

School Wellness Plan Update

April 2021



Mission, Vision, & Values





Mission, Vision, & Value Driven Meeting Norms

Mission:

To discover, develop and deliver opportunities for children with unique challenges and abilities to achieve their full potential.

Food Services Mission:

Green Tree School (GTS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn

Vision:

Transforming Lives, Impacting Communities

Value Driven Meeting Norms

- **Safety:** Safe place to share.
- **Humanity:** Share openly-All experiences matter.
- **Integrity:** Start on time & End on time.
- **Nurturing:** Be Present. Be Engaged.
- **Excellence:** Be Positive. Contribute to Positive Outcomes.

Wellness Policy Assessment

September 2019



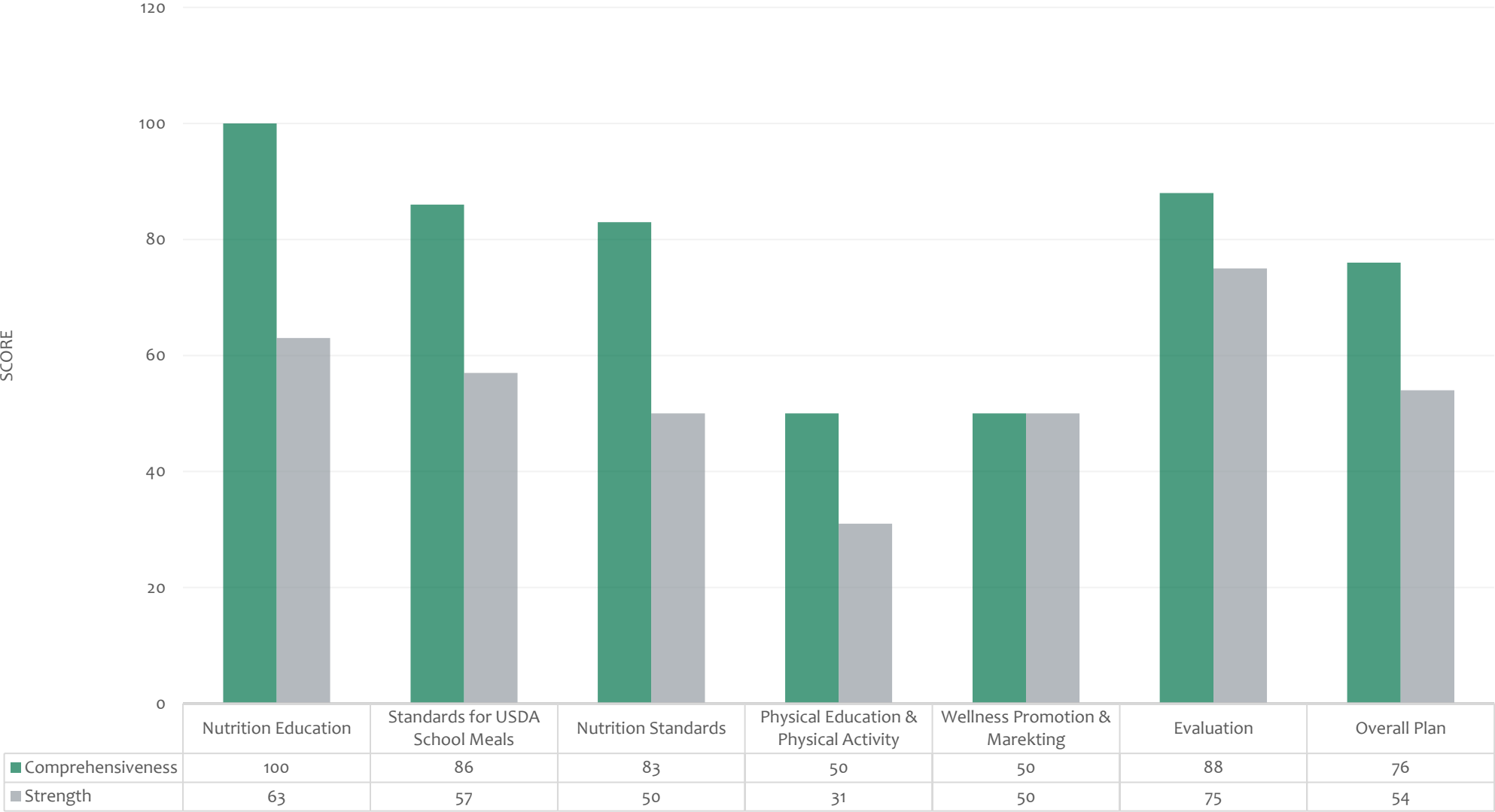


WellSAT 3.0 Assessment

- In accordance with the Healthy, Hunger Free Kids Act of 2010, GTS completed our triannual assessment of our Wellness Plan in September 2019.
- Due to the statewide school closures in the Spring of 2020, our review meeting was postponed until April 2021.
- GTS utilized the WellSAT 3.0 (www.welsat.org) quantitative assessment to score our plan and identify areas for improvement.
- Please note, WellSAT scores **should not be interpreted like letter grades (e.g., 80 = B)**.
- As of 2018, the national average comprehensiveness score is **50** and the national average strength score is **33**.



