



**Chester County Intermediate Unit: Child and Career Development Center**

**WELLNESS GOALS and MEASURABLE OUTCOMES**

| <b>Physical Activity Goal</b>   | <b>Measurable Outcomes</b>   | <b>Policy Compliance /Goal Attainment</b>  |
|---|--|--|
| <p>IU operated schools will provide opportunities for age-appropriate developmental physical activity during the school day for all students.</p> | <p>Schools will provide developmentally appropriate physical activity during the school day for all students, as appropriate.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours.</p> | <p>-All students have access to a 30-minute recess period.</p> <p>-Low Incidence students have access to swimming once a 6-day cycle when staffing is available for a lifeguard.</p> <p>-All phys. Ed. Classes are taught by a certified Health and Phys. Ed. Teacher.</p> <p>-Special Olympics track and field is available for all students.</p> <p>-Four major sports tournaments occur yearly: whacky baseball, the turkey bowl, the CCLC/CCDC Basketball tournament and the kickball challenge.</p> <p>-Field day is offered annually</p> <p>-All elementary age classrooms have sensory movement breaks involving kicking a ball, throwing a ball, running up and down the school ramp or riding bikes.</p> <p>-All low incidence secondary classes engage in a daily movement exercise including outdoor walks.</p> |
| <b>Other School-Based Activity Goals</b>  | <b>Measurable Outcomes</b>   | <b>Policy Compliance /Goal Attainment</b>  |
| <p>IU operated schools shall provide adequate space for eating and serving school meals.</p>  | <p>Appropriate space is provided.</p>  | <p>Compliant with space guidelines</p>   |

|  |  |  |
|--|--|--|
|  | <p>Students are provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours.</p>                     | <p>Adequate time is provided for all students who eat breakfast and/or lunch at CCDC.</p> <p>The master schedule designates lunch times based on student needs.</p>  |
| <p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p>                                       | <p>Water is available at no cost to the students.</p>  | <p>Water fountains are available in the cafeteria/school.</p> <p>-Students are permitted to bring water bottles to refill with water stations.</p>   |
| <p>Qualified nutrition professionals shall administer the school meals program. Professional development and continuing education shall be provided for nutrition staff, as required by federal regulations.</p> | <p>A qualified nutritional professional administers the school meals program.</p>  | <p>Sylvie C. Baccaro R.D. LDN</p>  |
| <p>The Unit shall provide appropriate training to all staff on the Student Wellness Policy.</p>  | <p>The CCIU shall provide appropriate training to all school staff on the components of the Wellness Policy, nutritional guidelines, student wellness guidelines pertaining to each school, and administrative procedures.</p> | <p>Policy and Guidelines posted on school SharePoint for staff and in student handbook. Staff trained at meeting on 9/21/2023.</p> <p>For the 2022-23 school year, the Wellness Committee met on the following dates: 10/19/22, 12/14/22, 2/15/23 and 5/17/2023.</p> |

| Nutrition Guideline Goals   | Measurable Goals  | Policy Compliance /Goal Attainment   |
|---|---|--|
| <p>All foods available in IU operated schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity and in according to the USDA dietary guidelines, as identified in the Nutrition Guidelines for Competitive Foods.</p> | <p>All competitive foods and beverages available for sale to students shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: À la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Foods and beverages offered or sold at Intermediate Unit-sponsored events outside is this school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p>Non-sold competitive foods available to students during the school day, which may include but are not limited to food and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks shall offer healthy alternatives in addition to more traditional fare as per each school.</p> | <p>Sylvie C. Baccaro R.D. LDN, FSM, ensures that the school lunch program complies with all competitive food guidelines for a la carte options and vending machines in cafeterias. All a la carte and vending machine options sold to students are verified via <a href="#">snack calculator</a> and nutritional info. Is kept on file.</p> <p>At CCDC, there is a school store which offers smart snacks and non-food items. Candy is sold occasionally as a student option but only as individual pieces.</p> <p>Rewards and edible reinforcers are listed in student IEPs.</p> <p>Offering food items at events beyond the school day or as a fund raiser is not applicable at CCDC.</p> <p>No items are sold; the student and staff handbooks list limitations for parties and treats in line with the board policy.</p> |
| <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.</p>   | <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall not be more restrictive and comply with USDA federal nutrition standards.</p>  | <p>Program is compliant with NSLP and NSBP regulations.</p>  |

| Nutrition Education and Promotion Goals  | Measurable Outcomes   | Policy Compliance /Goal Attainment  |
|--|---|---|
| <p>Age-appropriate nutritional education will be provided within the sequential health education program in accordance with the State Board of Education regulations and academic standards for Health, Safety and Physical Education and Family and Consumer Science.</p> | <p>Nutrition lessons and activities are conducted and are age appropriate.</p> <p>Nutrition education is integrated into other subjects as appropriate.</p> <p>Consistent nutrition messages are disseminated throughout the school.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p> <p>Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards and comply with established Board policy and administrative regulations.</p> | <p>Mr. Dane Evans and Mrs. Debbie Phillips, our certified Health and PE teacher at CCDC has appropriate training to provide nutrition education as part of the comprehensive health curriculum.</p> <p>Nutrition education is integrated into other subjects whenever possible at CCDC</p> <p>Positive nutrition related messages are posted at CCDC.</p> <p>The CCIU Food Service program, at all locations, is committed to offering school meals compliant with the NSLP and NSBP. Refer to Nutrition Promotion (#8) on CCIU Competitive Food Guidelines.</p> <p>The CCIU Food Service program, at all locations, is committed to offering school meals compliant with the NSLP and NSBP. Refer to Nutrition Promotion (#8) on CCIU Competitive Food Guidelines.</p> |
| <p>The staff providing nutrition education will receive appropriate professional development.</p>  | <p>Staff responsible for nutrition education shall be properly trained and prepared.</p> <p>Staff responsible for nutrition education shall participate in appropriate professional development as needed.</p>  | <p>Mr. Dane Evans and Mrs. Debbie Phillips are both currently enrolled in professional development or corresponding course work.</p>  |

