



# **The Wilson Preparatory Academy Annual Local Wellness Policy Report**

**Year: 2016-2017**

## **Preamble**

*Wilson Preparatory Academy (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.*

## DISTRICT WELLNESS POLICY LEADERS

Name	Title	Email address	Role
Kathy Bain	RN	kbain@boice-willis.com	Coordinator
Daryl Woodard	Executive Director	dwoodard@wilsonprep.net	Superintendent
Shontrice Coley	Food/Nutrition Coordinator	s.coley@wilsonprep.net	School Nutrition
Coach Bates	Physical Education/ Health Instructor	kbates@wilsonprep.net	PE/ Health

Parents may get involved with Wilson Preparatory Academy's Wellness Policy by contacting:

Daryl M. Woodard,  
Executive Director and Founder  
[dwoodard@wilsonprep.net](mailto:dwoodard@wilsonprep.net)

A copy of the Local Wellness Policy can be accessed at:

[www.wilsonprep.net](http://www.wilsonprep.net)

# **THE GOALS OF THE WILSON PREPARATORY ACADEMY WELLNESS POLICY**

The goals of The Wilson Preparatory Local Wellness Policy are to increase parent involvement, promote proper nutrition, encourage physical activity, and increase active participation in The Wilson Preparatory Academy Wellness Program.

## **GOAL 1:**

### **INCREASE PARENT INVOLVEMENT**

#### **OBJECTIVE:**

- Recruit parents and PTO members to get involved with The Wilson Preparatory Academy's Wellness Program and other events.
- To inform parents about the School Meal Program and make them aware of how to apply for Meal benefits.

#### **IMPLEMENTATION:**

- The school website encourages parents and professionals to get involved with The Wilson Preparatory Academy Wellness Program.
- Volunteer applications are available at the front office.
- School-wide text message system and executive updates inform parents about volunteer opportunities.
- A presentation was made to the PTO to recruit participation in the Wilson Preparatory Academy Wellness Program.
- Sign-up sheets were distributed to students and parents to become active and non-active members of the Wilson Preparatory Academy Wellness Program.
- PTO was recruited to assist school with Field Day Celebration.
- Free and Reduced lunch applications are placed on the school website:// wilsonprep.net under the lunch heading.
- Breakfast and lunch announcement flyers and lunch applications were distributed at the open house.

#### **SUMMARY OF RESULTS:**

- We saw an increase in parent participation this school year. The electronic messaging systems, flyers, and teachers helped to communicate information about volunteer opportunities.

## **GOAL 2:**

### **PROMOTE PROPER NUTRITION**

#### **Objectives:**

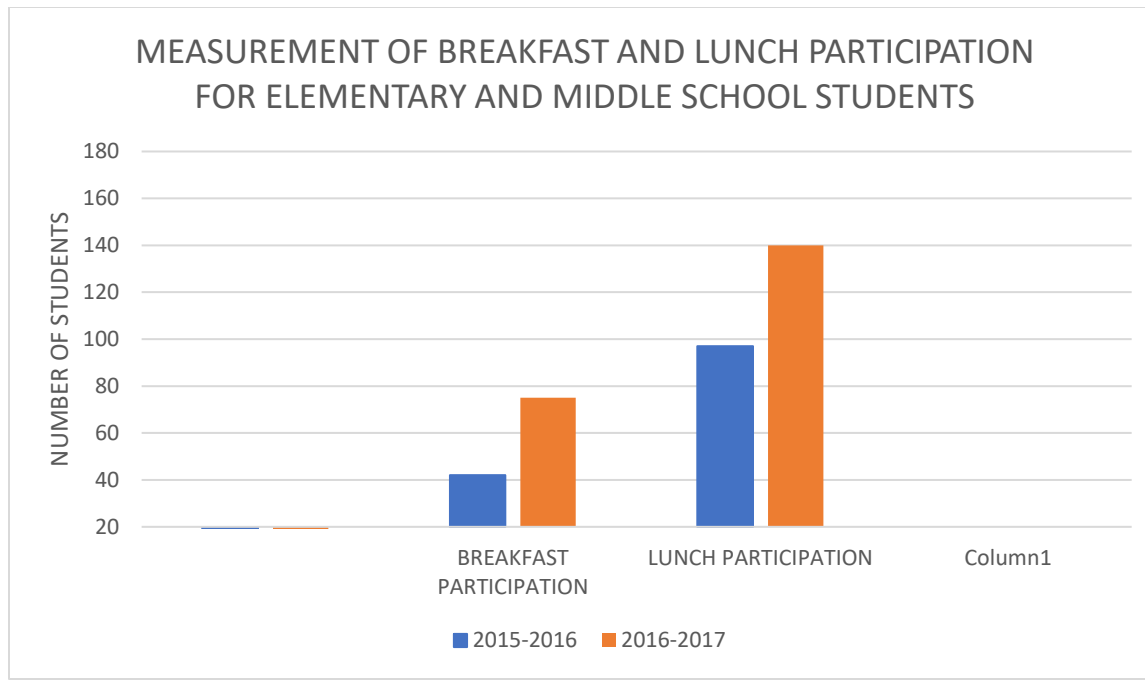
1. Increase breakfast and lunch participation.
2. Increase Fruit/Vegetable al carte and Smart Snack Selection.
3. Nutrition Education

