



Progress Report

Local Wellness Policy School-Level Implementation

This tool was created to support monitoring the implementation of the district's local school wellness policy (LWP) at each school. It is a customizable tool that can help schools and district wellness councils track progress and compliance of wellness policies and practices.

This tool can be used to;

- Provide annual feedback to the district wellness council on local school wellness policy implementation at the school level
- Inform local school wellness policy reporting to superintendents and school boards
- Gather feedback for suggested local school wellness policy revisions
- Inform the school wellness committee of local school wellness policy areas for improvement

Our district's wellness policy can be found at [Insert District URL] **saubert.org**.

All sections of this form should be completed and submitted to the [District Wellness Council] by [Insert date]

**As a best practice, schools should complete and submit this document two times per year [for example before the winter the break and either before or after spring break].*

Section I: School and Committee Information

1. School Information

School Name/Address/Contact Person	Low Grade	High Grade
Berlin Public Schools – SAU3	PK	12

Principal's Name	Principal's Email
Michael Kelley-BMHS, Tammy Fauteux-BES	mkelley@sau3.org / tfauteux@sau3.org

2. School Wellness Leader Contact Information

Name	Email	Phone Number
Lynne Mercier	lmercier@sau3.org	603-752-4122 ext 1529

3. School Wellness Committee Members

Name	Committee Role	Title/Position	Email Address
Kathy X	School Wellness Leader	Physical Education Teacher	Kathy.X@example.com
Please see "wellness committee members" document			
<i>All listed on website</i>			

4. How often does your School Wellness Committee (SWC) meet per year?
**Best practice indicates that SWC should meet at least four times per year*

☐ Monthly

- ☐ Four times per year
☒ Two times per year
☐ Once per year
☒ Other: Continuous input & feedback via a shared google worksheet. This allows for thoughts & ideas to be shared / reviewed / considered & implemented in a fluid fashion throughout the year.

5. Has your SWC used any of the following assessment tools to measure implementation of school wellness policies and practices
- ☐ Healthier Generation Assessment
☐ Centers for Disease Control and Prevention's (CDC) School Health Index
☒ Other: The Triennial assessment tool

Section II: Implementation Progress

Use the rating scale to track if LWP components are implemented at your school. Please include implementation strategies and resources used. Also, list challenges and/or barriers. **Local School Wellness Policy components can be customized to align with the district's specific policies and practices. For example, you can change wording of the components described below to reflect your district's LWP goals, or add additional rows to the table.*

Rating scale:

- 3= Always
 2= Sometimes
 1= Rarely
 0= Never

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2 = Sometimes	Age-appropriate nutrition education lessons and nutrition	• Students receive 1-hour of nutrition education weekly	MyPlate	• Identifying appropriate curricula that provides skill-

	<i>promotion activities are provided to students in all grade levels throughout the school year.</i>	<ul style="list-style-type: none"> • <i>Healthy eating & physical activity posters are located throughout the school specifically in cafeteria</i> 	<i>USDA Team Nutrition resources</i>	<i>based lessons that integrates core subjects</i> <ul style="list-style-type: none"> • <i>Lack of time dedicated to teaching nutrition education lessons</i>
2 = Sometimes	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Healthy eating & physical activity posters are located throughout the school including the cafeteria – new this second half of the school year.	USDA Team Nutrition and private vendors	
3 = Always	All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds with the USDA regulations for the National School Lunch and School Breakfast programs.	All guidelines are followed by our Food Services Department		
2 = Sometimes	All foods and beverages sold outside of the school meal program meets or exceeds with the USDA Smart Snacks in School nutrition standards. <u>(This includes vending machines, school stores and in-school fundraisers)</u>	Vending machines are in compliance. Fundraisers are not always in compliance although the food/snacks are a "pickup and bring home" format.		Products that "sell" are typically the "treat" items that people of willing to purchase such as popcorn, cookie dough etc.
2 = Sometimes	Our school only markets or advertises foods and beverages that meet the <u>USDA Smart Snacks in School nutrition standards</u> on the school campus, during the school day.	Same as above		

