

Does Your Wellness Policy Measure Up?

Local Wellness Policy Triennial Assessment

A local school wellness policy is a written plan that includes methods to promote student health and wellness. This optional assessment form can be used to complete the assessment of the policy, which must be conducted at least once every three years.

The required components of the assessment include:

- I. Compliance with the local school wellness policy;
- II. How the local school wellness policy compares to model local school wellness policies; and
- III. Progress made in attaining the goals of the local school wellness policy.

General Information				
District Name: Maine Academy of Natural Sciences				
Names of schools included in this assessment: Maine Academy of Natural Sciences				
Date: April 3, 2023				
The local wellness policy can be found online: https://maineacademy.org/wp-content/uploads/2021/10/Final-Policies-for-the-website.docx.pdf				
Leadership		Yes	No	NOTES
Does the policy identify at least one school official with the authority and responsibility to ensure that each school within the district complies with the policy?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Christine Sullivan, Assistant Head of School / Director of Special Education	

Public Involvement & Notification	Yes	No	In Progress	NOTES
Does the policy allow parents, students, school food Service, Teachers of Physical Education, School Health Professionals, School Administrators, School Board Members, and the General Public to participate in the development, implementation, and evaluation of the policy?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<i>(Insert names of Wellness Committee Members)</i> Parent: Phyllis Emery Student: School Food Service: Katrina Guptill Physical Education Teacher: School Health Professional: Jessica Mitchell School Administrator: Christine Sullivan School Board Member: General Public: Other:
Annually, the public is informed about the content and implementation of the policy & the progress towards meeting the goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	There is a goal to make the public aware of a wellness policy available by the handbook. It is available currently online in the policy section.
Assessment: Enter the goals from the LWP below. Indicate if they are being met, partially met, or not being met. Use the 'notes' section to indicate how the goals are being met and additional work that is needed.				
Nutrition Education Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert goal</i> <i>Review the policy with staff</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We need to make sure that all staff are aware that there is a school policy and their role in it
<i>Insert goal</i> <i>Review the policy with students</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We need to make sure that all students are aware that there is a school policy and their role in it
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition Promotion Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert goal</i> <i>Offer samples of new foods in cafe</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	This is an ongoing process to introduce students to different foods available to them.

<i>Insert goal</i> <i>More involvement with SNAP-ED</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	This is an ongoing process to introduce students to healthier lifestyles
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Activity Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert goal</i> <i>Increased PE courses</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	MeANS has changed some classes around to meet the PE standards. They have recently begun a PE program at the Alford Gym at KVCC two time per week.
<i>Insert goal</i> <i>Develop school wide challenges</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	This has not been started yet but is a goal for next year.
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other school-based activities that promote student wellness Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert goal</i> <i>Tuesday Morning Message</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Staff and students share their outdoor activities of the weekend. Photos of outdoor activities/adventures are shared with staff/students. This is more of an informal sharing of non-planned activities.
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Insert goal</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition Standards for foods SOLD to students:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert standards</i> <i>Café should follow all NSLP Guidelines</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No foods are sold to students outside the campus café and the café follows all NSLP guidelines

Nutrition standards for foods NOT SOLD/provided during the school day:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Insert standards</i> Staff is encouraged to promote healthy choices for special group meetings and/or celebrations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Many times, food is ordered directly from the café for special group meetings. Students are encouraged to try food from the school's greenhouse. Some celebrations bring in outside foods such as pizza.
Food & Beverage Marketing:				
Food & Beverage Marketing:	Meet	Partially Meet	Do Not Meet	NOTES
Does the policy only permit the marketing of food and beverage that meet federal smart snack guidelines?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We do not allow the market of food on campus other than what is served at the campus cafe
Triennial Assessment:	Yes	No	NOTES	
Every three years the policy has been evaluated for compliance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	This years review was 4 years – a waiver was granted for this due to COVID so technically we are still within guidelines.	
The policy has been compared to model policies (i.e. Alliance for a Healthier Generation, Rudd Center's WellSAT 3.0)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>(Indicate what model policy was used for comparison and the results of the comparison such as strengths of current policy and areas of improvement.)</i> We have used the Alliance for a Healthier Generation model. We feel that our current policies strengths include the inclusion of our wellness committee, out aspirations for physical activity, our café's commitment to healthy, homemade meals and our schools work with our greenhouse and campus raised vegetables and the encouragement to students to enjoy these items. Modeling from staff needs to be encouraged more. Food brought in for celebrations could use more consideration.	

A copy of the assessment is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>This will be presented and reviewed with the School Board at a public meeting on May 18, 2023.</i>
---	-------------------------------------	--------------------------	---

Comments:

MeANS is a very small school and we feel we have huge potential to create a strong wellness policy. It is important to create a stronger Wellness Committee so that we can be looking at our wellness policy on a more consistent basis than the required three years.