



2019/20 TCAPS Nutrition and Wellness Policy/Guideline Implementation Assessment

Questions **Responses** 11 Settings

11 responses



Accepting responses

Summary

Question

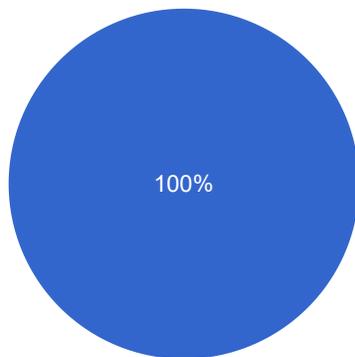
Individual

A. School Environment & Food and Beverages In Schools

1. Food Safety: All food sold and/or served to students is prepared in health-inspected facilities under the guidance of food safety certified staff. (E-7).



11 responses



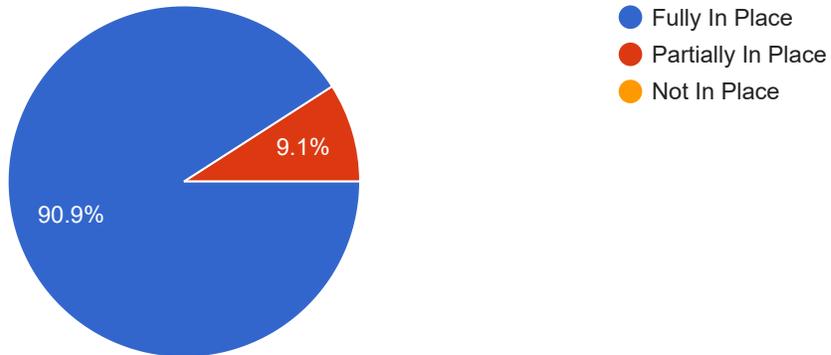
- Fully In Place
- Partially In Place
- Not In Place



2. School Environment: Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets. (D-6).

 Copy

11 responses



3. Food Service and Safety: Food and beverages are in compliance with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of such items. (E-1).

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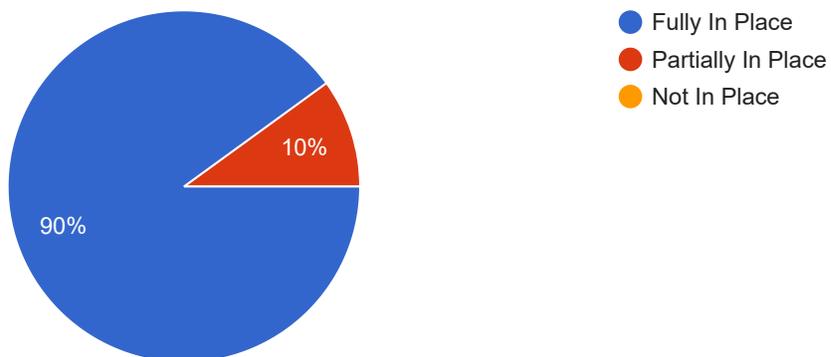
9 responses



4. Scheduling of Meals: Students are provided with a sufficient amount of time to eat and socialize at lunch. (D-2).

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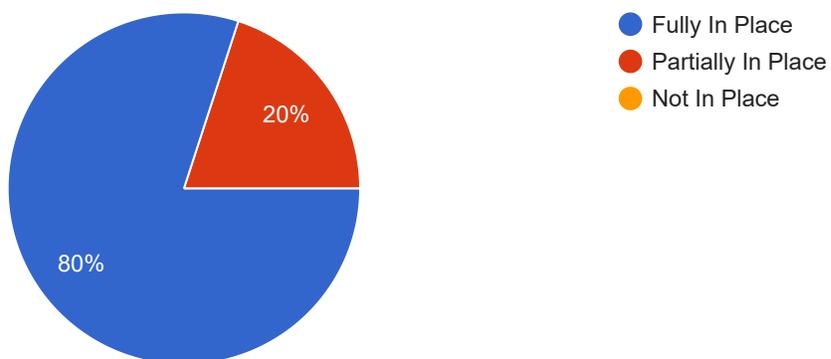
10 responses



5. Scheduling of Meals: Accommodations are provided for students who need more time to finish their lunch.

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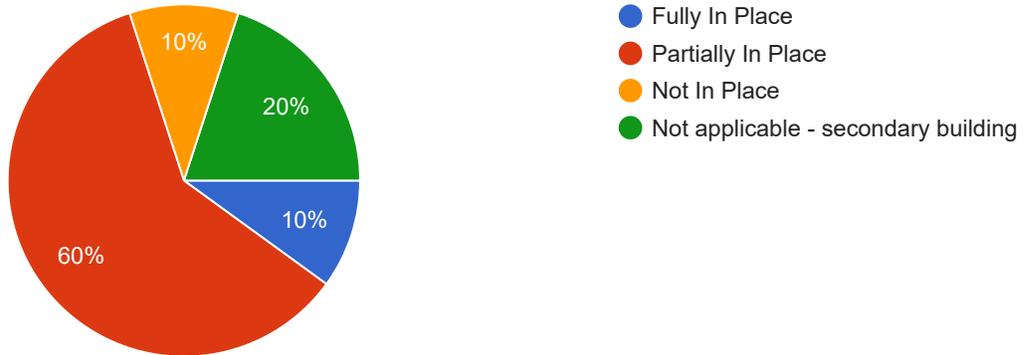
10 responses



6. Scheduling of Meals: Lunch periods are scheduled after recess in elementary schools whenever possible (D-7).

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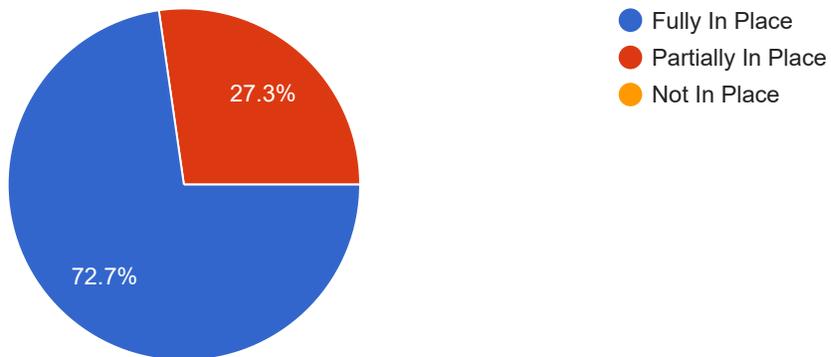
10 responses



7. Food and Behavior: Staff are encouraged to provide non-food rewards or healthy snack options to students as academic or behavioral rewards. (D-4).

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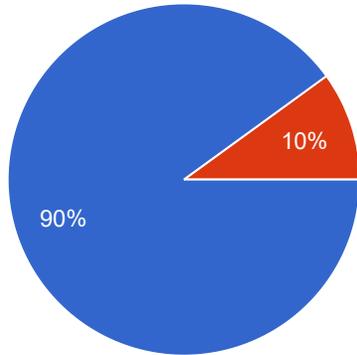
11 responses



8. Scheduling of Meals: Student activities, including tutoring or meetings, are not scheduled during meal times, unless students are permitted to eat during those meetings. (D-12).