#### **Objective # 1**

##### **Increase Breakfast and Lunch Participation**

#### **Implementation:**

- This year K&W served new lunch items such as: turkey corn dogs, pork bbq ribs, turkey hot dogs, and tacos that are in compliance with the dietary standards of the USDA School Meal Program.
- Lunch Menus were placed on the school website: [www.wilsonprep.net](http://www.wilsonprep.net).
- Lunch menus were also placed outside the kitchen door and distributed to students upon request.
- Breakfast and Lunch Participation was measured to critique the School Meal Program.
- The high school participation was measured separately because they transferred into their own facility this year.



**Method of Measurements:**

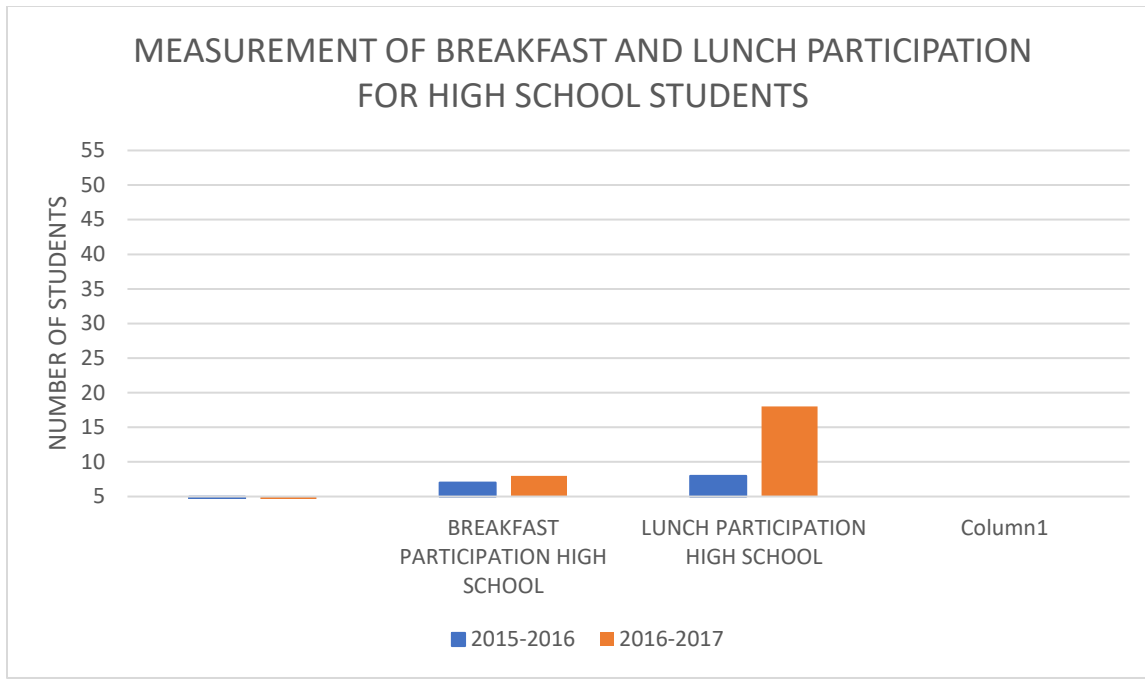
- Pull reports from a computerized-database to determine the amount of elementary and middle students participating in breakfast and lunch.

