



## Creating Healthy Schools and Communities

### Background

Creating Healthy Schools and Communities (CHSC) is a grant program funded by the New York State Department of Health and administered locally by Glens Falls Hospital. The initiative works with schools and their surrounding communities to increase demand for and access to healthy, affordable food and opportunities for daily physical activity.

### Accomplishments to Date

- Completed school readiness assessments and school building assessments in each building that helped identify barriers to nutrition and physical activity within our District.
- Renewed and evaluated our District's Wellness Policy using an evidence based assessment tool.
- Established a District Wellness Committee.
- Adopted Board of Education approved Wellness Policy on July 11<sup>th</sup>, 2017 date!

### Changes to the Wellness Policy

The assessment tool breaks the Wellness Policy into two categories; 1) strength and 2) comprehensiveness. Below are our District's overall scores before and after the policy revisions.

Category	Old Score	New Score
Strength	8	90
Comprehensiveness	56	80

Highest possible score=100

### Improvements in our District's new policy include:

- Substitutions, waivers and exemptions for Physical Education classes will not be accepted.
- Physical activity will not be withheld as punishment.
- New nutrition and marketing standards for all foods sold and served in schools.
- Staff will be encouraged to model physical activity and healthy eating and drinking behaviors.
- Non-food fundraisers will be encouraged.

"The District's wellness work, in conjunction with Glens Falls Hospital, has provided staff training in health and fitness; equipment to allow for lifelong wellness opportunities for students and staff; and expanded choices in our cafeteria for students to accommodate a healthier diet."

Beecher Baker-  
Superintendent



## Professional Development for Staff

- A wellness conference was co-hosted by CHSC and Action for Healthy Kids in Lake Placid, NY on October 13, 2016. The conference helped highlight the importance of nutrition and physical activity on academic success and overall student health. Two staff members from the District attended the conference.
- Through financial support from CHSC, a physical education teacher from the District was chosen to attend the five day National Society of Health And Physical Educators Conference in Boston, MA.

## Next Steps

- Ensure the staff, parents, and students of the Hadley-Luzerne School District are familiar with the newly revised Wellness Policy.
- CHSC will work with the Wellness Committee to develop an action plan to implement the Wellness Policy.
- CHSC will assist the District in creating a Comprehensive School Physical Activity Program (CSPAP) to assist students in getting the recommended 60 minutes of physical activity a day.

## Getting Involved

- Come join us at a Wellness Committee meeting! For more information contact one of your school champions Megan Beck or Jennifer Mann or Elizabeth Hoffman at Glens Falls Hospital.

## Contacts

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## Resources

CHSC at Glens Falls Hospital has funds available to help districts implement their Wellness Policies. Some of the items that our District received include:

- **Energizing Brain Breaks Books**
- **Support for taste testing activities**
- **Hydration station**
- **Supplies to support the healthy snack cart**
- **Greenhouse hydroponic equipment**
- **Fruit and vegetable chopper and corer**
- **Recess Equipment**
- **Weight Room Equipment**
- **Equipment to enhance Physical Education Units**



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Glens Falls Hospital