



Michele Eicher at *Reaching the Peaks of Academic Achievement* in Lake Placid, NY.



Michele Eicher at a CSPAP training at Moriah Central School District.



## 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	42	73
Comprehensiveness	92	99

Highest possible score=100

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

- Schools will not allow students to be exempt from required physical education.
- Staff will promote physical activity by participating in and encouraging; yoga, Zumba, hiking, walking, and the weight room/fitness center.
- Teachers are encouraged to use non-food alternatives as rewards, for example extra recess when time allows.
- Staff are encouraged to model healthy eating and drinking behaviors.

“It is imperative for educators to remember the "whole" child--meeting the physical and nutritional needs of the student is equally as important as their academic, social and emotional well-being.”

**-Kathleen Modert,**  
Ticonderoga Central School District



Creating Healthy Schools and Communities in Clinton and Essex Counties



## 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.

## 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 your school champion Kathleen Modert.

## Contacts

Elizabeth Terry

School Coordinator

[Eterry@co.essex.ny.us](mailto:Eterry@co.essex.ny.us)

(518) 873-3857

Kathleen Modert

Special Education Teacher

[kmodert@ticonderogak12.org](mailto:kmodert@ticonderogak12.org)

Ticonderoga Middle School

## 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
- Treadmill\*
- Concept II Skier\*
- Weight Tree\*
- Computer
- Yoga Blocks
- Pots and Pans

\*Look for these items in the middle school fitness center!

Resources provided by CHSC that are located in Ticonderoga Elementary/Middle School Fitness Center



Russ Cook using the Concept II Skier in the Elementary/Middle school fitness center.



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