10 responses



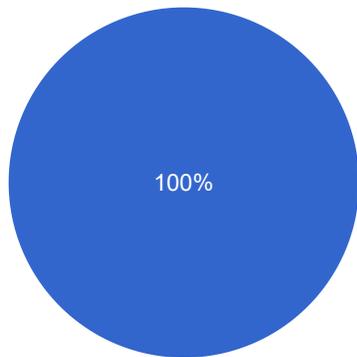
- Fully In Place
- Partially In Place
- Not In Place



9. Scheduling of Meals: Students are not required to make up work or do homework during mealtimes unless students are permitted to eat during that time. (D-12).



10 responses



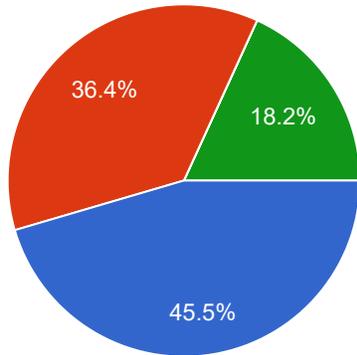
- Fully In Place
- Partially In Place
- Not In Place



10. Celebrations: Parents and staff are encouraged to provide healthy food at a party offered during the school day. (D-14).

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11 responses

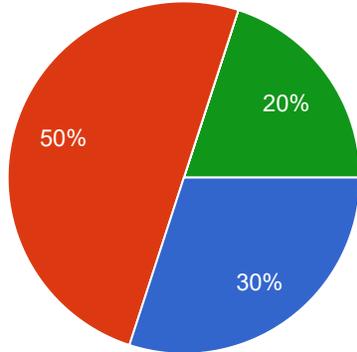


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

11. Celebrations: Parties are scheduled to assure they are held after the scheduled lunch period. (D-14).

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10 responses

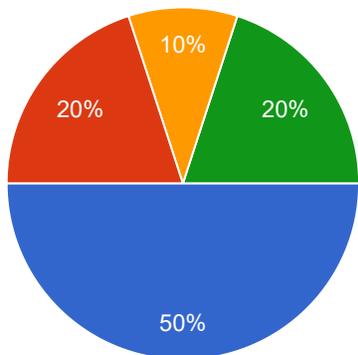


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

12. Celebrations: Parents and staff are encouraged to show other ways to help children celebrate birthdays, including line leader, daily school announcements, wearing of a birthday necklace/crown. (D-14).

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10 responses

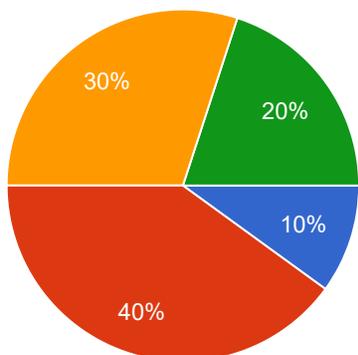


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

13. Celebrations: A school-wide approach to celebrating holidays and birthdays is based on feedback from staff and families. (D-15).

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10 responses

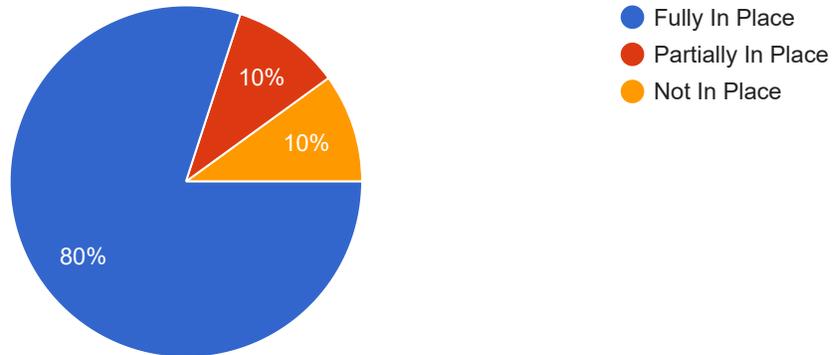


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

14. Student Snacks: Families are encouraged to pack healthy snack items when sending snacks to school for students to eat during the school day or at school-sponsored activities. (D-8).

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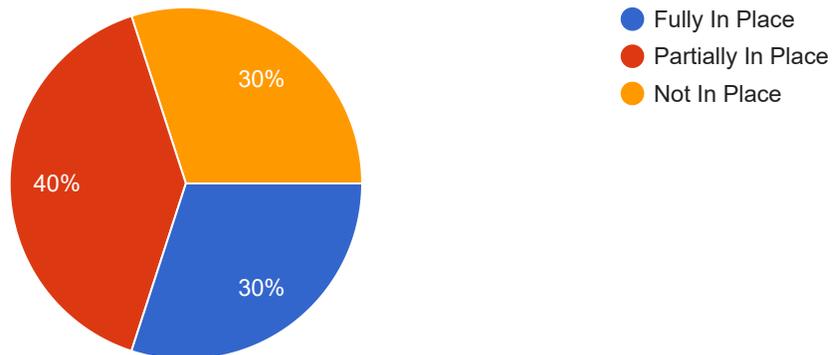
10 responses



15. Student Snacks: Families have been provided with a list of healthy (as recommended by the US Healthy Guidelines for Americans) and unhealthy snack items. (D-9).

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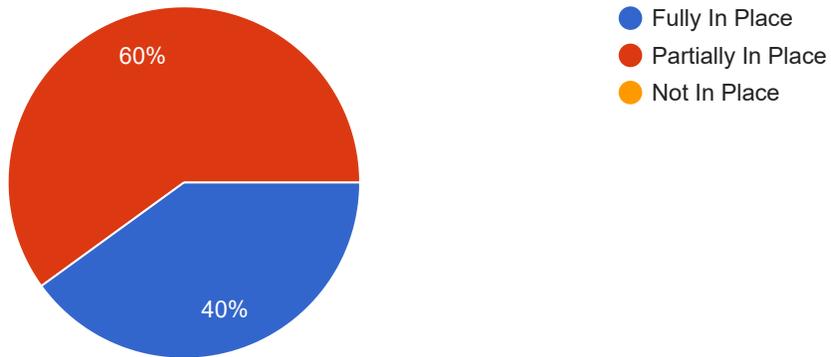
10 responses



16. Staff Snacks: Staff and committee meetings include healthy snacks, if snacks are provided. (D-5).

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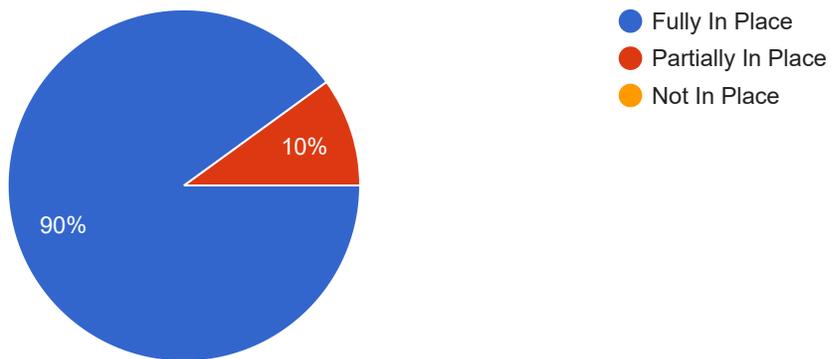
10 responses



17. Food Marketing: Marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, advertisements on school publications, incentive programs, fundraising programs, and/or other means is discouraged. (D-18).