**Results of Data:**

- 2015- 2016 year  
Breakfast- averaged 42 students  
Lunch- averaged 97 students
- 2016-2017 year  
Breakfast – averaged 75 students  
Lunch- averaged 140 students

**Summary of Data:**

- The data indicated that breakfast participation was very low. The school currently had a very concise breakfast menu. Policy Board Members suggested that the school should revise the breakfast menu. Wilson Preparatory Academy will talk to caterers about expanding breakfast options that include more hot-food options like: pancakes, sausage, and eggs.
- The data indicated an overall increase in lunch participation. Students were attracted to the new lunch new items.



**Method of Measurements:**

- Counting method used to track the amount of High school students (Grades 9-10) eating breakfast and lunch.

**Result of Data:**

- 2015- 2016 year (Grade 9)  
Breakfast- averaged 7 students  
Lunch- averaged 8 students
- 2016-2017 year (Grades 9-10)  
Breakfast – averaged 8 students  
Lunch- averaged 18 students

### **Conclusion of Data:**

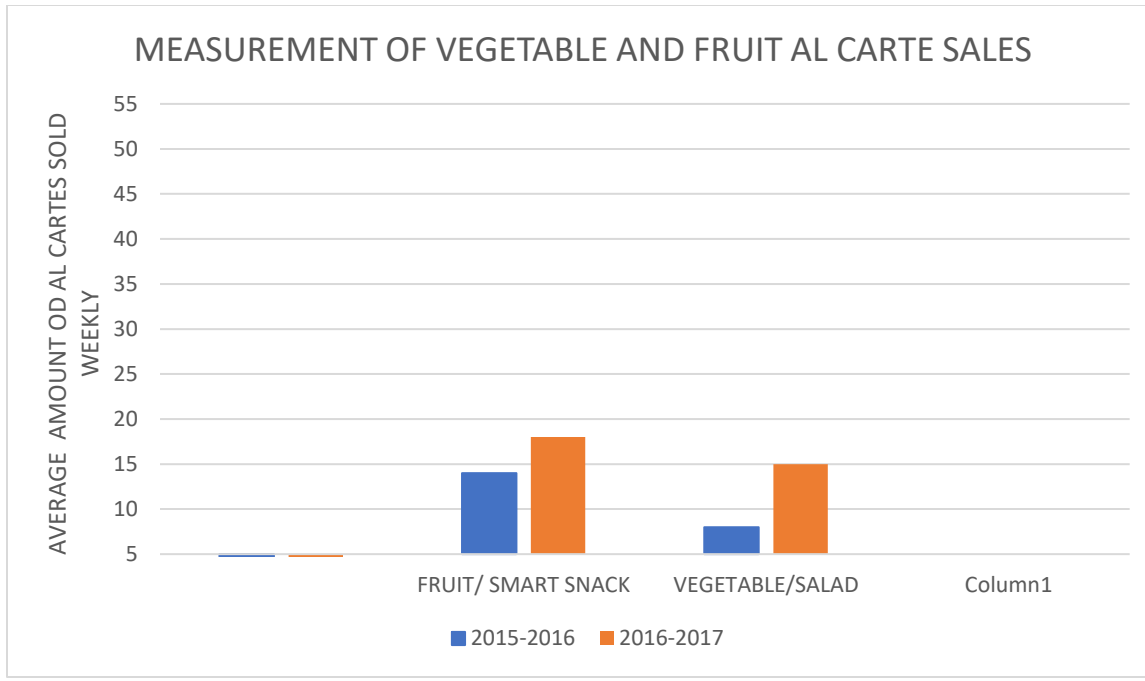
- The data indicated that high school breakfast and lunch participation was very low. The students were not attracted to the concise breakfast menu. Also, students were being transferred into their new Highschool facility. They had to walk to the Elementary school building to receive their breakfast and lunch. Policy Board Members feel that high school students will be attracted to a revised hot-breakfast menu. By the beginning of the 2017-18 school year students will not have to access meals from the elementary building. Breakfast and lunch will be served in the high school concession.

