



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 helped identify 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 July 7th 2016!

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:

- Physical activity will not be used as a form of discipline or punishment.
- Elementary school will have at least 20 minutes of recess time daily.
- All school meals will meet or exceed all current USDA nutrition standards.
- Staff are encouraged to model healthy eating and drinking behaviors.

“Wellness is an integral part of a student's academic achievement and success.”

-Moriah Central School District Wellness Committee



Learning Opportunities

- A Comprehensive School Physical Activity Program (CSPAP) training was facilitated by Lisa Perry from the Alliance for a Healthier Generation on June 20th, 2016. Ms. Perry showed staff easy ways to incorporate physical activity into daily classroom routines.
- 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.

Looking Ahead

- Ensure staff, parents, and students are familiar with the newly revised wellness policy.
- CHSC will work with the wellness committee to develop an action plan with two to three SMART goals related to the wellness policy.
- CHSC will provide resources to help support the 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 that are related 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 one of your school champions Lynn Galm or Alicia Slattery

Resources

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

- GoNoodle Plus Subscription
- Commercial Slicer
- Climbing Wall Equipment and Mat system
- Tray Warmer Unit
- Pickle Ball Equipment
- Table Tennis Set
- Concept II Skier
- Concept II Rower

Contacts

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Resources provided by CHSC that are located in Moriah Central School District



9/2016



Creating Healthy Schools
and Communities in
Clinton and Essex Counties