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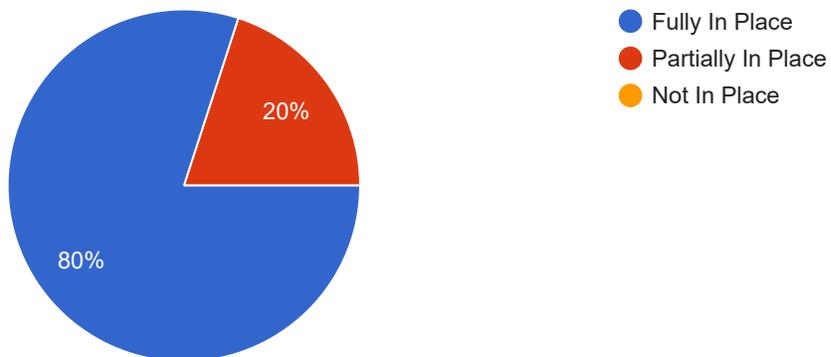
10 responses



18. Vending and Concessions: Students do not have access to the sale of candy, sodas, cookies and sweets at any school sponsored event during the regular school day. (D-19).

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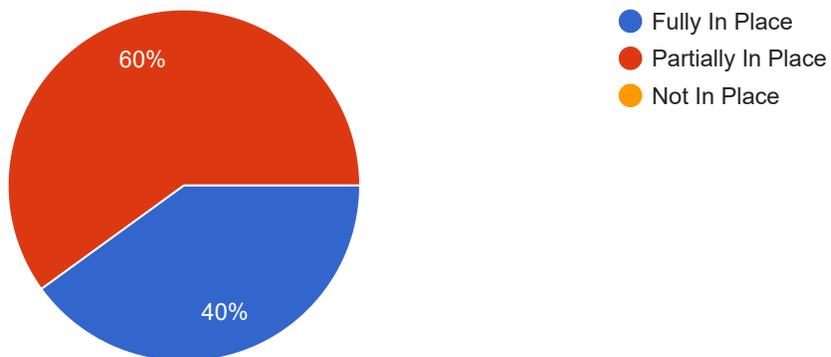
10 responses



19. Vending and Concessions: Students have access to healthy food items at school sponsored events. (D-19).

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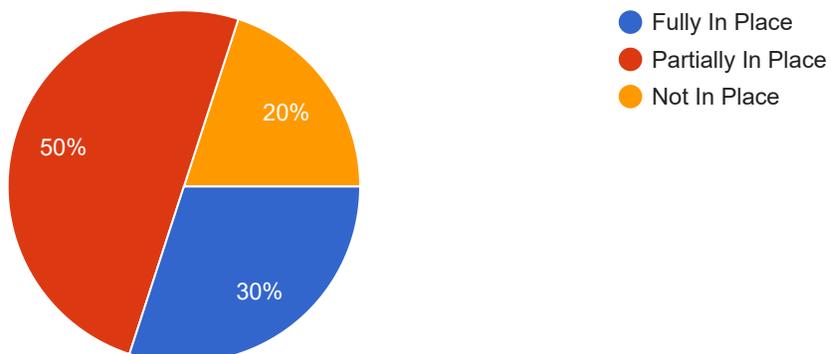
10 responses



20. Fundraising: Students do not have access to the sale of candy, sodas, cookies and sweets at any school sponsored fundraising activity. (D-19).

 Copy

10 responses



21. Food and Nutrition: All reimbursable meals and snacks meet or exceed USDA nutritional regulations. (E-2).

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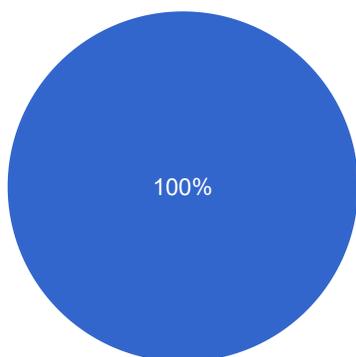
10 responses



22. Food and Nutrition: Menus promote fresh fruits, fresh vegetables, whole grain products and low-fat and/or fat-free dairy products. (E-3).

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10 responses

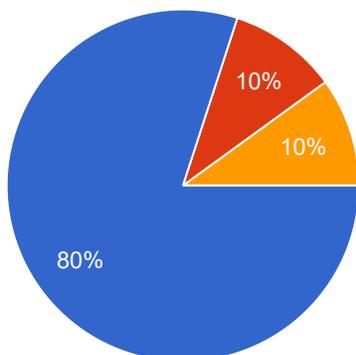


- Fully In Place
- Partially In Place
- Not In Place

23. Food and Nutrition: Menus have reduced and/or eliminated refined sugar, refined flour, excess saturated fat and sodium from food and beverage options. (E-4).

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10 responses

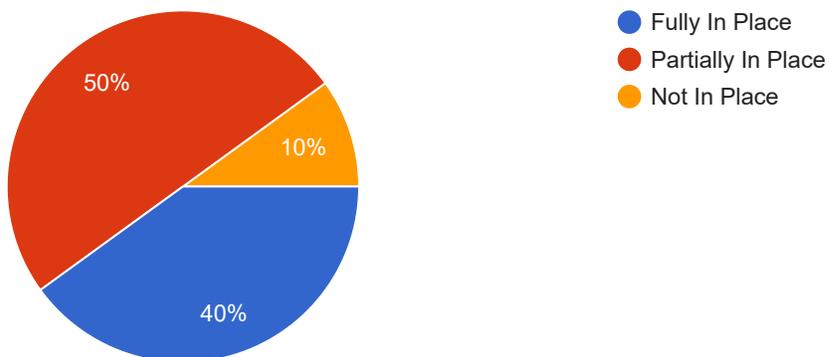


- Fully In Place
- Partially In Place
- Not In Place

24. Food and Nutrition: Efforts have been made to eliminate unhealthy processed foods and are replaced with healthy foods cooked from scratch. (E-5).

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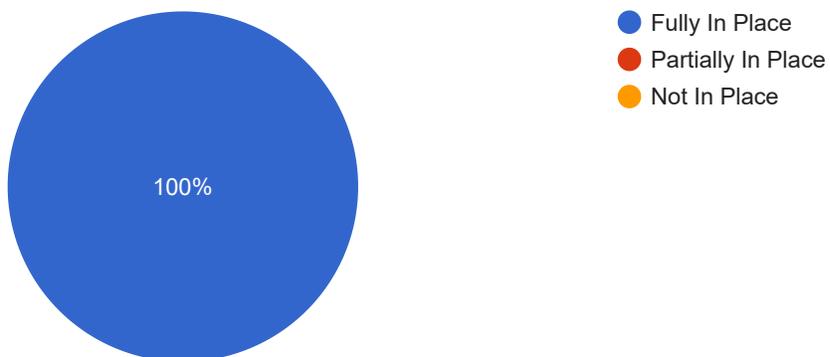
10 responses



25. Water: Drinking water is made available, free of charge, to all students throughout the day, including the cafeteria during meal periods. (E-8).

