

Memo To: Dr. Nathan Van Deusen, Superintendent of Schools

From: Gary McChalicher

Date: 6/4/21

Re: Triennial Wellness Policy Assessment

The SEDS Wellness Committee conducted the triennial assessment of SEDS's Wellness Policy during the 2020 - 2021 school year. The criteria evaluated was outlined in PDE's assessment guide and categorized into the following areas:

- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Physical Education
- Other School Based Activities

The committee included assessments from SEDS health and physical education teachers, SEDS school nurses, Chartwells food service director, a SEDS sport coach, a SEDS administrator and a SEDS parent to obtain a complete perspective of our school district's compliance in each of these areas.

The following methods were used to obtain a district-wide and/or building-level assessment from teachers, chartwells, KD Students and school nurses.

- The assessment criteria entered into an electronic form and provided to all stakeholders.
- Stakeholders completed the evaluation and then met as a group to discuss over-arching themes and areas of need.
- Student athletes were interviewed to assess their perspective of the school's nutrition and physical education programs.
- Assessment responses pertaining to nutrition and physical activity were broken down by level as differences arose between elementary, intermediate, middle and secondary health and physical education departments.
- Areas of need were prioritized, categorized and written into goals for the next three years. Each goal is assigned primary stakeholders, some goals have more than one stakeholder.
- Appendix A includes a complete breakdown of the assessment criteria from the electronic form.

Three overarching wellness priorities were identified during the assessment, they are:

- Nutrition Education & Promotion
- Physical Activity & Education
- SEDS Health and Wellness Culture

Nutrition Education & Promotion Goals

- Incorporate more nutrition education in grades K-12 via district HPE curriculum. (HPE Department)
- Better link nutritional education and physical activity in the curriculum to more effectively teach and promote lifestyle balance for students. (HPE Department)
 - Attempt to embed specific nutrition education into PE classes via asynchronous framework in grades 5-12. (District Admin)
- Allow HPE teachers to collaborate with Chartwells staff to formulate lessons that reinforce healthy nutritional choices pertaining to activity levels, macronutrient consumption and dietary choices pertaining to nutrient quality. (HPE & Chartwells)
- Offer more resources at the building level to families to promote healthy eating at home. (District Admin, Building Admin, Chartwells, HPE Department)

Physical Activity and Education Goals

- Increase physical activity in all buildings as we collectively are not meeting 60 minutes of activity per pupil daily. We also allow students to remain physically inactive for over 2 hours daily. (District Admin, Building Admin)
 - Grades K-4: 2 40 min classes of combined PE/H per 6 day cycle, additional 30 min recess per day for k-2, 15 min recess per day 3-4.
 - Grades 5-6: Combined PE/H 3x per cycle through both grades. Typically 2:1 ratio. Also includes recess.
 - Grades 7-8: PE for every cycle day for 1 semester in both years. Health for every cycle day for ¼ semester for both years.
 - Grades 9-12: 1.5 Credits of PE, .5 Credit of Health.
- Expand upon HPE curriculum to require more moderate to vigorous physical activity during PE class with appropriate assessment guidelines for elements of physical activity. (HPE Department)
- Adapt current MS PE framework to mirror opportunities in grades 9-12. (HPE Department)
- Expand upon HPE curriculum to better break down physical literacy points of emphasis by level of development/grade. (HPE Department)
- Implement a modified grading rubric for physical literacy in K-4 to reflect appropriate core physical competencies by age level. This would move away from the grading format that is more compliance based. (District Admin, Elementary Admin, HPE Department)

Health & Wellness Culture Goals

- Promote multiple building-level days to support healthy eating and physical activity throughout the school year. (District Admin, Building Admin)
- Identify 8-10 overarching themes to be implemented bi-weekly or monthly throughout the year that will be adopted universally in all K-12 buildings that pertain to health and wellness. (HPE Department)

- Promote a “Personal Best” framework K-12 for students (and adults) to challenge and test themselves monthly or bi-monthly. (District Admin, Building Admin, HPE Department)
- Develop a system of recognition and celebration at the building level physical education class for students that supports a culture of physical development and personal best accomplishments. (Building Admin, HPE Department)

Wellness Committee Members:

Gary McChalicher - Administrator
 Joseph Hasson - HPE
 Kevin Christman - EL HPE
 Karen Graham - Food Service / Chartwells
 Beth Riale - School Nurse
 Heather Miller - School Nurse
 Holly Eaton - Parent/ Community Member
 Mrs. Teresa Arrendondo - SEDS Board of Directors
 Mr. Jay Huber - SEDS Board of Directors

Other Contributors to this Assessment:

Laura Gilkey - HPE
 Amy Fisher - HPE
 Andrew Loucks - HPE
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 Grant Myers - EL HPE
 Bobby Holmes - EL HPE