

COUDERSPORT AREA SCHOOL DISTRICT
SCHOOL WELLNESS ANNUAL NOTIFICATION

June 3, 2019

- A. The School Wellness Committee shall serve as an advisory committee regarding student health issues in accordance with Policy #239. It shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process. The School Wellness Committee met two (2) times during SY 2018-19 on October 3, 2018 and May 6, 2019. A summary of matters discussed include:
1. Installing message boards in both cafeterias.
 2. Creating “Smart Snack Rules and Classroom Party Guidelines” for teachers and parents.
 3. Utilizing the HS Art Department to create posters regarding nutrition and/or wellness.
 4. Adding community members to the School Wellness Committee.
 5. Surveying staff about their own health and wellness habits and interests.
 6. Implementing a Triennial Assessment tool to include:
 - i. The extent to which each school is in compliance with the laws and policies related to school wellness.
 - ii. The extent to which the school policy compares to the model school wellness policy.
 - iii. The description of the progress made by the district in attaining the goals of the policy.
- B. The district’s School Wellness Policy #246 is posted on the district website at www.coudyschools.net> Board of Education> Board Policies> Policies> 200 Pupils> 246 School Wellness. The policy contains guidelines for: recordkeeping, wellness committee, nutrition, nutrition promotion, physical activity, physical education, other school based activities, nutrition guidelines for all foods/beverages at school, competitive foods, fundraisers, non-competitive foods, marketing/contracting, management of food allergies in district schools, and safe routes to school.
- C. Individuals interested in participating in the development, implementation, periodic review and update of the School Wellness Policy should contact the superintendent.
- D. Individuals interested in contacting the School Wellness Committee leadership, should contact the High School Certified School Nurse.