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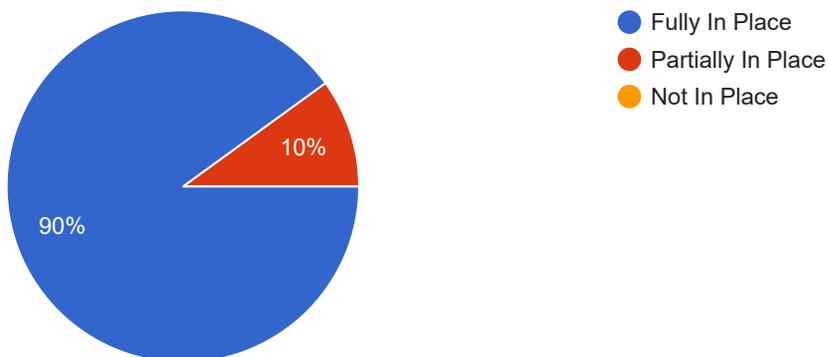
10 responses



26. Accessibility: All students have affordable access to nutritious foods they need to be healthy and learn well. (E-11).



10 responses



Please provide a brief explanation for any Food and Beverage initiatives outlined in the district's wellness policy and guideline that are not yet in place in your building.

6 responses

I am honestly not fully aware of the answers to some of the statements re: Blair. I also feel that we do have a significant amount of sugar offered to students for breakfast in the morning.

N/A

Processed foods: Not enough information, but perception indicates concern there are still too many processed foods available through the lunch/snack program.

no change has been made to the long-standing practice of families bringing treats for students' birthdays

Fundraising is not usually controlled by the school, but by parent organizations and groups.

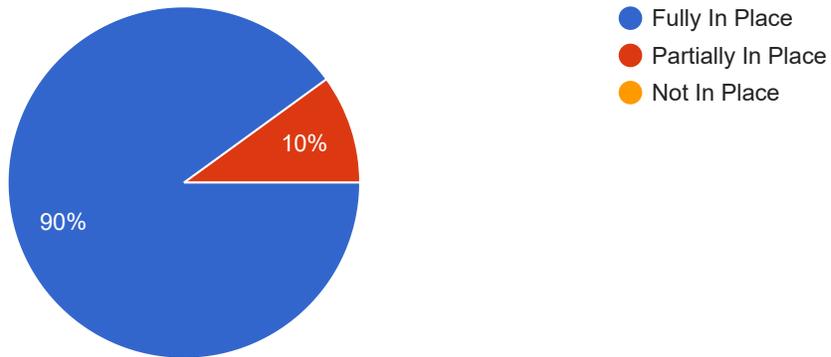
We only had two initiatives that are partially in place and those scores were impacted by activities that occur on an irregular basis.

B. Nutrition Education

1. Nutrition Education: Physical and Health Education is delivered to students by a Michigan certified and qualified teacher. (B-2).

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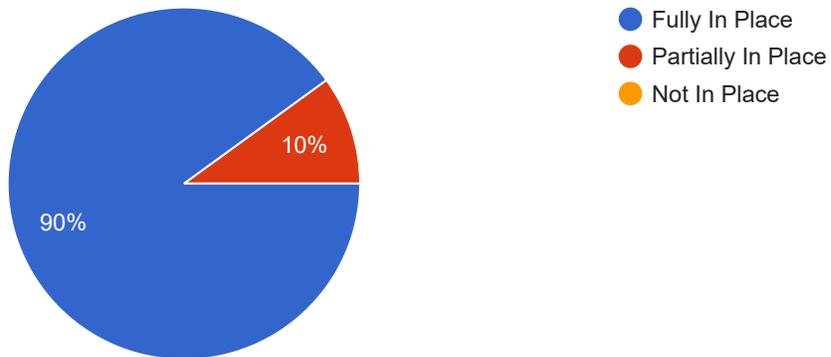
10 responses



2. Nutrition Education: Nutrition and local food education is integrated into other subject areas of the curriculum, when appropriate, to complement the standards and benchmarks for health education. (A-3).

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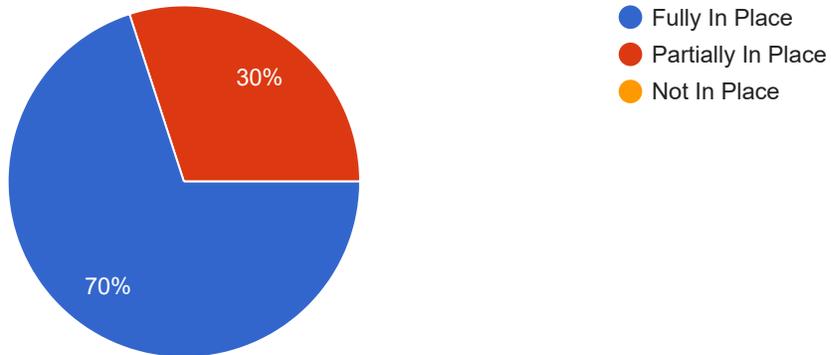
10 responses



3. Nutrition Education: Whenever possible, eating experiences (including seasonal local foods, school gardens, and cafeteria connections) are integrated into the academic curriculum at all grade levels. (A-5).

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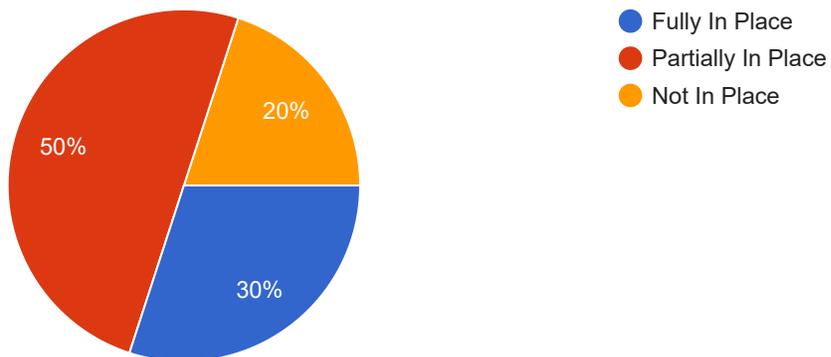
10 responses



4. Nutrition Education: Parents and guardians are provided with information that encourages the reinforcement of nutrition education standards and benchmarks being taught in the classroom. (A-9).

