NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

LEA Name:	
School Name: Bronx Charter School for the Arts	Date: 4/16/24
Grades: K - 5th Grades	
Name/Title of person completing report: Ms. Patricia Rooney	

Yes	No	**Nutrition Education**
✔		The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
✔		Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
✔		Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
✔		Age appropriate nutrition education and activities are provided to students in: ✔ elementary school ☐ middle school ☐ high school
✔		Families and the community are engaged in nutrition education efforts.

Indicate additional nutrition education activities that occur or are planned for the future:

All students in all grades learn about healthy eating, mainly through the context of the hydroponic garden systems the school is in the process of setting up. This will occur in STEAM class this year. Students will learn about the importance of fresh fruits and vegetables in a diet, and how vegetables in particular are grown. There will be chances to taste test what is grown in the building, and make posters or slides presentations (depending on grade level) to share why vegetables are important in a healthy diet.
Although the STEAM class will be responsible for the upkeep, all students will pass by the unit in the hall, and therefore will have the opportunity to learn about hydroponic growing, and growing their own food, simply by observing day to day. There will also be another type of hydroponic unit downstairs near the cafeteria.
This unit has just started in this last quarter, and will continue in the fall of next school year 2024/2025. The students have successfully started the 1st hydroponic unit, with around 20 to 28 vegetables and herbs such as Rainbow Chard and Basil, and will continue on with the other hydroponic units.
Also, second graders have a particularly extensive unit on healthy eating, and even made smoothies for students in other grades to try, made of fruit and vegetables.

Yes	No	**Physical Activity**
☑	☐	The local wellness policy includes measurable goals for physical activity.
☑	☐	Physical education is provided to students on a weekly basis.
☑	☐	Before or after school physical activity is offered in sports or other clubs.
☑	☐	Community partnerships are available that support programs, projects, events, or activities.
☑	☐	A staff wellness program is available.
☑	☐	Opportunities are provided for physical activity throughout the day.
☑	☐	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
☑	☐	Recess is available for all elementary students (skip this question if no elementary schools).
☐	☐	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
☑	☐	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.

Other physical education/physical activity/school-based activities that are available:

Students participate in dance class as their gym period, and that the type of dance changes depending on teachers available from year to year. Teachers are often from the Bronx Conservatory and the Bronx Ensemble. This year, Afro-Latin dance and Capoeira have been offered.
Our school offers After School for the Dance Team. And depending on the school year partnerships, sometimes other activities such as Capoeira. Additionally, sometimes dance practice, as part of a school play, is held after school.
Go Noodle is used in many of the classrooms for Brain Breaks.
Students have 22 minutes of supervised exercise time every day, in recess.

Future goals for physical activity:

We will contine to offer After School activities for students.
We will continue to offer students high quality and highly active gym periods through their different dance studies, year to year.
We will continue to offer our students Brain Breaks throughout the school day.

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
✔		The local wellness policy addresses nutrition standards for USDA reimbursable meals.
✔		The local wellness policy addresses access to the USDA School Breakfast Program.
✔		Alternate school breakfast service models are available to increase participation such as “grab and go”, breakfast served in the classroom, and breakfast after the bell.
		Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals. N/A
✔		Free drinking water is available during meals.
✔		Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
✔		School nutrition staff meet hiring criteria incompliance with federal criteria.
✔		The local wellness policy addresses purchasing local foods when possible for the school meals program.

Other ways the local wellness policy addresses school meals and nutrition standards:

Students that come in late know that they can eat in the cafeteria, supervised, if they need to.
Our kitchen manager is very familiar with all of the students and what they will eat, what they can and can’t eat, and how to encourage them to eat more. Through her individualized attention, the meal program continues to grow and has been a great success. Also, students at our school are given ample time to eat their meals in a way that is not rushed.
Our school participates in the Fresh Fruit and Vegetable program, which exposes our students to many healthy and fresh foods this way, as well as local foods.
We have had great success with the new Compost program, and which has been integrated into the meal process and adopted by students. Students take pride in using our compost and recycling programs, and also learn about organic food waste this way.
Food Service Staff meets hiring requirements, receiving required annual training, and Food Protection certificates.

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
✔		The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: ☐ as a la carte offerings ☐ in school stores ☐ in vending machines ☐ as fundraisers
✔		Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc. We always remind families to send healthy options for bake sales, through sources such as the newsletter, for example. This is also stated in the Family Handbook. We plan to discuss this topic with the head of the PA again, as a reminder and also to come up with better ways to reinforce this policy.

Notes and future goals on nutrition standards for competitive and other foods and beverages:

We will continue to introduce students to new and healthy food options through our meal program and through our fresh fruit and vegetable program. We will continue to observe what works and doesn't work, and keep improving on our system to ensure continued success. We will continue to teach our students about healthy eating and healthy living through our hydroponic units.

Yes	No	**Wellness Promotion and Marketing**
✔	☐	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
✔	☐	Steps are taken to address strategies to support employee wellness.
☐ N/A	☐	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
✔	☐	Healthy meal choices are offered and being promoted in the school meal programs.
✔	☐	Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:

As previously mentioned, our kitchen manager is very in tune with all of the students and works with them individually to encourage healthy eating and trying of new food items.

For staff wellness tools, our school offers Talk Space, which is an online program. Also, Cigna, the school health insurance company, offers other programs that staff can sign up for, related to health and wellness. Omada, a weight loss program, is also offered.
We have a Public Health Advisor who comes in once a week, and she will post relevant health information outside of the Nurse's Station.

Our school has taken field trips to places such as the The New York Botanical Garden, Green Meadow Farms, and a community garden that Grow NYC manages. At Green Meadow Farms, the students get to meet farm animals and even learn how to milk cows. These trips all help teach students about the origins of food they eat, eating foods right from the source, among many other things.

Future wellness goals:

We hope to make the idea of a field trip to see large-scale hydroponic growing come to fruition.

We will also continue to participate in the Fresh Fruit and Vegetable Program, which has been great for our students.

We plan to expand our hydroponic growing education, and are only just getting started with this as a teaching tool.

We will continue to take field trips to places such as Green Meadow Farms, community gardens, and The New York Botanical Garden.

	Implementation, Evaluation, and Communication

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

✔ Administrator	✔ School Food Service Staff	✔ P.E. Teachers
✔ Parents	✔ School Board Members	✔ School Health
✔ Professionals	✔ Students	✔ Public

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Ms. Patricia Rooney/Director of Systems and STEAM Education

The wellness policy is made available to the public by (describe):

It will be made available on the school website.

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):

The Wellness Committee will continue to meet as required. Meeting Minutes and the Wellness Policy will be posted on the school website.

Yes	No	
✔	☐	The wellness policy is reviewed at least annually.
✔	☐	Triennial assessment results are/will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are incompliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
✔	☐	A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

Our school is always working to improve on methods for teaching and demonstrating healthy eating and living, for our students. We see that our students are eating more of the food we offer them, and the food they eat is freshly made and healthy. They also appreciate that we are open to their feedback. Our school always continues to keep improving our menus, system, and student satisfaction for our meal program.