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| *Due date for submission: Thursday, August 3, 2017* |
| School: \_\_\_\_Lowe’s Grove Magnet Middle SchoolPrincipal’s Signature: \*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\*add electronic signature, or send this page via courier with live signature) |

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## 2012-13 School Wellness Plan Year-end Report Template

***DPS Wellness Contact:*** Kate Turner, Wellness Coordinator; [Katherine.turner@dpsnc.net](mailto:Katherine.turner@dpsnc.net); 919-560-2898 (21725) 808 Bacon St., Office 101A

### *For assistance completing this report, please use the 2012-13 School Wellness Plan Year-end Report Template Instruction Guide.*

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| **School Wellness Committee** |

* Wellness Champion: (Name): Corine Thompson
* Alternate: (Name): Govan Garner

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| **Name** | **Contact Email** | **Contact Phone** | **School/Community Area Represented** | **Title** |
| **1.** |  | 560-3946 | School Administrator  *required* | Assistant  Principal |
| **2. Corine Thompson** | [Corine.thompson@dpsnc.net](mailto:Corine.thompson@dpsnc.net) | 560-3946  Ext. 46012 | Health/PE Representative  *required* | Teacher |
| **3. Miranda Markham** | [Miranda.Markham@dpsnc.net](mailto:Miranda.Markham@dpsnc.net) | 560-3946  Ext. 46129 | Child Nutrition Services Rep. - *required* | Cafeteria Manager |
| **4.** |  |  | Mental/Behavioral Health staff - *suggested* |  |
| **5.** |  |  | Medical staff  *suggested* |  |
| **6.** |  |  | Parent  *suggested* | Parent Rep |
| **7.** |  |  | Student  *suggested* | Student Rep |
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| **School Narrative** | |
| **School Wellness Mission Statement:** | *Our mission is to promote healthy children, families and faculty in the Lowe’s Grove community.* |
| **Long Term Wellness Goals:** | Our long term goals are:   1. Create health and nutrition based lessons for push-in class time. 2. Create activities or events which involve the community. 3. Build student and staff awareness of healthy snacks and celebratory food & non-food alternatives. |
| **Wellness Related School Strengths:** | 1. Monthly newsletters inform parents of healthy snack options they can send with their child. 2. School menus define fruits and vegetables and list vitamins and minerals contained in each. 3. Students receive the mandated time for recess and lunch. |
| **Wellness Related School Challenges:** | 1. Not enough structured Healthful Living / PE class time for students during the week. 2. Creative and convenient ways to involve the community in physical activity after school. 3. Communicate healthy food alternatives for school-wide programs and fundraisers. 4. Provide teachers and parents with ideas for healthy food and non-food alternatives for celebrations. |
| **Completed the Alliance for a Healthier Generation Healthy Schools Program Assessment for 2012-13**  **☒ Yes ☐ No** | |

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| **3021.2 Nutrition Education** | | |
| **Policy Requirement** | **Compliant as of May 15th, 2013** | **Action Steps Taken to Reach Compliance**  **(also note any barriers to full compliance)** |
| 1. Integration of nutrition education, to the extent feasible, into regular classroom instruction, as well as health or physical education classes. | **☒ Yes ☐ No** | **The PE teacher periodically goes into the classroom with lessons about healthy eating and portion sizes according to MyPlate.** |
| 1. The promotion of enjoyable, developmentally appropriate, culturally relevant, participatory activities designed to impart nutrition education, such as contests, promotions, taste testing, farm visits, and school gardens. | **☒ Yes ☐ No** | **Cafeteria Manager offers taste testing of nutritional foods to 1-2 grades / week.**  **We have a school garden taken care of by our Garden Club.** |
| 1. Promotion of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. | **☒ Yes ☐ No** | **The teachers send letters to parents with healthy food alternatives for snacks. The cafeteria manager promotes fruits, vegetables, and whole-grain products by providing write ups on the school menus that list the vitamins and minerals in fruits & vegetables and gives facts about foods.** |
| 1. Emphasis on the caloric balance between food intake and energy expenditure (physical activity/exercise). | **☒ Yes ☐ No** | **The PE teacher periodically goes into the classroom with lessons about balancing caloric intake with energy expenditure. It’s also mentioned in PE classes.** |
| 1. Integration of nutrition education with school meal programs and nutrition-related community services. | **☒ Yes ☐ No** | **School menus define fruits and vegetables and list**  **vitamins and minerals contained in each.** |
| 1. Instruction regarding food marketing and its impact on health and nutrition. | **☒ Yes ☐ No** | **Pre-EOG instruction on reading food labels is given.** |
| 1. Training for teachers and other staff. | **☐ Yes ☒ No** | **Provide training during PLCs and/or faculty meetings.** |

