

Wellness Policy Assessment Tool and Report Template

Report on the progress made in attaining the goals of the wellness policy

Nutrition Education:

We provide all students with the knowledge and skills for healthy lives via nutrition education, which are age appropriate.

>The PAASD has added a "Discovery Kitchen" from Chartwells, which is featuring age appropriate new food items for K-12 students to learn about and sample.

Nutrition Promotion:

We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.

>The PAASD includes nutrition messages on all of Chartwells monthly menus in all three of our schools and encourages lunch and breakfast participation on these menus as well. Free and reduced lunch forms are sent home with all students.

Physical Activity:

We partner with parents/guardians and community members to institute programs that support lifelong physical activity.

>For the past three years, the PAASD has partnered with the organization, "Girls On The Run" (GOTR) to promote friendship, fitness, and increased self-esteem and self-worth, among our Plainfield and Wind Gap Middle School students. The District also provides after school activities at our Plainfield Elementary and Wind Gap Middle Schools.

Other School-Based Wellness Activities:

We implement alternate school breakfast service models to increase participation, such as "grab and go," breakfast served in the classroom, and breakfast after first period.

>For the past five years, the PAASD has offered a "grab and go," breakfast program at the elementary and middle school. This fall, the concept has moved to our high school as well. Students are encouraged to go the cafeteria directly off the buses in the morning.