



GMOS School Wellness Policy Assessment Summary



Agency Name: Merced County Office of Education
Green Meadows Outdoor School

Date Policy Revised: On-Going **Date Assessment Completed:** On-Going
Report completed by: Robert Bassett, Principal

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- 1. Assessment Reported to Public:** Posted on GMOS website
 - 2. Comparison to Local School Wellness Policy:** (Summary to follow)

Results:

Exceeds Standards Meets Standards Needs Improvement

Policy Strengths (brief summary):

We are making sure students get a healthy and nutritional meal with fruits and vegetables. Students are learning the importance of drinking plenty of water to brain and body health. They are appreciating how physical activity can be fun and makes them strong and feel well. By having a healthy and active staff teaching the students they are seeing positive role models that impact their lives for the positive.

Areas needing improvement (brief summary):

We will look into the possibility of including healthy condiments to make food more appealing to all students and reduce food waste.

Comments:

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At the end of every school week Green Meadows evaluates their school food and nutrition program through Student and High School Cabin Leader surveys. The principal also interviews the visiting teachers and asks for their feedback concerning a variety of topics, including meals for their students. We have compared all this information to our goals in our Wellness Policy.

We are excelling at the goal of encouraging physical activity through classes that involve hiking, walking or physical movement during the course of 2 hours. The classes are interesting and fun. The students enjoy themselves and see they can have fun exercising and participating in healthy outdoor activities. Our teachers live and believe in a well-rounded and healthy lifestyle by staying active and eating foods that are good for their bodies. They share this with their students and are great role models for the children. While on class, teachers encourage students to drink water regularly and describe the necessity for the body and brain to function well. We give each student a water bottle at the beginning of the week to help emphasize the importance of regular hydration. They keep refilling it as needed before going on classes.

We are reaching our nutritional goals by encouraging students to eat their fruits and vegetables. By using a projector screen and slide presentation, we demonstrate what a balanced meal is. This visual example makes it easier for students to choose and put on their plate what constitutes a balanced meal. This was a tremendously valuable addition to our meal program. We do not offer any sodas or snacks that do not meet the NSLP guidelines. We have a bowl of fruit on the counter during meals and students are encouraged to come up and select a piece of fruit.

The following is a summary of Student Evaluations:

Student opinions of the food are overwhelmingly positive, with seventy to eighty percent saying they “loved it”. About fifteen percent are in the middle, while only about five percent of the students surveyed choose “not so great”. Students consistently write about the “very yummy” muffins and “delicious” pancakes served for breakfast. They especially love the lunches provided, saying “the chicken nuggets were amazing!”. Chicken nuggets and hamburgers are among the favorites every week. On what they would improve, students say they would prefer to have ketchup or hot sauce served with meals, especially with eggs.

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The meals at Green Meadows are served with care, and it reflects in the students' responses. Almost every week, they comment on how much better the food is at Green Meadows than at their home school. It is not uncommon for the students to say they want to bring the cook home. Last week, one student summed up their time at GMOS like this: "I will remember all the new friends I made and the amazing food!"

The following is Cabin Leader Evaluations:

High school students enjoy the meals served at Green Meadows. They especially appreciate a hot lunch after spending the morning on a student class during the winter. They find the meals both nutritious and enjoyable.

The following is Teacher Feedback:

Visiting teachers regularly remark how good the food is for themselves and the students. Typically, they also share positive comments they have heard from the students throughout the week.

3. Monitoring Progress with meeting the LSWP goals:

By weekly surveys from the students and high school cabin leaders, as well as the visiting teachers, it gives us ongoing incite as to how well we are accomplishing our goals of teaching students the importance of and how to live a healthy lifestyle. The ongoing evaluation process and conversations with teachers at the end of every week has been a valuable tool. It is an ongoing assessment and evaluation to meet our goals.

4. Extent of Compliance for with the LSWP:

Green Meadows is constantly working to achieve all our goals to get students choosing healthier foods and a well-balanced diet. Our classes are educational, interesting and fun, which make it easy for the students to see how important it is to remain active. We are very pleased with the results of the programs we have implemented to achieve our goals. They have been successful and they are making a difference in students' lives.

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Next Steps (a few high level actions):

- 1. Evaluate/Update the Meal Slide Program with staff weekly and adjust as needed.**
- 2. Continue to get feedback from students, high school cabin leaders, and visiting teaching staff.**