

2020-2021 District Wellness Plan Assessment

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| Your first and last name: | Angel Owens | Salvatore | Catherine Dorbish | Robin Vickers |
| Your title: | Principal | Maiorana | Principal | AMS Principal |
| Building: | Austintown Intermediate School (3-5) | Fitch High School (9-12) | Austintown Elementary School (K-2) | Austintown Middle School (6-8) |
| Are you involved in the Wellness Committee, which meets to review and update the District Wellness Plan annually? | No | No | No | Yes |
| Please describe how you are achieving the goals of Nutrition Education and Promotion at your building. | Teachers talk about healthy choices during our morning meetings. | Nutrition education is a part of the high school health class curriculum. Every high school student is required to take the health class during their high school career. Students are given ample time for school meals (breakfast and lunch) in a calm environment. There are several hydration stations within the school, including water bottle fill stations. All foods and beverages available on campus meet the US Health, Hunger Free Kids Act of 2010. All the food that is available for purchase is located in the cafeteria, while there are drink machines located both inside and outside of the cafeteria. | OSU Expanded Food and Nutrition Education Program | Nutrition is taught in our Family Consumer Science classes. |
| How has Physical Activity remained an important part of your students' day? | We have continued to do recess daily, as well as several walking mask breaks daily. | Students change classes and move from one classroom to the next 7-8 times a day. Students are required to take a gym class. | yes | Physical Education is offered in every grade level. All students leaving AMS have participated in P. E. at least 1 semester all 3 years. |
| How do you ensure that foods for sale on campus (outside the cafeteria) during the school day meet all the Smart Snack requirements? | We communicate with the cafeteria as needed. | The only food for sale on campus is not outside of the cafeteria. | No food for sale at elementary | We do not allow food for sale outside of the cafeteria during the school day. |
| Is food for instruction used in your classrooms? If so, how do you ensure food safety with students' food allergies and how do you determine what foods may be used for instruction? | Very rarely is food used. When it is, teachers must review with the school nurse and also send home a permission slip outlining the activity, food, and nutrition label. | There are not any classes that require food for instruction at the high school. | All allergies shared with staff by nurse | We do not use food for instruction in regular classes except for Family Consumer Science. The FCS teacher works with the nurse to check for food allergies before planning her lessons. All foods used follow the district and state guidelines. |
| Are there any other initiatives in your building that support community health and wellness promotion for staff and students? | We do a biggest loser competition twice a year for staff. We offer a cup stacking program after school which gives students a non-traditional sport option. We also partner with Camelot Lanes to bus students to bowling leagues for another option. | Community health and wellness is promoted daily throughout the school in different clubs, sports, and other actives. | no | No |
| Are you willing to be part of the Wellness Committee to ensure our district's wellness plan is current and applicable to your building? | No | Yes | Yes | Yes |
| Do you have any other comments on the implementation of the District Wellness Plan specifically at your building? | Great job! | No | I think the focus this year was Covid guidelines and it was difficult to maintain fidelity to the District Wellness plan | No |