

## NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

LEA Name: National Heritage Academies	
School Name: Buffalo United Charter Academy	Date: <b>01/18/2023</b>
Grades: K-8	
Name/Title of person completing report: Sarah Wells, Procurement and Compliance	

Yes	No	Nutrition Education
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Age appropriate nutrition education and activities are provided to students in: <div style="display: flex; justify-content: space-around; align-items: center;"> <input checked="" type="checkbox"/> elementary school           <input checked="" type="checkbox"/> middle school           <input type="checkbox"/> high school         </div>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Families and the community are engaged in nutrition education efforts.
<p>Indicate additional nutrition education activities that occur or are planned for the future:</p> <ol style="list-style-type: none"> <li>1. After-school programs, if offered and appropriate, will encourage physical activity and healthy habit formation.</li> <li>2. Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state childrens health insurance programs.</li> <li>3. Healthy foods or non-food items that support a healthy life style will be offered when planning schoolbased activities such as school events, fundraisers, field trips, and classroom snacks or treats.</li> <li>4. There will be ongoing professional training for food service and physical education staff.</li> <li>5. The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.</li> </ol>		

Yes	No	Physical Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Physical education is provided to students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Before or after school physical activity is offered in sports or other clubs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Community partnerships are available that support programs, projects, events, or activities.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	A staff wellness program is available.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Opportunities are provided for physical activity throughout the day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recess is available for all elementary students (skip this question if no elementary schools).
<input type="checkbox"/>	<input type="checkbox"/>	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.
<p><b>Other physical education/physical activity/school-based activities that are available:</b></p> <p>Physical education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short- and long-term benefits of a healthy life style.</p> <p>2. Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.</p> <p>3. Students may be provided a daily recess period. The school will consider planning recess prior to lunch as research has shown that physical activity prior to lunch can increase nutrient intake and reduce food waste.</p> <p>4. The school will provide a physical and social environment that encourages safe and enjoyable activity for students.</p> <p>5. The school will encourage families and community members to institute programs that support physical activity.</p>		
<p><b>Future goals for physical activity:</b></p>		

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses access to the USDA School Breakfast Program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free drinking water is available during meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	School nutrition staff meet hiring criteria in compliance with federal criteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses purchasing local foods when possible for the school meals program.
<p>Other ways the local wellness policy addresses school meals and nutrition standards:</p> <p><small>1. Students will have affordable access to nutritious foods that they need to stay healthy and learn well.  2. Food for sale throughout the school day will meet all applicable federal and state requirements.  3. The school will encourage the consumption of nutrient dense foods, i.e., fruits and vegetables.  4. Vending machines which do not meet the school meal nutritional standards or the Smart Snacks in School nutrition standards are prohibited from being placed in any classroom where students are provided instruction.  5. Sale of vended soft drinks to students will not be permitted during the school day.  6. Classroom snacks will feature Smart Snacks in School choices or non-food items that support a healthy lifestyle.  7. Fundraisers involving food or beverages will comply with all applicable federal and state standards if conducted during the school day on the school campus.  8. Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be in place for prevention of food illness.</small></p>		

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
x		The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including:
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> as a la carte offerings <input type="checkbox"/> in school stores <input type="checkbox"/> in vending machines <input checked="" type="checkbox"/> as fundraisers
x		Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc.

Notes and future goals on nutrition standards for competitive and other foods and beverages:

Food and beverage marketing, advertising or promotions during the school day shall be consistent with competitive food standards or the Smart Snacks in School nutrition standards. On-site advertisement located on durable equipment that does not meet the Smart Snacks in School nutrition standards may be replaced as needed with equipment that meet this policies marketing standards.

Yes	No	Wellness Promotion and Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to address strategies to support employee wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Healthy meal choices are offered and being promoted in the school meal programs.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:

1. After-school programs, if offered and appropriate, will encourage physical activity and healthy habit formation.
2. Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
3. Healthy foods or non-food items that support a healthy life style will be offered when planning schoolbased activities such as school events, fundraisers, field trips, and classroom snacks or treats.
4. There will be ongoing professional training for food service and physical education staff.
5. The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.

Future wellness goals:

*implementing farm-to-school activities  
 \* possible gardening curriculum & Aeroponic  
 gardening system.*



**Implementation, Evaluation, and Communication**

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

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

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Danielle Backe, Principal

The wellness policy is made available to the public by (describe):  
 The wellness policy is located on the school website under board documents  
[https://app.sharebase.com/#!/document/114138/share/239-77-MmpGL3REHi8B0CtqV S-eouac\\_](https://app.sharebase.com/#!/document/114138/share/239-77-MmpGL3REHi8B0CtqV S-eouac_)

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):  
 Members of the public may view the triennial assessment located on the schools website.

Yes	No	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The wellness policy is reviewed at least annually.
x <input checked="" type="checkbox"/>	<input type="checkbox"/>	Triennial assessment results are/will be made available to the public and will include: <ol style="list-style-type: none"> <li>1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;</li> <li>2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;</li> <li>3. A description of the progress made in attaining the goals of the local school wellness policy.</li> </ol>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	A plan will be put together to update the local wellness policy based on results of the triennial assessment.

**Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:**

- The school principal shall ensure this policy is implemented by providing regular and easy access to information about the wellness environment of the school. The principal shall provide public transparency of this policy as part of the school's annual improvement plan and annually reporting to the school's board of directors as required under applicable law.
2. The school permits parents, students, food service employees, school administrators, school board members, and members of the interested public, physical education teachers and school health professionals to participate in the implementation and periodic review/update of this policy.
  3. The school delegates to its educational service provider the responsibility to measure periodically and make available to the public an assessment on the policy's implementation at a minimum of once every three (3) years, including the extent of compliance, a comparison to the State's model policy, and a description of the progress made in attaining the goals set forth in this policy.