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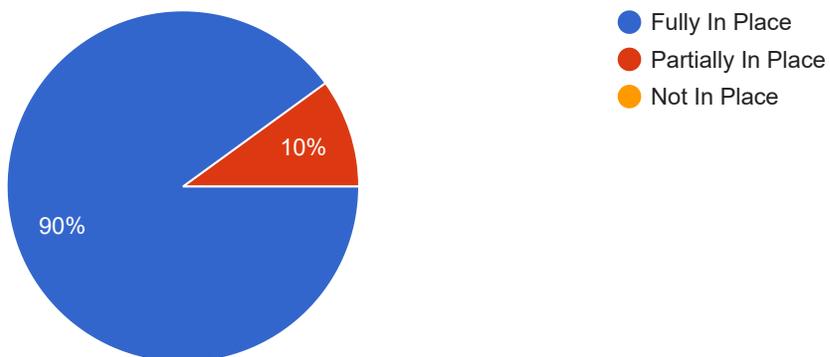
10 responses



5. Nutrition Education: Nutrition education posters are displayed in the school cafeteria. (A-7).

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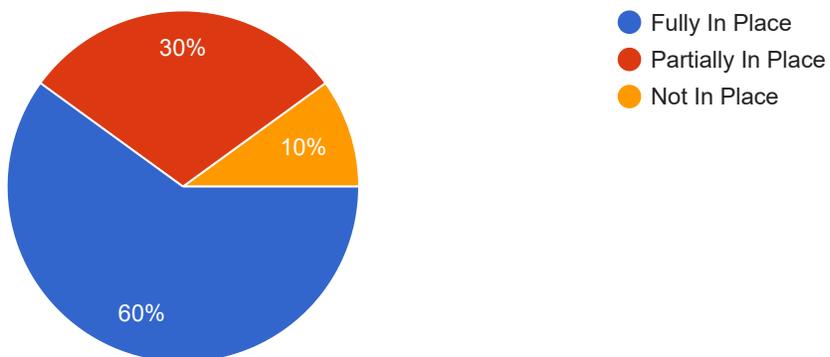
10 responses



6. Nutrition Education: Standards and benchmarks for nutrition education are behavior focused. (A-6).

 Copy

10 responses



Please provide a brief explanation for any Nutrition Education initiatives outlined in the district's wellness policy and guideline that are not yet in place in your building.

4 responses

Again, I am not sure of some of the above. For example- question 6 I don't exactly know what that means or if it's happening in the building, but I don't know that it isn't.

N/A

The school could not provide nutrition education without the support of Food Corps.

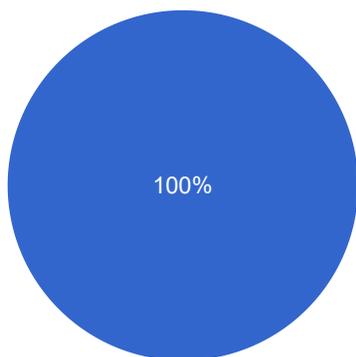
We need to reach out to parents to encourage healthy eating habits.

C. Physical Education and Activity

1. Physical Education: Students are engaged in moderate to vigorous physical activity for at least fifty percent (50%) of the scheduled physical education class time. (B-10).



10 responses

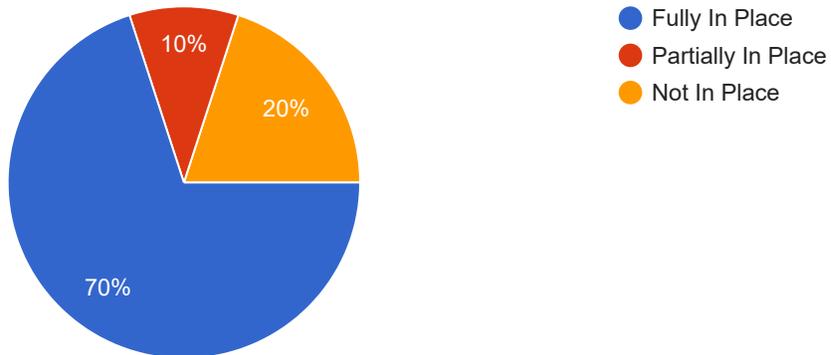


- Fully In Place
- Partially In Place
- Not In Place

2. Physical Education: Instruction in physical education takes into account gender and cultural differences. (B-13).

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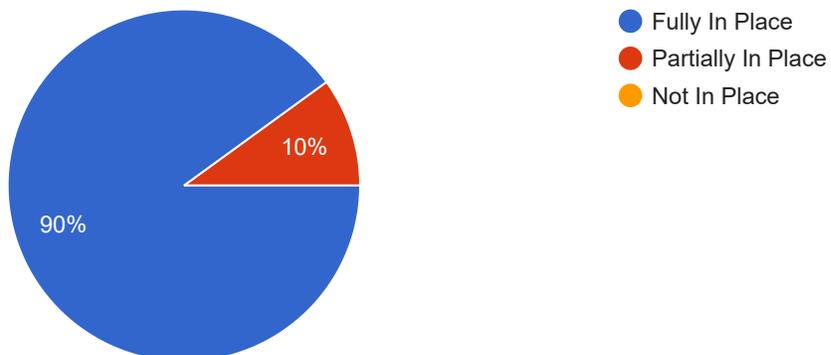
10 responses



3. Physical Education: Students are not restricted from participating in physical education or physical activity as punishment for behavior, incomplete assignments, for testing purposes, or to attend other classes. (B-5).

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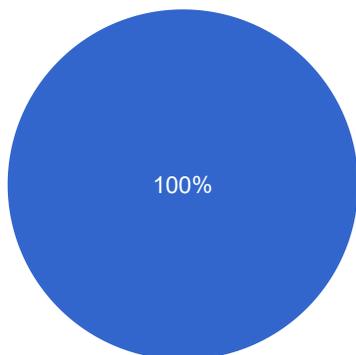
10 responses



4. Physical Education: Planned physical education instruction teaches cooperation, fair play, and responsible participation. (B-11).

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10 responses

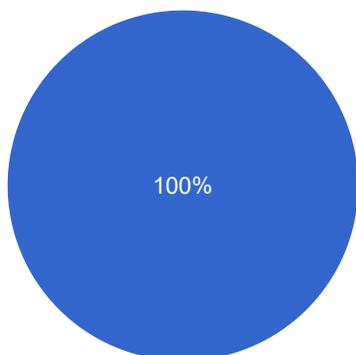


- Fully In Place
- Partially In Place
- Not In Place

5. Physical Education: Students are provided a sequential, physical education program in accordance with the standards and graduation requirements established by the State. (B-6).

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10 responses

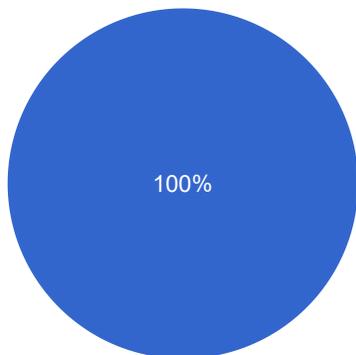


- Fully In Place
- Partially In Place
- Not In Place

6. Physical Education: Planned physical education instruction presents an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. (B-12).

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10 responses

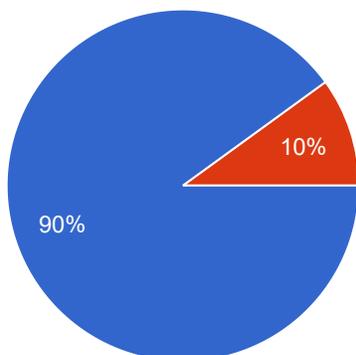


- Fully In Place
- Partially In Place
- Not In Place

7. Physical Activity Environment: Staff provide an environment that encourages the safety and enjoyment of physical activity for all students. (C-1).

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10 responses

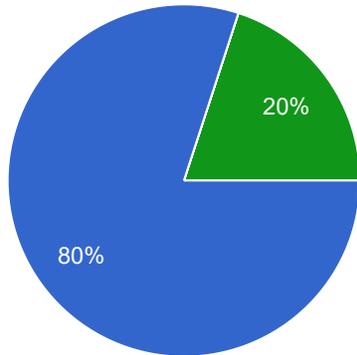


- Fully In Place
- Partially In Place
- Not In Place

8. Daily Recess: Elementary students receive a minimum of thirty-minute (30) recess daily unless conditions prohibit. (C-2).

