

Staff of NAC facilitating a physical activity break at *Reaching the Peaks of Academic Achievement* in Lake Placid, NY on October 13th, 2016.

Creating Healthy Schools and Communities

Background

Creating Healthy Schools and Communities (CHSC) is a five-year (2015-2020) grant funded by the New York State Department of Health. We are working with schools and their surrounding communities to increase demand for and access to healthy, affordable food and opportunities for daily physical activity.

Year One Accomplishments

- Completed School Readiness Assessment and School Building Assessment that identified barriers to nutrition and physical activity within your school.
- Scored your school's wellness policy using the evidence based tool WellSAT 2.0.
- Worked with your wellness committee to revise your school's wellness policy.
- Adopted Board of Education approved Wellness Policy on April 21st, 2016!
- Created an action plan with three SMART goals related to the wellness policy.

Changes to the Wellness Policy

The WellSAT2.0 breaks the wellness policy into two categories; strength and comprehensiveness. Below are your school's overall scores before and after the policy revisions.

Category	Old Score	New Score
Strength	30	82
Comprehensiveness	68	99

Highest possible score=100

Some major improvements in your school's new policy include:

- Elementary school will have at least 20 minutes of recess time daily.
- An entire period of recess shall not be used as punishment or reward.
- Teachers are encouraged to use non food alternatives as a reward for example extra recess time may be given.
- Staff are encouraged to model healthy eating and drinking behaviors.

“NAC is excited to be at the forefront of school wellness. We are anxious to share our experiences with staff, parents, students and other school districts.”

Pamela Boulerice,
Northern Adirondack
Central School District



Learning Opportunities

- A wellness conference was co-hosted by CHSC and Action for Healthy Kids in Lake Placid, NY on October 13, 2016. *Reaching the Peaks of Academic Achievement: Helping students eat and move their way to success* helped highlight the importance of nutrition and physical activity on academic success and overall student health.
- A Comprehensive School Physical Activity Program (CSPAP) training will be facilitated by Sean Brock from the Alliance for a Healthier Generation on March 16th, 2017. Mr. Brock will show staff easy ways to incorporate physical activity into daily classroom routines.

Looking Ahead

- Ensure staff, parents, and students are familiar with the newly revised wellness policy.
- Activate and implement the action plan to accomplish school determined goals and create new goals when necessary.
- CHSC will provide resources to support action plan goals and wellness policy implementation.
- A limited number of mini-grants will be available for staff or teachers that have ideas or projects linked to nutrition and/or physical activity.

Conclusion

- For more information about the grant or wellness activities at your school, contact the CHSC school coordinator Elizabeth Terry.
- Come join us at a wellness committee meeting! For more information contact your school champion Pamela Boulerice.
- Keep an eye out for the changes happening in the middle/high school lunchroom!
- The complete school wellness policy can be found on the school website at <http://www.nacs1.org/common/pages/DisplayFile.aspx?itemId=9982070>

Resources

Creating Healthy Schools and Communities has funds available to help schools implement their wellness policies. Some items that your school received last year include:

- GoNoodle Plus Subscription
- Concept II Skier
- Lunchroom Makeover

The following items were purchased for the lunchroom makeover:

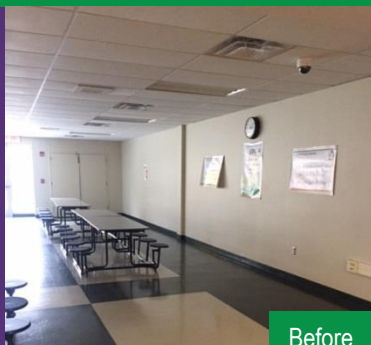
- Round Tables
- Soup & Salad Bar
- Foosball Table
- Air Hockey Table
- Sofa's
- Lounge Chairs
- Coffee/End Tables
- Condiment Station

Contacts

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Café style seating replaced long tables in the middle/high school lunchroom.



Before



After



Creating Healthy Schools
and Communities in
Clinton and Essex Counties