### **Objective # 2**

#### **Increase Fruit/Vegetable al carte and Smart Snack Selection**

#### **Implementation:**

- K&W offered a wide variety of fresh fruit (bananas, apples, and oranges).
- K&W sold a wide variety of vegetable and fruit salads to staff and visiting parents.
- Students were encouraged by staff to consume more fruit and vegetables.
- Al carte were offered to students and staff for \$0.50.
- There is a beautiful display of pictures of students enjoying fresh fruit and vegetables and milk in the elementary kitchen.
- Student artwork was displayed outside the dining service area.
- Water cups were available at meal service time without a cost. Students were permitted to use water bottles during class and opportunities to refill them. There are multiple accesses to water fountains
- Approved Smart Snacks were sold to staff and students.



**Method of Measurements:**

- Counting method used to track the number of al carte's and salads served.

**Result of Data:**

- 2015- 2016 year  
Fruit/ Smart Snack- averaged 14.  
Vegetable/Salad- averaged 8.
- 2016-2017 year  
Fruit/ Smart Snack- averaged 18.  
Vegetable/Salad- averaged 15.

**Conclusion of Data:**

- Overall increase in Fruit/Vegetable/Smart Snack Selection.
- Expand nutrition education.
- Expand smart snack selection.
- The Board hopes that caterers will continue to cycle menu vegetables and fresh fruit in it's menu.



### **Objective # 3**

#### **Nutrition Education**

##### **Implementation:**

- Health Education is taught to students.
- Distribution of Nutritional information pamphlet to students, staff, and parents.
- Farm to school activities will be made available to students.
- Opportunities for non-food celebrations and Healthy Fundraiser's.

##### **Summary of Data:**

###### *Health Education*

- Health Education is taught to 9<sup>th</sup> grade students. Students in grades 6-7 explore various health topics. The School Board continues to monitor curriculum to stay in compliance with the NCDPI academic standards.

###### *Distribution of Nutritional Information*

- Nutritional Pamphlets were made available to students, staff, and parents at the kitchen.
- 2 nutrition promoting books were donated to the kindergarten and 1<sup>st</sup> grade classes.

###### *Farm to School Activities*

- Elementary students were given field trip opportunities to visit Deans Farm in Wilson, NC and the Dairy Farm in Greenville, NC.

###### *Non- Food Celebrations and Healthy Fundraiser's*

- Wilson Preparatory conducted their annual fruit sale, penny week collection, and scholastic book sale, and valentine gift fundraisers.
- Students also enjoyed healthy celebration opportunities like movie day, field day, spirit week, uniform dress down days, pajama days, and bowling parties!
- Most of all students were praised during daily announcements for good behavior, Scholastic accomplishments, birthdays, and display of talent.
- Wilson Preparatory Academy desires to continue to implement new ways to reward students. Parents are welcome to give suggestions and volunteer.

