NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

LEA Name: Putnam Valley Central School District	
School Name: Putnam Valley Middle School	Date: 10/01/2026
Grades: 5 - 8	
Name/Title of person completing report: Rob Webb, Director of Physical Education, Athletics, & Health Services	

Yes	No	**Nutrition Education**
☑	☐	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
☑	☐	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
☑	☐	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
☑	☐	Age appropriate nutrition education and activities are provided to students in: ☐ elementary school ☑ middle school ☐ high school
☑	☐	Families and the community are engaged in nutrition education efforts.

Indicate additional nutrition education activities that occur or are planned for the future:

--We strive to include nutritional education as part of classroom instruction.

--We strive to include enjoyable, developmentally appropriate, culturally relevant participatory activities such as school gardens where possible.

--We promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health-enhancing nutrition practices.

Yes	No	**Physical Activity**
☑	☐	The local wellness policy includes measurable goals for physical activity.
☑	☐	Physical education is provided to students on a weekly basis.
☑	☐	Before or after school physical activity is offered in sports or other clubs.
☑	☐	Community partnerships are available that support programs, projects, events, or activities.
☐	☑	A staff wellness program is available.
☑	☐	Opportunities are provided for physical activity throughout the day.
☑	☐	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
☐	☑	Recess is available for all elementary students (skip this question if no elementary schools).
☑	☐	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
☑	☐	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.

Other physical education/physical activity/school-based activities that are available:

- Clubs and activities that meet the various physical activity needs, interests and abilities of all students. We also have intramural and interscholastic athletic programs.

Future goals for physical activity:

--Students shall continue to engage in physical education for at least the minimum number of hours per week under State requirements.
--Physical education classes shall incorporate the appropriate NYS Learning Standards
--Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.
--The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
☑	☐	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
☑	☐	The local wellness policy addresses access to the USDA School Breakfast Program.
☑	☐	Alternate school breakfast service models are available to increase participation such as “grab and go”, breakfast served in the classroom, and breakfast after the bell.
☑	☐	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
☑	☐	Free drinking water is available during meals.
☑	☐	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
☑	☐	School nutrition staff meet hiring criteria incompliance with federal criteria.
☑	☐	The local wellness policy addresses purchasing local foods when possible for the school meals program.

Other ways the local wellness policy addresses school meals and nutrition standards:
--Include fresh fruits, vegetables, salads, whole grains and low fat items at least to the extent required by federal regulations.
--Encourage students to try new or unfamiliar items.
--Make efforts to ensure that families are aware of need-based programs for free or reduced price meals and encourage eligible families to apply.

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
☑	☐	The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: ☑ as a la carte offerings ☐ in school stores ☐ in vending machines ☑ as fundraisers
☑	☐	Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc. --The District sets guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided. --The District promotes the use of food and beverage items which meet the standards for competitive foods and beverages.

Notes and future goals on nutrition standards for competitive and other foods and beverages:
Foods and beverages served outside the school meal programs meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Yes	No	**Wellness Promotion and Marketing**
☑	☐	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
☑	☐	Steps are taken to address strategies to support employee wellness.
☑	☐	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
☑	☐	Healthy meal choices are offered and being promoted in the school meal programs.
☑	☐	Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:
Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items (USDA Smart Snacks in School nutrition standards).

Future wellness goals:
--The District will continue to encourage participation in school meal programs and promote meals to families.
--School meal program menus are posted on the district website/individual school sites, and include access to nutrient content and ingredients.

	Implementation, Evaluation, and Communication

The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

✔ Administrator	✔ School Food Service Staff	✔ P.E. Teachers
✔ Parents	✔ School Board Members	✔ School Health
✔ Professionals	✔ Students	✔ Public

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Rob Webb, Director of Physical Education, Athletics & Health Services

The wellness policy is made available to the public by (describe):
The District Wellness Policy is available on the District website for all to access.

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):
At least once every 3 years, the District will evaluate compliance with and At least once every 3 years, the District will evaluate compliance with and implementation of the Wellness Policy and will communicate this to the public via the District website.

Yes	No	
✔	☐	The wellness policy is reviewed at least annually.
✔	☐	Triennial assessment results are/will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are incompliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
✔	☐	A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:
--Periodic informal surveys of building principals, classroom staff, and school health professionals to assess the progress of wellness activities and their effects.
--Frequent checks of the nutritional content of food offered to students in meals, a la carte sales, vending machines, fundraisers, etc.
--Periodic checks of student time spent in physical education classes and extracurricular activities of a physical nature.
--Periodic checks of students meeting the nutrition education curriculum.