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| **3021.4 Nutrition Guidelines for All Foods on Campus** | | |
| **Each school will be responsible for ensuring that food sales on campus comply with all applicable federal and state laws and regulations.** | | |
| **Policy Requirement** | **Compliant as of May 15th, 2013** | **Action Steps Taken to Reach Compliance**  **(also note any barriers to full compliance)** |
| 1. **Child Nutrition Services (CNS)**   **(3) Vending machines (CNS and School-Wide)** | | |
| * 1. Vending machines are not accessible to students at any elementary school. Elementary schools do not have stores (other than school cafeterias) that sell food to students. | **☒ Yes ☐ No**  **☐ N/A** | **There are no vending machines in our school accessible to students.** |
| * 1. The only beverages that may be sold in Middle and High school vending machines are low-fat or non-fat milk (flavored or unflavored), water, 100% juice with no added sweeteners (12 oz. maximum serving size), and sports drinks with 100 calories or fewer. | **☐ Yes ☐ No**  **☒ N/A** | **N/A** |
| * 1. No snack item stocked in a Middle or High school vending machine that is accessible to students contains more than 200 calories. | **☐ Yes ☐ No**  **☒ N/A** | **N/A** |
| * 1. **Student** vending machines only operational after the end of the school day unless stocked only with water. | **☐ Yes ☐ No**  **☒ N/A** | **N/A** |
| * 1. At least 50% of all snack items stocked in **Staff** vending machines contain 200 calories or fewer. | **☐ Yes ☒ No** | **Ask vender to place all items in the machine that contain 200 or less calories.** |
| 1. **Other School-Based Nutrition** | | |
| 1. ***Class Celebrations***    1. Student birthday celebrations consolidated to no more than one per month per class. Non-food celebrations encouraged, and ideas for suggested alternatives made available to staff and parents. | **☒ Yes ☐ No** | **Most classes aren’t having birthday celebrations, because parents have been told so often what foods they can’t bring. Some teachers hold a big birthday celebration at the end of the year. Some teachers have given other food alternatives, but parents don’t want to bring them. Non-food alternatives haven’t been given.** |
| 1. ***School-wide Celebrations*** 2. No more than four school-wide celebrations involve food per year, and each include no more than two food items that could not be served in a school cafeteria consistent with Policy 3021 and applicable law. | **☐ Yes ☒ No** | **School wide events have included more than two food items that could not be served in a school cafeteria.**  **I will create a letter for school committees with guidelines as to what can be served at school-wide events/celebrations.** |
| 1. Soft drinks and other sugar-sweetened beverages are not served at school-wide celebrations. | **☐ Yes ☒ No** | **Soft drinks have been served at school wide celebrations. I will create a letter for school committees with guidelines as to what can be served at school-wide events/celebrations.** |
| 1. ***Food and Beverages Served During the School Day and at School-Sponsored Events*** 2. Except for permissible classroom or school-wide celebrations (see above), staff does not serve any food or beverages to students during school hours or at school-sponsored events that could not be served in a school cafeteria consistent with Policy 3021 and applicable law. Staff are encouraged to use non-food alternatives for school rewards. | **☒ Yes ☐ No** | **Staff does not serve any food or beverages to students during school hours that could not be served in the cafeteria. Staff uses non-food alternatives for school rewards.** |