WellSAT 3.0 Assessment Results



Areas for Improvement

February 2020





Standards for USDA School Meals

- Areas to Improve:
 - Increase participation in school meals, particularly breakfast
 - Expose students to more locally produced foods
- Plans for Improvement:
 - Started Breakfast in the classroom program Fall 2019
 - Schedule class trips to local farms for taste testing and exposure to locally grown foods
 - Small vegetable garden started at GTS



Wellness Promotion and Marketing

- Areas to Improve:
 - Strategies to support employee wellness
 - Policy revisions needed to explicitly prohibit unhealthy foods/beverages
- Plans for Improvement:
 - Annual Biggest Loser Competition for Employees
 - Adding free healthy snacks to employee break rooms
 - Promote use of gym and exercise equipment in the gym before/after school for employees
 - Use Salisbury Reward Points to reinforce employees for participating in free health screenings
 - Policy revisions completed

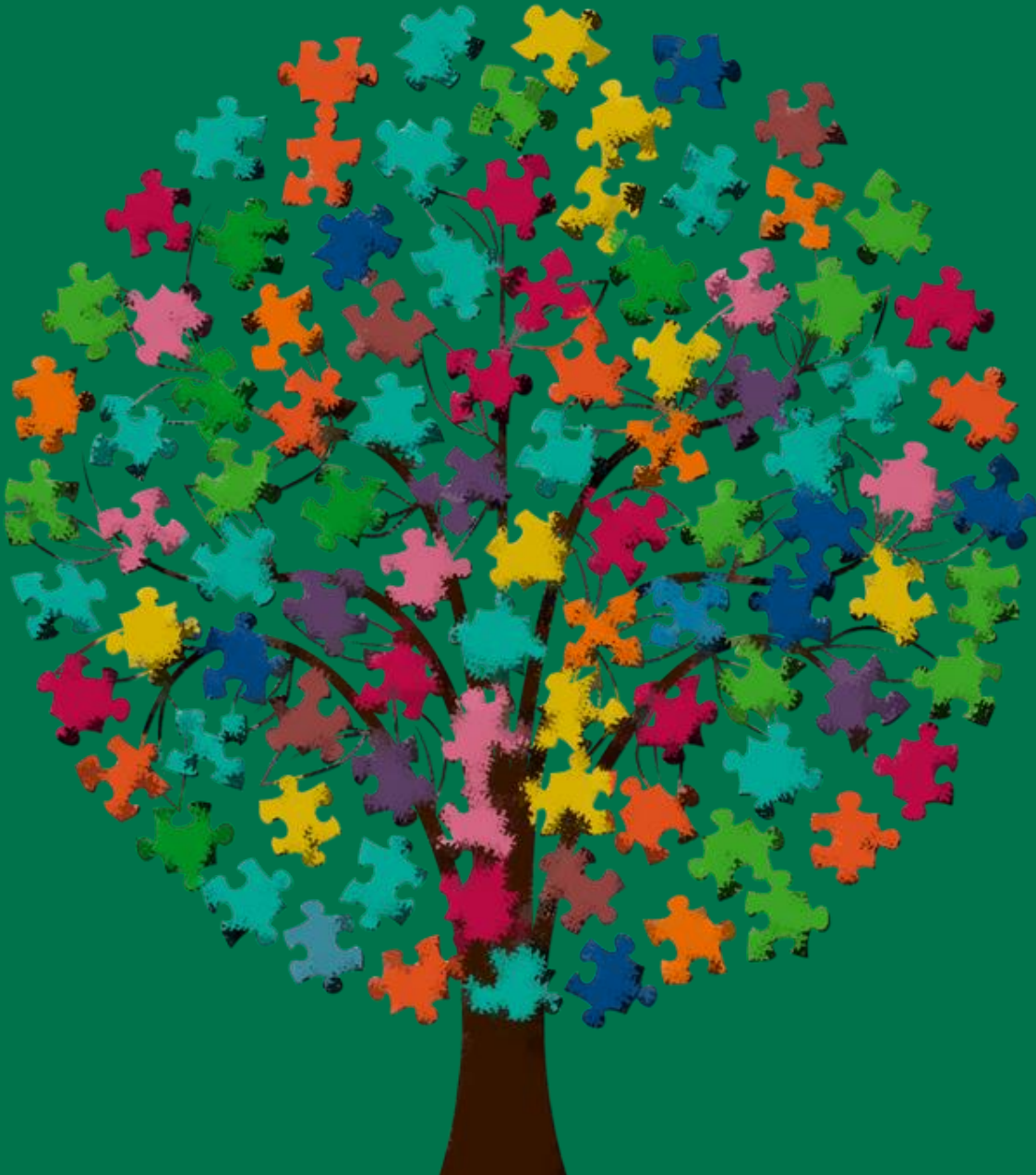


Physical Education & Physical Activity

- Areas to Improve:
 - Increase total minutes/week of PE across grades K-12
 - Increase access to PE specific professional development for PE teacher
 - Increase connection with community partners to identify resources for physical activity both at GTS and outside of school
- Plans for Improvement:
 - Course scheduled adjusted to allocate 30mins of PE per day for all students. Elementary students (K-5) also have 30mins of recess per day
 - PE professional development trainings have been identified
 - Still working on community partners & resuming GTS events post pandemic

Suggestions from the Committee





Suggestions

- Awbry Arboritum: community garden
- Greens Grow: Farm & composting
- Grocery gift cards for staff that participate in health screenings
- Organized gym classes or yoga classes for staff
- Dietary consultation for staff for healthy
- LA Fitness or Plant Fitness: could do a promotion for us to subsidized gym membership
- Special Olympics????
- Notice to parents at least a month in advance