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10 responses

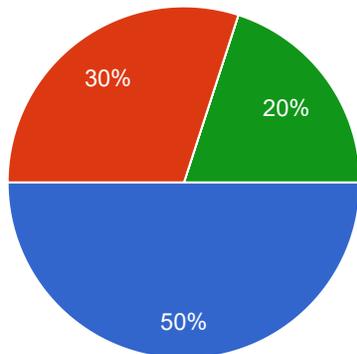


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

9. Daily Recess: Students are not restricted from recess or physical activity as punishment for behavior, for incomplete assignments, to attend other classes, or for testing purposes. (C-5).

 Copy

10 responses

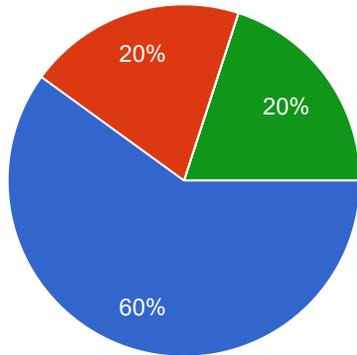


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

10. Daily Recess: The school provides adequate physical activity equipment for students to use during recess. (C-7).

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10 responses

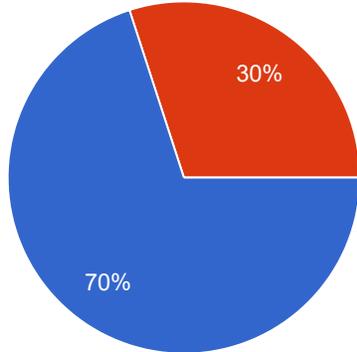


- Fully In Place
- Partially In Place
- Not In Place
- Not applicable - secondary building

11. Integrating Physical Activity into the Classroom: Staff make attempts to increase physical activity for all students whenever possible. (C-3).

 Copy

10 responses

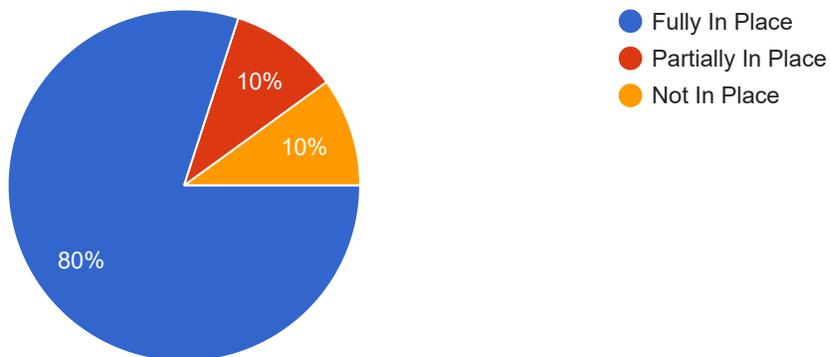


- Fully In Place
- Partially In Place
- Not In Place

12. Integrating Physical Activity into the Classroom: Staff are encouraged to plan physical activity breaks during their daily instruction and integrate physical activity into the academic curriculum where appropriate. (C-4).

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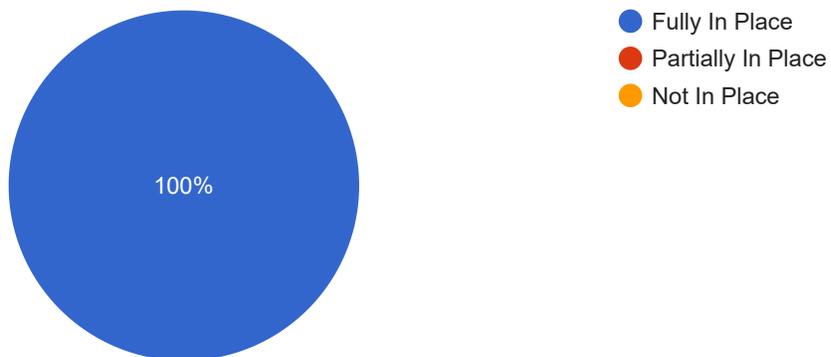
10 responses



13. Physical Activity Opportunities: Physical activity programs respect body-size differences and varying skill levels. (C-6).

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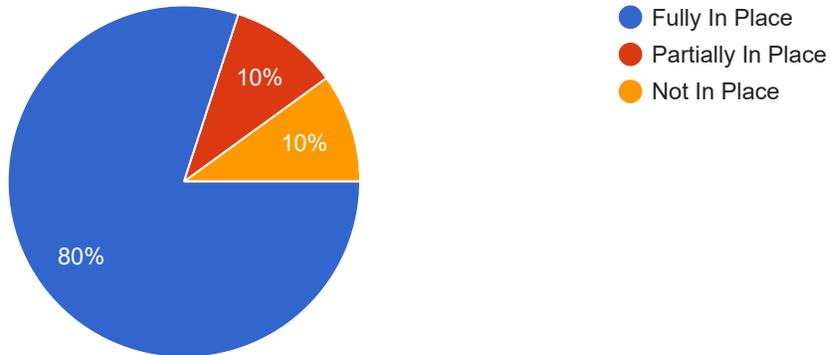
10 responses



14. Physical Activity Opportunities Before and After School: Parents and guardians are provided with information about community resources that encourage families to be physically active outside of the regular school day. (C-8).



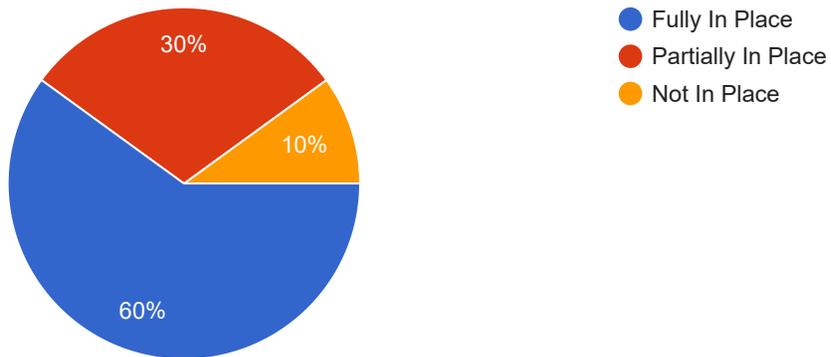
10 responses



15. Physical Activity Opportunities Before and After School: Students, families, and other community members have access to and are encouraged to use the school's outdoor physical activity facilities outside of the normal school day. (C-9).



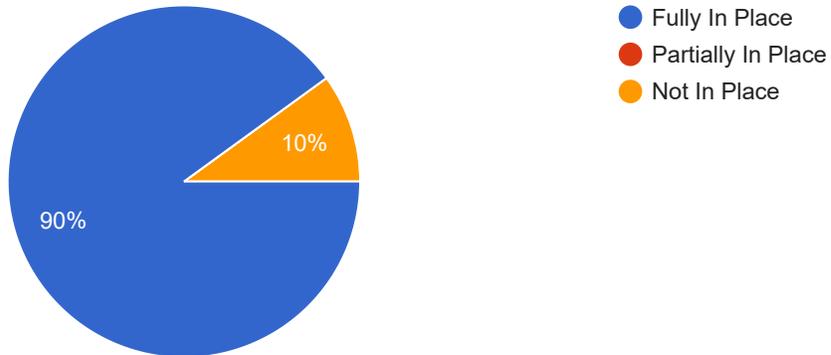
10 responses



16. Physical Activity Opportunities Before and After School: All students are given opportunities to participate in physical activity through a variety of before-, during-, and after-school programs. (D-10).

