

**Eaton Community Schools  
Wellness Committee  
2020 Annual Review and Recommendations**

The Eaton Community Schools Wellness Committee was scheduled to meet on March 16, 2020 to review board policy 8510 and complete the Tri-annual assessment. Due to the Covid-19 pandemic, this meeting was conducted via email. Participants completed the Tri-annual assessment and submitted their results and any concerns to be reviewed by MissAnne Imhoff, Assistant Superintendent.

Based on feedback provided from the Tri-annual assessment, Mrs. Imhoff will be making the following recommendations to the Superintendent:

- Remind administrators and staff that nutritional guidelines must be met during parties/celebrations.
- Revisit and monitor recess not being used as a punishment or a reward (grades K-5).
- Recommend discussion with Building Leadership Teams to review the amount of physical activity students are receiving throughout the day and ways to integrate more activity throughout the school day.

Meeting & Review Schedule:

**Prior to May 15, 2021:**

Annual Review conducted by the Assistant Superintendent and Cafeteria Manager

**Prior to May 15, 2022:**

3 Year Review & Assessment conducted by the Wellness Committee

**2020 Reviewing Participants:**

MissAnne Imhoff, Assistant Superintendent

Jennifer Cross, Teacher

Dalene Sadowski, School Nurse

Pam Lohnes, 6-12 Cafeteria Manager

Angela Daugherty, K-5 Cafeteria Manager

Jessica Wing, Administrative Assistant

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

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LEA/District Name **Eaton Community Schools**

Reviewer **MissAnne Imhoff, Assistant Superintendent**

School Name **Eaton Middle School**

Date **12/3/2020**

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

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| <input checked="" type="checkbox"/> Administrators       | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students      | <input checked="" type="checkbox"/> Public  |

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
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Yes No **V. Physical Activity**

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- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Reminders & Recommendations to Staff Teachers/Staff:

Nutritional guidelines must be met during parties/celebrations.

Revisit and monitor - Recess not being used as a punishment or a reward - this needs to be a discussion item with teachers. BLT's should discuss the amount of physical activity students are receiving throughout the day and ways to integrate more activity throughout the day.

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Position/Title

Email

Phone

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Reviewer **MissAnne Imhoff, Assistant Superintendent**

School Name **Eaton Middle School**

Date **12/3/2020**

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

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We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

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We offer nutrition education to students in:  Elementary School  Middle School  High School

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Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

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We annually evaluate how to market and promote our school meal program(s).

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Name	MissAnne Imhoff	Position/Title	Assistant Superintendent
Email	mimhoff@eaton.k12.oh.us	Phone	937-456-1107

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