| 1. Food is not used as a reward or a punishment for individual student behaviors, unless using food as a reward is detailed in a student’s Individualized Education Plan (IEP) or 504 Plan. Our school carefully considers the possible impacts of using food as a reward on students’ health and avoids this approach if equally effective, alternative rewards or strategies are available. If food is used as a reward in connection with a student’s IEP or 504 plan, healthy choices are offered to the maximum extent feasible. | **☒ Yes ☐ No** | **Food is not used as a reward or punishment for individual student behaviors.** |
| 1. Parents, students, student groups, community members receive advance permission before bringing or sending any food/beverages to school to be served to students other than their own children during school hours/at school-sponsored events. All foods/bev comply with Policy 3021.5/R&P 3021.5 food safety provisions. Healthy options, including water: strongly encouraged. | **☒ Yes ☐ No** | **Parents are sent a newsletter that tells them what foods and beverages are permitted for school snacks. These food options comply with Policy 3021.5/R&P 3021.5 food safety provisions.** |
| 1. Soft drinks and other sugar-sweetened beverages are not allowed during the school day or at school-sponsored events. | **☒ Yes ☐ No** | **Teachers do not allow these types of beverages, but I want to encourage them to send letters home to parents so that students who bring their lunch don’t have these items in their lunch boxes.** |
| 1. Food based activities may be included in the classroom when the use of food is a necessary part of an instructional objective. | **☒ Yes ☐ No** | **Teachers have included food based activities in the classroom when the use of food is a necessary part of an instructional objective. 3rd grade used mini marsh mellows for a science activity.** |
| 1. ***School or District Fundraising*** 2. Food not sold or distributed at fundraisers during school hours. | **☒ Yes ☐ No** | **There are no fundraisers during school hours.** |
| 1. Food sold from fundraisers after school hours is ordered and pre-paid before delivery.. | **☒ Yes ☐ No** | **We have sold cookie dough in the past, but I will send a letter to school committees listing other non-food fundraising alternatives.** |
| 1. Our school considers non-food items or activities for fundraisers. | **☒ Yes ☐ No** | **Our school has T shirt sales, movie night, fall carnival, and basketball games for fundraisers.** |
| 1. ***Concessions*** 2. Concession stands at after-hours events include at least three nutritious food items that could be sold in a school cafeteria consistent with Policy 3021 and applicable law. Water is an option. | **☐ Yes ☒ No** | **We offered candy bars and soft drinks at our basketball game. Next year, I will plan better in advance to offer baked chips, pretzels, and water as well as candy bars.** |
| 1. ***After-School Programs*** 2. Any snacks provided as part of after-school programs or summer programs operated under the auspices of DPS meets the nutrition standards set forth in Policy 3021 and applicable law. | **☐ Yes ☒ No** | **Part of the introduction to these programs will focus on tutorials related to healthy snacks and what parents can and cannot bring during after-school or summer programs.** |
| 1. ***Community and Parent Involvement*** 2. Groups using DPS facilities are informed of the district’s wellness policy and strongly encouraged to adhere to it while on school property. | **☒ Yes ☐ No** | **Groups using our facilities after school are informed of the district’s wellness policy; however, they do not always abide by it. We will provide tutorials at our Open House at the beginning of the year related to healthy snacks and what parents can and cannot bring into the school.** |
| 1. Athletic Boosters, PTSA, and other school-affiliated groups are notified of the wellness policy and encouraged to comply with the district nutrition standards. | **☒ Yes ☐ No** | **All school-affiliated groups are notified of the wellness policy and encouraged to comply with the district nutrition standards.** |

