included in the written policy?	Yes	No					Implemented in the school building(s)?
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fully in Place
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Partially in Place
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not in Place
<b>Other School-Based Wellness Activities*</b>							
<input type="radio"/> Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We provide adequate space for eating and serving school meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We provide a safe and clean meal environment for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Students have access to hand washing or sanitizing before meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Only authorized staff have access to the food service operation.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We provide the nutrition content of school meals to the school community.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We include students/parents in menu selections through taste-testing and surveys.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We utilize outside funding and programs to enhance school wellness.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We train all staff on the components of the school wellness policy.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> School based activities are planned with wellness policy goals in mind.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other goal (describe):							

Notes on goals for other school-based activities:

### Nutrition Guidelines for All Foods and Beverages at School

<input checked="" type="radio"/> We consider promoting student health and reducing obesity when offering foods and beverages to students at school.							
<input checked="" type="radio"/> Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.							
<input checked="" type="radio"/> We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.							
<input checked="" type="radio"/> Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.							

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	Included in the written policy?		Implemented in the school building(s)?
Yes	No		Fully in Place      Partially in Place      Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.	<input checked="" type="radio"/>





Notes on nutrition guidelines for foods and beverages at school:

**\* At least one goal for these categories must be included in the written policy per federal regulations.**

**Report on the progress made in attaining the goals of the wellness policy (REQUIRED):**

1. School admin will adopt the Learning Lab K-2 provided by Nutrition, Inc. e.g., Milk Matters, Portion distinction, "Is your tray ok?"

Local School Wellness Policy  
 Triennial Assessment  
 Signature Tracking Sheet

	Name	Signature	Date
Principal Reviewer	Lynn Brinckman		4-11-22
District Official	Thomas Mirabella		4/12/22
Committee Reviewer	Paul Vlasic		4/12/22
Publication	JoAnn Dugan		6/15/22