

March 2018

Wellness Policy Assessment

Wellness Committee Membership:

Scott Covell	Assistant Superintendent for Management Services
Kim Taddonio	School Nurse Manager
Shannon Duserick	Assistant Director of Student Programs & Services
Karen Clark	School Lunch Director
Laurie Abbazia	Teacher
Michael Gardella	School Social Worker
Michael Evans	APE/Health Education
Sabra Ann Rasmussen	Signing Skills Coach
Rebecca Hicks	Parent/Paraprofessional
Larry Federman	Director of Finance
Jim Colt	Director of Safety and Security
Bill Hurley	Program Coordinator, Mental Health
David McAlpin	Assistant Principal Bird/Morgan School
Ann Diehl	BOCES United Support Staff
Cory Wright	Direct District Work Experience

Committee Charge:

The Wellness Committee will be responsible for assessing current activities, programs and policies available in BOCES that promote and support practices that encourage healthy activities and life-long wellness behaviors. The Committee will make policy recommendations for review and adoption by the Board of Education.

Policy Objectives and Assessment:

Nutritional Goals

1. Where relevant to course content and student needs, classroom programs will emphasize nutritional knowledge and skills, including the benefits of healthy eating and weight management, understanding of food labels, and the ability to assess the effects of nutritional choices.

Committee Assessment

Monroe #1 BOCES adheres to local and state health and physical education curriculum standards. BOCES incorporates healthy nutritional choices and eating habits into the curriculum in the following areas:

- Multi-Occ. Focus – Family and Consumer Sciences promotes a healthy diet in the curriculum with opportunity to learn and discuss healthy eating choices
- EMCC – Culinary Arts promotes healthy diet within the curriculum. There are multiple opportunities to learn, discuss and create healthy eating choices during the school year. Students produce healthy eating choices for the 3 Season's Restaurant that is open

twice a week throughout the school year for adults to eat in a real-life restaurant setting.

- BOCES Transition classrooms offer instruction in reading food labels, meal planning, healthy snacks, and personal grooming.
 - Creekside Unique Program promotes healthy behavior outcomes through a robust curriculum that includes units in nutrition.
 - Blue House – activities of daily living
 - At Morgan middle school, 6th through 8th graders attend health class once every four days for the entire school year. 4-6 weeks of health class consists of a unit in nutrition education. Topics during this unit include: eating a "rainbow" of colors for different nutrients, understanding what a calorie is, the difference between nutrient-rich and empty calories, balancing calorie consumption and calorie burn, reading food labels, and the relationship between a poor diet and health problems/diseases.
 - Students in grades 9-12 receive all components of the NYS mandated health curriculum.
2. Under the supervision of the School Lunch Director, the BOCES Food Service Program will meet or exceed the nutritional standards of all federal regulations and guidelines as they apply to schools and will provide balanced meals and a variety of healthy food choices. Medically authorized special diet requests will be honored. In addition, access to nutritional information of the Food Service Program will be available to the BOCES community.

Committee Assessment

- The Monroe #1 BOCES is evaluated regularly through audits on compliance with regard to nutritional standards, safe food handling, and National School Lunch regulations and guidelines.
 - The School Lunch program staff works closely with the nursing staff to meet special diets and nutritional needs.
 - Nutritional fact sheets are available in the School Lunch Directors office and are available upon request.
 - **Action item** – the school lunch program website will be updated with links to national and state nutritional standards
 - **Action item** – The school lunch program will post the Assessment of the Wellness Policy on the School Lunch website.
3. Monroe 1 BOCES will maintain a program for free and reduced price meals for all students who qualify. The program will adhere to all federal and state laws and regulations. Applications will be kept strictly confidential.

Committee Assessment

- BOCES administers the free and reduced priced meal program in accordance with federal and state laws, and utilizes an automated lunch program that tracks and monitors free and reduced price meals in a confidential manner.
 - In 2017-18, Bird/Morgan School became eligible for the Community Eligibility Provision for free lunch that was established by the Healthy, Hunger-Free Kids Act. This means that Bird Morgan School is able to provide free breakfast and lunch to all students.
4. Foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act.

Committee Assessment

- Students do not have access to purchase food from the culinary programs. The instructional culinary programs place significant focus on the food service industry when preparing meals that are made available for sale to adults only during the school day.
- Staff and parents are notified that only store-bought goods should be brought in to school. Food prepared from home is not allowed for general classroom activities or celebrations.

Physical Activity Goals

1. Physical Education classes will promote student understanding of, engagement with, and commitment to the development of motor skills and regular exercise of sufficient intensity and duration to provide significant health benefits.