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| **3021.5 Food Safety/Food Security** | | | |
| **Policy Requirement** | **Compliant as of May 15th, 2013** | **Action Steps Taken to Reach Compliance**  **(also note any barriers to full compliance)** |
| 1. Our school is responsible for overseeing compliance with Policy 3021.5 with respect to parent-provided snacks and other foods brought from outside the school and served to multiple students. | **☒ Yes ☐ No** | **A letter is sent to parents monthly that tells them what snacks they can bring into the school. Parents have been asked to take non-compliant food items out of the school because they aren’t allowed.** | |
| 1. Foods brought to school by students/parents/ community members to feed more than 1 child during school hours or at school-sponsored events meet Policy 3021.5 requirements and consist only of one or more of the following: Peelable whole fruits/veg; Unpeelable whole fruit/ veg that are both pre-washed/ washed on site; Bottled water; Pre-packaged foods/foods prepared by a restaurant/catering service that meets all applicable food safety/ sanitation requirements; and/or Any other foods approved in advance by principal/principal’s designee. | **☒ Yes ☐ No** | **The foods that are allowed into the school meet Policy 3021.5.** | |

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| **3021.6 Eating Environment** | | |
| **Policy Requirement** | **Compliant as of May 15th, 2013** | **Action Steps Taken to Reach Compliance**  **(also note any barriers to full compliance)** |
| 1. Students provided a minimum of 25 minutes to eat lunch, to the maximum extent feasible. | **☒ Yes ☐ No** | **Students are provided 25 minutes to eat lunch.** |
| 1. Pleasant and sanitary eating areas available for students and staff, including an overall school environment that encourages students and staff to make healthy food choices. | **☒ Yes ☐ No** | **There is adequate room in the cafeteria for students and teachers to eat comfortably. The cafeteria is clean and the food prep areas are sanitized daily. The teacher work room allows for 6 people to sit at the table.**  **If we can acquire them, more posters and pictures of healthy eating choices will be posted around the school next year.** |
| 1. Dining areas include adequate space to seat all students through normal lunch period rotations. | **☒ Yes ☐ No** | **There is adequate space to seat all students through normal lunch period rotations.** |
| 1. Lunch periods scheduled so that students do not have to eat lunch unusually early or late and preferably so that they may eat after periods of exercise, to the maximum extent feasible. | **☐ Yes ☒ No** | **Lunch periods are scheduled so that students don’t have to eat unusually late or early, but not always after periods of exercise. Some classes have recess or PE after lunch.**  **We will look at the schedule to see what changes can be made for next school year, 2013-2014.** |
| 1. Schools consider opportunities for students to eat outside when feasible and appropriate. | **☒ Yes ☐ No** | **Several picnic tables are available in the school’s interior courtyard outside of the cafeteria. Classes do take advantage of this space when weather permits.** |

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| **3021.7 Physical Education and Activity** | | | |
| **Policy Requirement** | **Compliant as of May 15th, 2013** | **Action Steps Taken to Reach Compliance**  **(also note any barriers to full compliance)** |
| 1. Structured physical education classes offered to students (including the average number of minutes per week); how such offerings may be expanded. | **☒ Yes ☐ No** | **Structured PE classes are offered to students for 30 minutes per week. Offering one more 30 minute session to two different classes could take place during the PE teachers’ push-in time, if administration allows this.** |
| 1. Physical education classes are taught by state-certified physical education instructors; how the number of state-certified physical education instructors may be increased. | **☒ Yes ☐ No** | **PE classes are taught by a state-certified physical education instructor.**  **The circumstances that currently hinder creating more time for structured PE classes are: Burton is an International Baccalaureate school and provides 3 foreign languages. Due to this, the PE position is part time, and students only receive 30 minutes of physical education once a week. At this time, the school’s schedule does not allow time for more PE classes.** |
| 1. Opportunities for unstructured physical activity are made available to students (list how the school has fulfilled **the 30 minute requirement** of Policy 3021.7B). 30 minutes (cumulative not continuous) moderate to vigorous physical activity is required daily. | **☒ Yes ☐ No** | **Students receive 30 minutes for recess daily.** |
| 1. For Middle schools, Healthful Living Education classes with certified health and physical education teachers are available to students; how such offerings may be expanded. | **☐ Yes ☐ No**  **☒ N/A** | **N/A** |
| 1. Adequate equipment provided for physical education classes. | **☒ Yes ☐ No** | **Apply for grants for new equipment through SPARK – DonorsChoose.org and NFL Play 60. I recently applied for an ASAP Acceleration Grant.**  **I took inventory before Spring Break, and threw away broken & unused equipment. I will take inventory at the end of the school year too, and throw away equipment that is no longer usable, is broken or damaged. I will add to my list of equipment that we need.** |
| 1. School meets the criteria for the HUSSC Bronze or Gold standards for physical education and physical activity; list any barriers to achieving those goals, along with any steps needed for the school to attain the Bronze standard by no later than the 2013-2014 school year and the Gold standard by no later than the 2016-2017 school year. | **☐ Yes ☒ No** | **We currently don’t have time in our schedule for more physical education classes taught by a certified PE teacher.** |
| 1. Community access and encouragement offered to students and community members to use the school’s physical activity facilities outside of the normal school day in accordance with state law and board policy on Use of School Facilities. | **☐ Yes ☒ No** | **Create fundraisers that involve members of the community and school families. Organize games and activities that can take place on the big field behind the school. I contacted Durham Parks and Rec to ask about the use of this field, and I was informed that our school owns it. We utilized this space during our Field Day. A member of the community brought a “bouncy house”.** |

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| **If your school has additional elements to add, please list them here.** | |
| **Additional Element** | **Action Steps Taken** |
| **1.** Create a fitness program for faculty and staff to exercise once a week and offer to community members depending on participation. Create a walking log that staff members and students can use to define and record how much they’ve walked. | I have walked around the gym, hallways and playground and recorded the laps / mile. I will use this information to create our walking / running log. I plan to begin the program “100 Mile Club” next year, 2013-2014, for faculty, staff and students. | |
| **2.** Create lessons that cover health and nutrition, and take these activities into the classrooms during my scheduled push-in time. | I will prepare lesson plans and would like to utilize the additional 60 minutes I have during the week by going into the classrooms – 2 classes per week for 30 minutes – and conduct lessons related to health and nutrition. | |
| **3.** |  | |