

# RENSSELAER CENTRAL SCHOOLS CORPORATION

---

Mr. Curtis Craig  
Superintendent

## Rensselaer Central School Corporation Wellness Policy Evaluation February 2020



## Background Information

Rensselaer Central School Corporation (RCSC) formed a Wellness Committee in 2014 to comply with State and USDA regulations. The committee meets at least three times a year to discuss wellness and nutrition in each of RCSC's schools, create and monitor wellness goals, promote health and wellness, and ensure we are in compliance with State and Federal guidelines.

Every three years the committee is charged with evaluating the policy via the Wellness Policy Evaluation Checklist provided by the Indiana Department of Education. On January 27, 2020, the Wellness Committee evaluated and rated the progress on the corporation policy and goals.

## Wellness Policy Goals for the 2020-2023 School Years

1. Promote nutrition and wellness through the school menus, vending machines and signage.
2. Educate elementary students on nutrition through library materials, articles and discussion.
3. Continue to offer breakfast to all students throughout the corporation.
4. Continue to partner with other community organizations to promote healthy habits and wellness.
5. Continue to hold Walk/Bike to School events twice a year.
6. Promote to the staff using the school facilities during out of school hours.
7. Promote to the community Adult Fitness and Open Swim.
8. Promote opportunities for students to participate in after-school activity clubs.
9. Meet in the Fall, Winter, and Spring as a committee to review the policy.

# Wellness Policy Evaluation Checklist

The Wellness Policy Evaluation Checklist has identified twelve requirements. The requirements are listed below, along with RCSC's progress and self-evaluation.

## 1. Statement of Requirement – Wellness Committee

*Has formed a Committee to develop a school wellness policy that includes parents, students, food service personnel, PE teachers, school health professionals, school board members, school administrators and the general public.*

### Wellness Committee

1. Curtis Craig – Superintendent of Rensselaer Central School Corporation
2. Chad Wynn – Chairperson and Principal of Van Rensselaer Elementary
3. Lori Zeider – Director of Food Service
4. Julie Koczan – School Board Representative
5. Cathy Daniels – Corporation Nurse
6. Jodi Hickman – Teacher at Rensselaer Central Primary
7. Penny Whaley – Teacher at Van Rensselaer Elementary
8. Debra Spangler – Teacher at Rensselaer Central Middle School
9. Stephanie Dobson – Physical Education/Health Teacher at Rensselaer Central High School
10. Chris Meeks – Physical Education Teacher at Rensselaer Central High School
10. Brandee Moore – Parent Representative
12. Charlie Parrish – Parent and School Board Representative
13. Sarah Mahnesmith – Student Representative

### Rating – Meet Requirement

## 2. USDA Requirements for School Meals

*Has assured school meals meet the USDA requirements.*

### Evaluation

In the Spring semester of 2017, Indiana Nutrition evaluator Barbara Wine spent a week at RCSC with food service director, Lori Zeider, reviewing menuing, nutrition standards, vending machines, free and reduced, and the food service program. RCSC was declared in compliance with State and Federal requirements.

### Rating – Meet Requirements

### **3. Nutritional Guidelines for all Foods and Beverages**

*Has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day.*

#### **Evaluation**

Lori Zeider, food service director, analyzes the schools' menus and vending machines to ensure they meet the nutritional guidelines set forth by the State and USDA.

**Rating – Meet Requirements**

### **4. Nutritional Guidelines for Non-Sold Foods and Beverages**

*Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day.*

#### **Evaluation**

The committee has discussed this many times in the past and decided to leave it to classroom teacher to encourage and promote healthy choices in the classroom. The committee recognizes that it needs to create a letter that identifies healthy vs. unhealthy snacks and send it home at the beginning of the year with students. The committee will continue to encourage teachers and students to utilize non-food rewards such as extra recess, time on the iPad, music, etc. To reinforce this throughout the school year, the school lunch menu will include reminders about these items in the comments section.

All vending machines meet the healthy choices standards. RCSC does not offer competing foods/drinks during the school day.

**Rating – Meets Requirement**

### **5. Food and Beverage Marketing**

*Permits marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements.*

#### **Evaluation**

The corporation only promotes healthy choice fundraisers. Fundraisers cannot compete with school food during the school day.

**Rating – Meet Requirements**

## **6. Nutrition Education**

*Has at least two goals for nutrition education.*

### **Evaluation**

Two goals set forth by the committee:

Goal: Promote nutrition and wellness through the school website and menus.

Goal: Educate elementary students on nutrition through library materials, articles, and discussion.

### **Rating – Meet Requirements**

## **7. Nutrition Promotion**

*Has at least two goals for nutrition promotion.*

### **Evaluation**

Nutrition promotion happens in many ways. First, at the beginning of each year, a letter is given to all coaches to hand out to player's parents encouraging healthy choices during pre- and post-game meals. Other ways nutrition is promoted are by only allowing healthy choice fundraisers, following the nutritional analysis set forth by the State, promoting a Biggest Loser contest among staff and after-school activity clubs for students, and encouraging healthy choices.

Two goals set forth by the committee:

Goal: Continue to offer breakfast to all students throughout the corporation.

Goal: Continue to partner with other community organizations to promote healthy habits and wellness.

### **Rating – Meet Requirements**

## **8. Physical Activity**

*Has at least two goals for Physical Activity*

### **Evaluation**

Our Walk/Bike to School events have been very successful (over 100 participants every time).

Two goals set forth by the committee:

Goal: Continue to hold Walk/Bike to School events twice a year and partner in with other organizations to promote physical activity

Goal: Promote opportunities for students to participate in after-school activity clubs.

**Rating – Meet Requirements**

## **9. Other Activities**

*Has at least two other goals for Other-School Based Activities that promote student wellness.*

The corporation offers Monday night swimming and has Adult Fitness a few days a week. Physical activity is promoted among the staff through the above, as well as, classrooms and hallways being utilized for exercising.

Two goals set forth by the committee:

Goal: Promote to the staff using the school facilities during out of school hours.

Goal: Promote to the community Adult Fitness and Open Swim.

**Evaluation**

**Rating – Meets Requirements**

## **10. Evaluation**

*Every three years has evaluated the local wellness policy with an evaluation tool and has notified the public of the results.*

**Evaluation**

The committee met on January 27, 2020 to evaluate RCSC's policy and goals on health and wellness. The evaluation tool used was the "Wellness Policy Evaluation Checklist – Indiana Department of Education". The policy and evaluation of it is on the corporation website.

**Rating – Meet Requirements**

## **11. Person Responsible**

*Has identified at least one person as responsible for monitoring the local wellness policy.*

**Evaluation**

Mr. Craig, RCSC's superintendent, serves as an ex officio of the committee per board policy. Chad Wynn is the chairperson of the Wellness Committee and reports the committee's findings to Mr. Craig.

**Rating – Meet Requirements**

## **12. Communication**

*Has annually informed and updated parents, students, staff, and the community about the content and implementation of the local wellness policy.*

### **Evaluation**

The Wellness Policy, goals, and evaluation tool are posted on the school website.

**Rating – Meet Requirements**

**Evaluation complete on January 27, 2020.**