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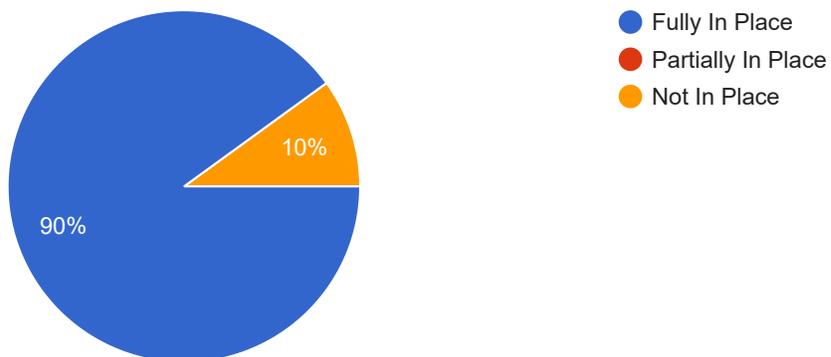
10 responses



17. Physical Activity Opportunities Before and After School: All students are offered physical activity programs that feature a broad range of competitive and cooperative opportunities that allow students to have a choice of activities in which they can participate. (D-11).

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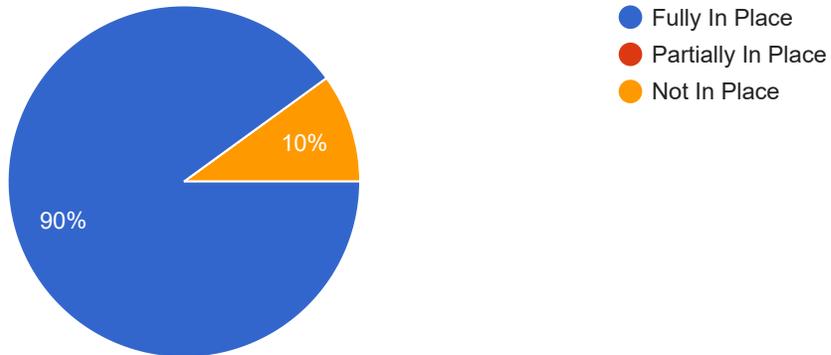
10 responses



18. Physical Activity Opportunities Before and After School: All students are offered the opportunity to participate in physical activity programs, regardless of physical ability. (D-11).

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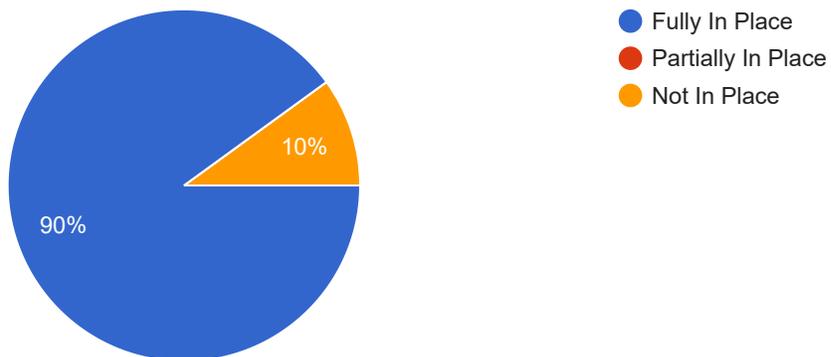
10 responses



19. Physical Activity Opportunities Before and After School: All students are offered the opportunity to participate in physical activity programs, regardless of ability to pay for the program. (D-11).

 Copy

10 responses



Please provide a brief explanation for any Physical Education and Physical Activity initiatives outlined in the district's wellness policy that are not yet in place in your building.

4 responses

The after school programs are very challenging for Blair students to attend. To begin with, there is an assumption that there will be coaches available to work with students. Then there is the issue of having the correct equipment, paying the LEAP fee, being able to have transportation to and from the building for both practices and games... We have had a very successful "ski club" that meets right after school once a week and has one "game" (the VASA race). For that club, we had over 20 students participate both last year and this year. I am very concerned about how to include Blair students in sports and other physical outlets throughout the district and believe that perhaps a specific "task force" could be formed to consider the barriers to participation.

We encourage and advertise Walk and Bike to School activities

Some teachers are still holding recess from students who are not completing work. These incidents are being addressed as they happen and policy reminders have been shared.

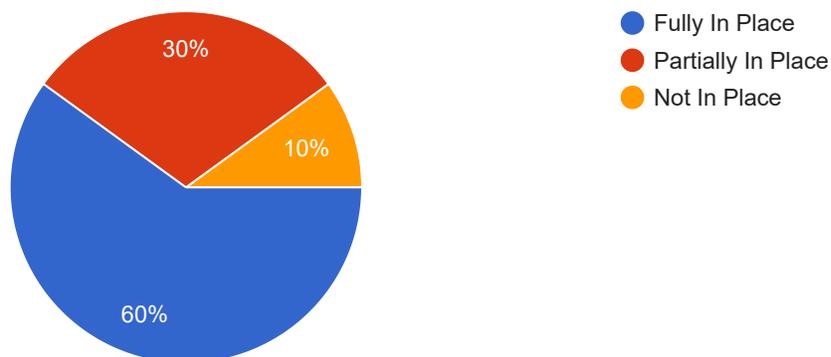
We can market to community the use of resources

D. Staff Wellness and Professional Development

1. Staff Wellness: Staff foster and role model healthy behavior and activity throughout the day. (D-3).

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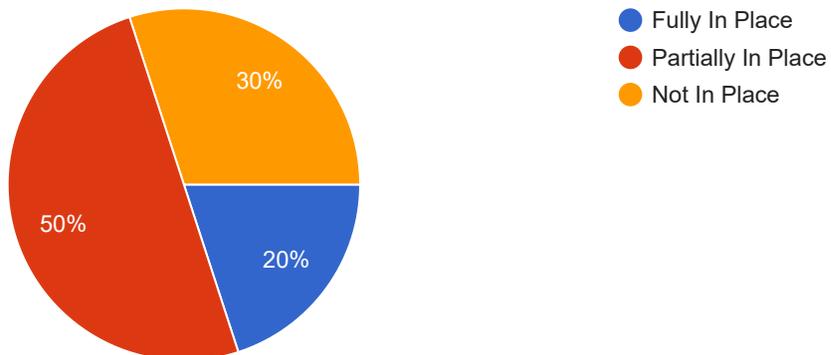
10 responses



2. Staff Wellness: Training is provided to school personnel to promote enjoyable, lifelong physical activity and healthy nutrition. (F-2).