## **GOAL 3**

### **PHYSICAL EDUCATION**

#### **Objectives:**

- Physical Education Class
- Recess
- Physical Activity in Before School Care and After School Care

#### **Objective # 1**

##### **Physical Education**

##### **Implementation:**

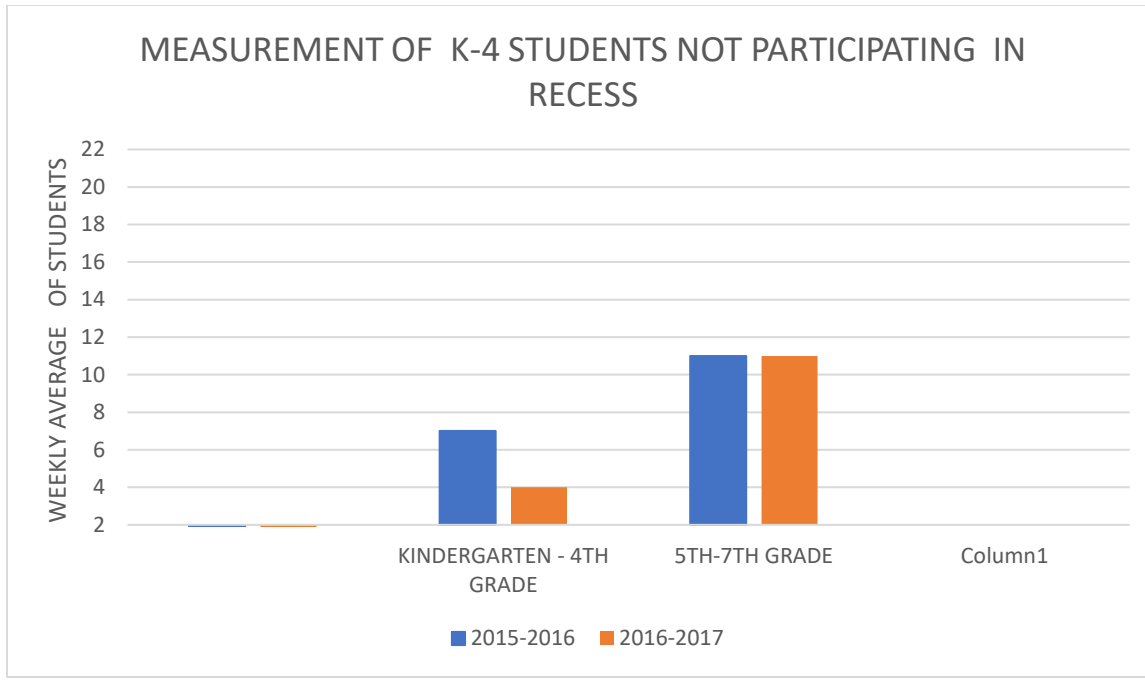
- All grades K-9 are provided at least 55 minutes of Physical Education 1-2 days a week
- 100 % student participation is required in Physical Education.

#### **Objective # 2**

##### **Recess**

##### **Implementation:**

- Grade K-5 were given at least of 30 minutes of recess every day.
- Indoor physical activities are provided to students on increment weather days.
- Teachers could allocate organized group physical activities into their lesson plans instead of instruction.
- Students were not required to be physically active in recess.



**Method of Measurements:**

- Randomly asked teachers of the number of students observed in recess not participating.
- A tally was kept.

**Results of Data:**

- Grades K-4  
2015-2016 averaged 7.  
2016-2017 averaged 4.
- Grades 5-7
- 2015-2016 averaged 11.
- 2016-2017 averaged 10.

**Conclusion of Data:**

- Grades K-4 saw a slight decrease in the number of students not participating in recess. Grades 5-7 had a slight decrease in the number of students not participating in recess. Ideas suggest that the introduction of new activities will help increase recess participation.

### **Objective # 3**

#### **Physical Activities in Before School Care and After School Care.**

#### **Implementation:**

- Before School care students are allowed at least 15 minutes of free play 2 times a week.
- After School care students are allowed at least 40 minutes of free play daily.