2 = Sometimes	Our school prohibits withholding activity/recess as a punishment.	Detentions are not given at the elementary level so sometimes a child needs to be pulled from recess for unsafe/unruly behavior. Once a "debrief" can be done, the child may return to that recess or given an alternate recess	The challenge is to promote a safe environment for all students so if behavior of a student(s) does not align with safety or well-being of others, there are limited alternatives besides removing the student from activity/recess.
2 = Sometimes	Physical activity opportunities (such as recess, classroom energizers, structured and unstructured play) are offered to students before, during and after school on a daily basis.	Sports for all seasons are offered to students. Recess is offered to all elementary students. Occasional outdoor "stretching" opportunities exist for some classes and are dependent on weather.	Weather Time & staff Resources
3 = Always	All students receive the required weekly minutes of physical education based on state/national standards.		in June 21 Medical Records
1 = Rarely	Our school communicates to the public about the content and implementation of the Local School Wellness Policy.	With the conclusion of the 2021/2022 school year this will be done via the SATU website.	Not all community members peruse the website
3 = Always	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	Activities offered have always been accepted and supported such as yoga and health challenges.	Not enough new ideas brought forward Covid put a halt to programs that required physical togetherness.
0 = Never	Families have the opportunity to be involved in making decisions for school wellness policies	They will now be able to give input. All contact information for our Wellness committee and progress made will be posted on the school website	

	by the beginning of the school year 2022/2023		
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Section III: Action Plan Goals

List the top three health & wellness goals your school focused on this year.

**These may be goals that were defined by and aligned with your school improvement plan, safe school plan, and school wellness committee, etc.*

Goals	Implementation Activities	Successes	Challenges	Resources Used
Ensure all food & beverages offered outside of school meals program meet USDA Smart Snacks in school nutrition standards	School wellness committee created an approved list of snacks and beverages. The principal shared the policy and approved list of items with school staff, parents, and community stakeholders to reinforce the policy	After 6-months of reinforcing the school policy and continuously sharing the approved list of items the goal was achieved.	Explaining to parents why only items on the approved list were permitted in the school.	<ul style="list-style-type: none"> Local school wellness policy HG Smart snack calculator to identify approved snacks and beverages Newsletter and social media to spread the message
1. To make sure that our LWP is aligned with the FDA requirements as defined by Healthiergenerations.org	Triennial assessment	Each member, especially pertaining to their specialty, reviewed the assessment and		Healthier generations.org to better explain each facet of the assessment. Internally, the shared google

		compared it to the current LWP and suggested changes as necessary.		document for committee members to review and work on in their own time.
2. Nutritional and wellness education	Posters throughout the schools – each floor and in the cafeteria. Updated the local wellness section of school website with committee members, ways for the community to get involved and a location for nutritional and activity postings several times per year.	Posters and website updates	Healthier generation.org Healthiergeneration.org is a great resource hub for educational tools and health promoting ideas for schools and parents	Not everyone looks at the school website but for those who are interested enough o find information will do so.
3. Successfully pass all required safety drills such as fire, intruder alert & lockdowns as required	Drills throughout the year with feedback for improvement	Our schools have passed all required drills & trainings. SAU3 staff completed all online trainings required at the start of the school year	.Weather Student absenteeism on days of drills	Local agencies such as fire department Training _____ Admin input via emails with constructive feedback & feedback

Section IV: Resources and Support

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

- ☒ Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)
- ☐ Assistance with a school-based health assessment
- ☐ Strategies for implementing the local school wellness policy
- ☒ Healthy and profitable non-food fundraisers
- ☒ Healthy school non-food celebrations
- ☒ Increasing engagement
- ☐ Grant writing support
- ☒ Local and state resources
- ☐ Other (please specify):

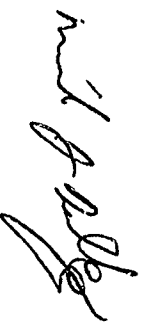
Section V: Wellness Policy Recommendations

This is space for your school to make recommendations for suggested wellness policy revisions for the district wellness council to consider.

Ex: *Require school wellness committees to support local school wellness policy committee*
Approved by the School Board July 2022 meeting

Completed by:

Principal's Signature:



Date: Enter date

Date: Enter date