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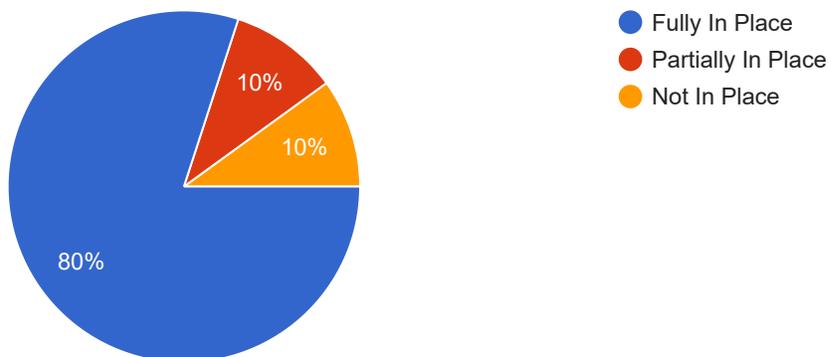
10 responses



3. Staff Wellness: Staff are aware of local business health and wellness discounts that are available to them (TCAPS employee discount webpage). (F-2).

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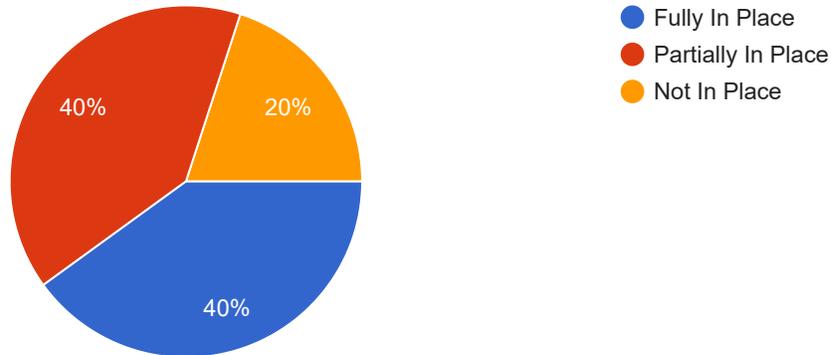
10 responses



4. Staff Professional Development: Ongoing professional training and development is provided to physical education and other staff in the area of physical activity. (F-1).



10 responses



Please provide a brief explanation for any Staff Wellness and Professional Development initiatives outlined in the district's wellness policy/guideline that are not yet in place in your building.

1 response

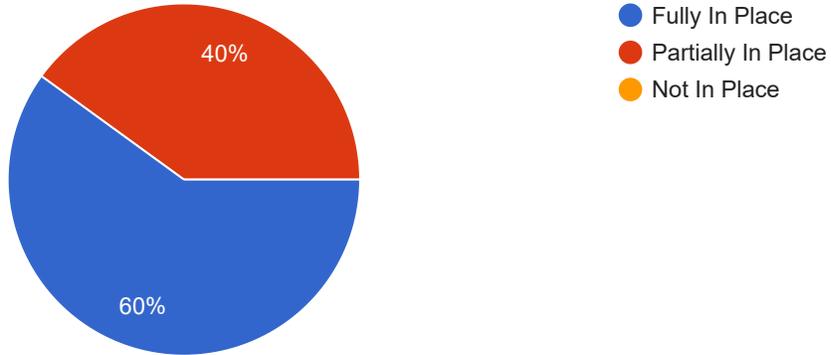
Small group of staff organized a workout club

E. Family and Community Involvement

1. Family/Community Involvement: The school has worked worked with the community to coordinate and enhance opportunities available to students for physical activity after school. (G-4).

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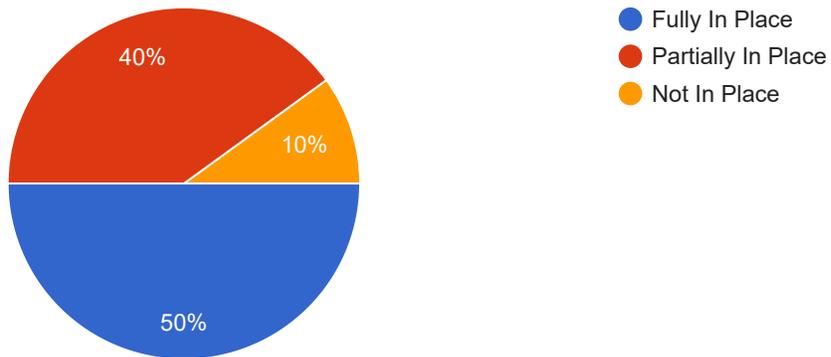
10 responses



2. Family/Community Involvement: Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events. (G-2).

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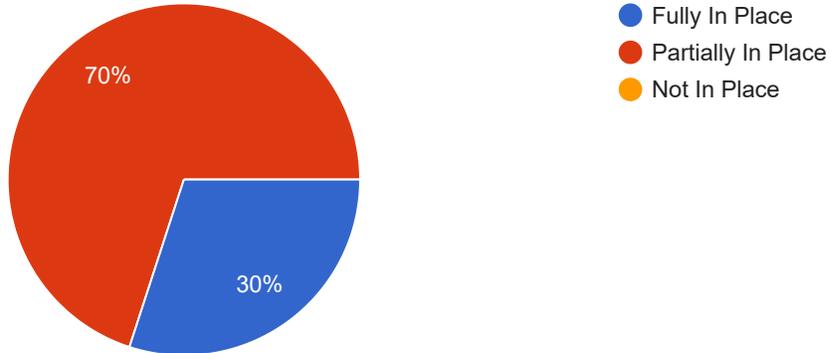
10 responses



3. Family/Community Involvement: Parents and guardians are encouraged to support their children's healthy eating behaviors, to be healthy eating role models and to include healthy eating in family events. (G-3).

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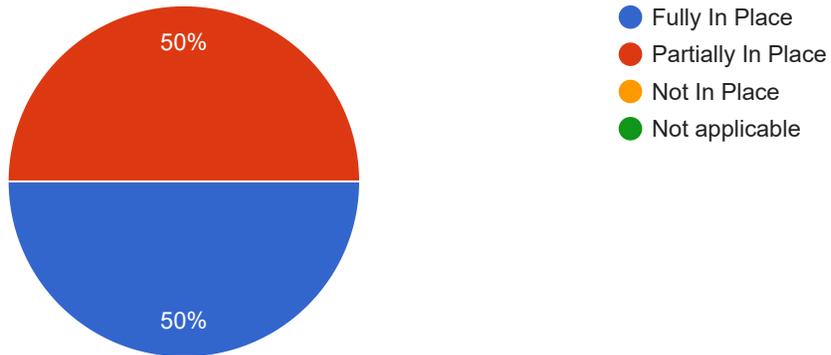
10 responses



4. Family/Community Involvement: Staff have worked with the district and community to create ways for students to walk and bike safely to and from school. (G-1).

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10 responses



Please provide a brief explanation for any Family and Community Involvement initiatives outlined in the district's wellness policy that are not yet in place in your building.

3 responses

Again, these are complicated "issues" for some families who have limited access to gyms, organic food coops, etc. This could certainly be a focus for Blair families, but there are also many other issues that rise to the surface that need to be addressed as well- addiction, access to affordable health care, mental health issues, domestic violence issues...

We do attempt to include families in our annual "Fun Run" which we offer free of charge (not a fundraiser) and our building has been awarded the Fuel Up to Play 60 Grant for three years in a row, which has brought emphasis on the need for daily physical activity

Working on securing more bike racks for the building

Norte' has played an instrumental role with these initiatives.