### **GOAL 4**

#### **INCREASE ACTIVE PARTICIPATION IN THE WELLNESS PROGRAM**

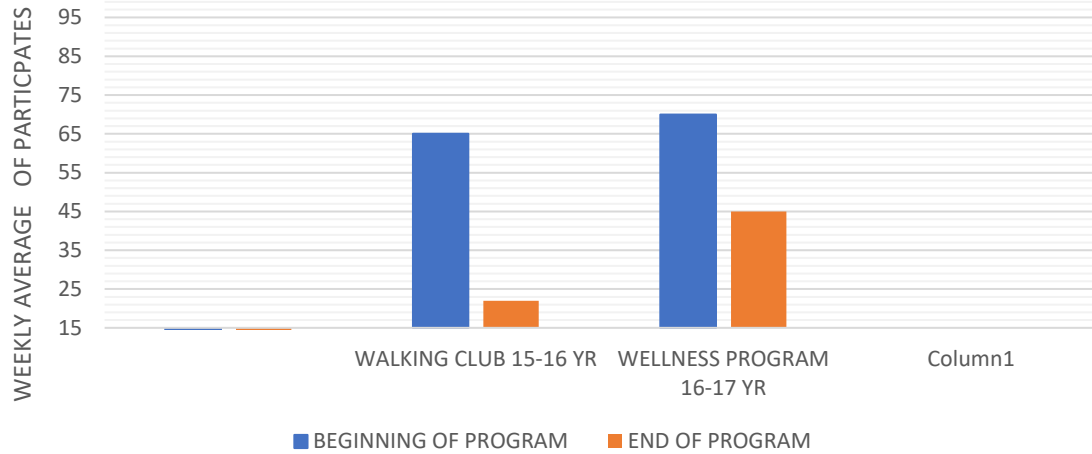
#### **Objective:**

- Wilson Preparatory Academy Wellness Program

#### **IMPLEMENTATION:**

- The walking club was revised into the Wilson Preparatory Academy Wellness Program.
- The Healthcare Foundation of Wilson Funded the school with a grant to implement the program. A school-wide assembly was presented to announce the club.
- The Wellness Club was open to all staff, families, and students of all grades.
- Participants met 3 days a week for 30 minutes and enjoyed a variety of physical activities.
- Students used pedometers to track their steps, and the devices were distributed at the end of the year.
- The school also purchased a walking track that will be completed by the 2017-18 school year.
- Crew Bishop Holmes from the Kai Tai Academy taught wellness classes 2 days a week.
- Bishop taught the importance of physical activity and promoted nutrition.
- Local Wilson talent boxer, "The Truth" also gave students boxing tips and encouraged students to do well in school.
- Staff members developed their own Biggest Loser Wellness Club. Participates weekly weighed themselves in hope of an end-of-the-year cash prize!

AVERAGE AMOUNT OF STUDENTS, STAFF, AND PARENTS  
ACTIVELY ATTENDING THE WELLNESS PROGRAM  
SESSIONS.



### **Method of Measurements:**

- Attendance was taken at each Wellness Session. The results were tallied.

### **Results of Data:**

- Walking Club 2015- 2016 year  
Beginning of the Year: averaged 65 participates.  
End of the Year: averaged 22 participates.
- Wellness Program 2016-2017 year  
Beginning of the Year: averaged 70 participates.  
End of the Year: averaged 45 participates.

### **Conclusion of Data:**

- The data showed that in 2016-2017 Wilson Preparatory had an increase in active club membership.
- Wilson Preparatory Academy Wellness Program had over 200 active and non-active members. The club had close to 30 parent active and non-active members.
- The Policy Board is pleased to see a considerable number of participants to become members of the Wellness Program and The Biggest Loser. The Wellness Program had a successful start and has opportunities to expand nutrition education and physical activities.

## **CONCLUSION OF THE ANNUAL WILSON PREPARATORY ACADEMY LOCAL WELLNESS POLICY REPORT 2016-2017**

Wilson Preparatory Academy made considerable progress in increasing lunch participation and increasing a la carte sales. The 2017-18 focus areas will be increasing high school participation in the school meal program and increasing active participation in the Wellness Program. Overall The Local Wellness Program has shown growth since the 2015-2016 school year.