



WELLNESS PROGRAM EVALUATION -2020

In May 2020, OSA Wellness Committee leaders completed the Triennial Assessment of the Local School Wellness Policy. The results can be viewed by visiting the school website.

This information will assist the Wellness Committee as we plan our goals for the upcoming school years.

Section 1 – Policies and Aligned Practices

This section is devoted to areas where we have both a strong written policy and a fully implemented practice that aligns with the policy. Please see below for our district's strongest areas in connecting policy and practice towards wellness goals.

- The school does have specific goals for nutrition education designed to promote student wellness. This includes a standards-based nutrition education curriculum
- The school does ensure that children who are receiving free/reduced meals cannot be identified. School lunches are tracked on the computer by a staff person via pin numbers or student names. Reimbursement status is not visible. The committee is very confident that it is not possible for the students to identify those who qualify for free or reduced lunch
- Free (at no cost to students) drinking water available to students during meals (i.e. do not include water for sale)
- No foods that are not part of the school meals (known as competitive foods) are sold to students during the school day
- There is no food and beverage marketing on the school campus during the school day
- The wellness committee should consist of a group of individuals representing the school and community, and should include parents, students, teachers, health professionals, school administrators, members of the school board, cafeteria manager, and community members. At this point we have representatives from all areas except parent and students although we have received input from both representatives by way of Parent Advisory Council and student surveys.
- The wellness policy is made available to the public via posting on school website
- The committee assesses implementation of the wellness policy via the Triennial Evaluation.

Section 2 – Practice Implementation

OSA has provided school meals that are accessible to all students, including those with special dietary needs. Meals are served in clean and pleasant settings. All meals meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. Students are allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

- OSA continues increased menu communication through website, weekly news and announcements (email), and if there is a menu change, an email and text message is sent out. The Food Service Director coordinates with school leaders to increase communication about promotions and special events and increase community knowledge about the food service program.

- Opportunities for families and to engage in Physical Activity and wellness at school included the following:

- OX Trot <https://www.oxtrot5k.com/> with the opportunity for a s
- Staff Mindfulness/Yoga Opportunities
- Old Sturbridge Academy all teachers provide short (5 minute) physical activity breaks to students during and between classroom time during the day. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.
- Wellness: All OSA students have an equal opportunity to participate in physical education(Wellness), using an age-appropriate, sequential physical education curriculum consistent with national and state standards for Wellness. Time allotted for physical activity is consistent with state standards. Physical activity during the day (including but not limited to recess and wellness class) is **not withheld** as punishment unless safety for a student is an issue. The Academy makes appropriate accommodations to allow for equitable participation for all students and will adapt Wellness classes and equipment as necessary. Physical activity facilities on school grounds are safe and appropriate.

- School leaders are responsible for implementation and compliance with the wellness policy. The chairperson of the committee is the Director of Special Education and Student Supports

Section 3 – Update Policies

During School year 2021-2022 The committee will focus on the review of the Wellness policy and make recommended changes based on the triennial assessment and school growth. Any recommended changes to the Local School Wellness Policy will be presented to the School Board and then to the Board of Education following the review and discussions of the Wellness Committee.

Section 4 – Opportunities for Growth

Based on Wellness Program Evaluation these are areas that the district needs to focus on making improvements in both policy and practice.

- Update Wellness Policy and Procedures
- Pursue alternate food service providers including self operated school food service program - Most students are not satisfied with the meals provided by Revolutions. The goal moving forward is to provide meals that are appealing and attractive to children
- Increase opportunities for families and staff to engage in Physical Activity at the school
- Increase frequency of Wellness committee meetings and activity as COVID has impacted this significantly
- Professional development opportunities focusing on nutrition education will be made available to staff. Staff should be made aware of the growing trend of childhood obesity and the key role that healthy eating habits can play in forming attitudes to decrease this epidemic.
- Pursue family and student engagement for Wellness committee meetings and practices
- Develop a system to decrease food waste from student meals

Future Wellness Activity Plans/Events:

- Special Olympics Events
- Boosterthon/Fun Run fundraiser by PTSA
- Continue OX Trot yearly
- Mindfulness opportunities for OSA staff via The Director of DEIA
- Mindfulness program for staff, students, families around the book: A book for sad days, mad days, glad days and all the feelings in-between —*Breathing Makes It Better*
- Work with Jennifer Stanfield for staff around the book: *Inspired Educator, Inspired Learner*
- Increase SEL Programming and curriculum
- Pursue adding School Psychologist to our staffing model