Committee Assessment

Monroe #1 BOCES provides physical activities, and makes facilities available, that promote student wellness and development of motor skills in the following areas:

- Physical education classes are specially designed to meet the needs of our students
 - Adaptive Physical Education
 - Intramural sports activities
 - Weight room and treadmills (staff also have access after student hours)
 - Swimming
 - Bird/Morgan school has use of the East Rochester pool for student swimming lessons
 - Transition programs utilize community based physical education facilities
2. Where appropriate, other programs and the school environment itself will encourage healthy physical activity for students and staff.

Committee Assessment

- a. Monroe #1 BOCES recognizes the established link between physical health and learning by incorporating physical activity throughout the day.
 - Creekside Smooth Transitions Room
 - Bird/Morgan Mission Control
 - Encouragement of student access to play areas
- b. Monroe #1 BOCES encourages healthy physical activities to students and staff. Some examples of internal and external (outside of the school/work day) activities are as follows:
 - Jump Rope and Hoops for Heart
 - Special Olympics
 - The Amazing Race
 - Staff organized activities including the Corporate Challenge, Rochester Marathon, Turkey Trot, and other group running activities
 - EMCC offers life guard certification for students participating in the emergency services classes
 - Employees have the opportunity to be trained in the use of the weight room and work out facilities
 - Paraprofessionals are offered an afternoon of wellness activities including Yoga, Zumba, Aroma Therapy, and a training on healthy living and work habits

- Annual Superintendent’s Conference Day offers training choices for employees on stress management and dealing with difficult people
- All employees who are enrolled in health insurance coverage through the Rochester Area School Health Plan receive a quarterly publication of Community Health Magazine This publication includes health insurance plan information and highlights current health topics, initiatives, and success stories that are taking place in local Monroe County schools
- The Health Plan also includes access to Blue 365 that provides access to healthy activities and products at a discounted rate
- Researching the opportunity to bring in the Smile Mobile to support oral health and dental hygiene to student programs

Social and Emotional Goals

1. Classroom and school activities will encourage healthy group dynamics, such as collaboration, cooperation, mutual respect, and mutual support.

Committee Assessment

- All educational programs have curricula that address the social, emotional and mental health of students. Some examples include Skill Streaming, Collaborative Problem Solving, Zones of Regulation, Get Ready to Learn, Mindfulness.
- Classroom teachers incorporate social skills lessons to help students manage social and emotional challenges.
- Counselors and other mental health staff are available to support students who are struggling with group management skills.

2. Students will be encouraged to express thoughts and feelings in a responsible manner.

Committee Assessment

- There are school wide systems in place to recognize and support appropriate social development, communication skills and respect for others
- Systems to engage students in Restorative Practices are being implemented in all educational programs. These practices will interconnect with our Trauma Informed Care initiative.

3. School and community support services will be available for students and staff as needed and available to promote emotional and social well-being.

Committee Assessment

- Related Services Departments participate in the Ready to Learn Program that provides students with the opportunity to participate in physical activities that prepare them to focus on learning.
- Annual training for students and staff around bullying, harassment and cyber responsibility
- Monroe #1 BOCES participates in the Trauma, Illness and Grief Consortium that provides training in trauma and grief to support students and staff who are in need due to a traumatic event. The shared training through the consortium provides consistent training and responses across all schools. Support staff is then able to support other school districts when needed.

- Trauma Informed practices and services have been established in the 2017-18 school year. All staff will be trained in Trauma Informed Practices.
- Creekside Peaceful Communities Initiative – a site based continuation of Trauma 101
- BOCES partners with community services providers for students and families (Hillside/Creekside, O’Connor Academy, e-start)
- BOCES offers an Employee Assistance Plan that is available to all staff
- Another aspect of Trauma Informed Care is to incorporate staff self-care. It is important that we, as an organization, provide supports and opportunity for wellness

The Committee has identified that the communication and promotion of the Wellness Policy could be improved. The Policy is available on the Monroe #1 BOCES website, but the notification to staff and BOCES school community about the policy content and implementation is not sufficient.

- **Action item** – link a page on the Monroe #1 BOCES website that meets the expectation that BOCES will inform and update the public about the content and implementation of the local school wellness policy.

Other Relevant Policies:

Policy 2410 Code of Conduct on BOCES Property
 Policy 5160 Alcohol Drugs & Other Substances (School Personnel)
 Policy 5330 Employee Assistance Program
 Policy 6220 Alcohol Drugs & Other Substances (Students)
 Policy 7113 Prevention Instruction
 Student Code of Conduct