

Crosby Ironton Schools Wellness Committee

Assessment Report

The Healthy Hunger Free Kids Act requires each Local Educational Agency to complete and share a Triennial Assessment Summary for their districts wellness policy. The committee and some of the administrative staff used the WellSAT 3.0 assessment tool that was recommended by MDE-FNS and provided by the University of Connecticut - Rudd Center for Food Policy to review the strength and content of our policy. Along with the assessment the committee has been using the Alliance for a Healthier Generation tracking tool to look at our progress in meeting standards in certain core areas for students like nutrition, physical education/activity, mental health, environment as well as employee mental health and wellness.

The Wellness committee includes employees who volunteer their time to try and create a culture and environment that encourages healthy choices and behaviors, for both students and staff, that support everyone's physical and mental wellbeing. Our biggest challenge that continues is finding sustainable financing to support our goals and projects as there are no state dedicated funds to support wellness committees. We are currently looking at doing some activity fundraisers and looking for partners who may be willing to help support future projects. We have also reviewed the Wellness page on our school website to make it more user friendly and have many links available as educational resources for students and families.

The Covid -19 pandemic has definitely modified our time line on a number of projects and goals. With the constant change of protocols, learning models, and staffing numbers, we haven't had the time to organize and implement a number of the items we had planned. We are hopeful that the start of the new school year will bring us the time and energy to make the progress we are all hoping for. We have included a copy of assessment results, some suggested language changes of the wellness policy and a list of projects we will be looking at for next year.