

2018 Highlights/Summary of Wellness Activities/Events

CloverPatch PS classrooms' cooking/baking activities focus on healthy food choices and lessons include the basic food components; some units highlighting fruits and vegetables. PS classrooms that contain "play kitchens" foster the students' exploration of different food types. A field trip to a farm opened discussions of where food is grown. Role playing of grocery shopping with the students reinforce again, the purchase of healthy food choices.

Langan School offers many opportunities throughout the year to teach our students about the importance of nutrition. The MyPlate program is taught in our classrooms so that students are able to identify the different food groups/components and the value of portion size. MyPlate posters are displayed on the walls throughout our cafeteria, which foster additional discussions of the MyPlate program, during our students' lunch periods. The cafeteria offers concrete examples of what foods are in each of the groups; as well as, the actual food item in their natural state vs pureed, chopped or ground consistency, which many of our students require. Our students are also given choices throughout the day to eat healthy foods for snack; some are provided with low sugars. Teachers utilize computer guided units from Unique and News To You (N2U). "Healthy Foods Keep You Going" and many other lessons/resource materials are found in these programs. Some of our classrooms shop for food at local stores and prepare food items/meals during cooking groups; which reinforces healthy choices and the basic food groups. Staff note that the more students participate in these cooking groups; the more likely they are to taste/try new/healthy foods. Classrooms also discuss the importance of good hygiene habits and their relationship to wellness.

Some new initiatives within our School Lunch Program/Cafeteria:

- At the close of 2017, the National School Lunch Program (NSLP) Equipment Assistance Grant for School Food Authorities (SFAs) was announced and our school submitted a proposal for some new cafeteria equipment. We are excited to inform you that our proposal was accepted and we now have 2 new pieces of equipment in our cafeteria; a countertop hot food display case and a mobile heated cabinet; for a total of over \$5,000.
- Our PS program has been advocating for an instructional lunch period with the State Education Department (SED). SED is still working on this issue. Our Langan School is already approved for an instructional lunch period.

Student Dining Successes

- A Dining Group for NPO individuals was established for several students who are on “Pleasure Dines”. This group is lead by a SLP who helps support the students to learn about different foods, textures and allows them to explore and taste them. Two students in this group have significantly improved. One has gone from extreme oral defensiveness to accepting ¼ ounce of a variety of foods. The other is now eating 2 ounces of food.
- Five students improved chewing skills enough to be upgraded to the next level.
- Two students went from one inch cut to size, to a Whole diet.
- Two students’ diet consistency went from ground to ¼ by ¼ pieces cut to size.
- One student upgraded from pureed foods to ground.
- One student has increased self dining skills by participating with hand over hand dining and lets the dining assistant know of his/her readiness by arm movement.
- Two students could only eat with SLP staff. Now all staff can dine with them. They both only ate small amounts of certain foods and are now eating up to 10 ounces of a variety of foods.
- Three students who receive “pleasure dines” have increased their intake.
- Two students have started using regular spoons instead of adapted maroon spoons.
- Several more students have been using their communication devices functionally during dining.

Physical activities are a major component of our preschool and school age programs.

Our CloverPatch PS program provides daily gross motor activities/exercises (indoor gym/outdoor playground) as well as music and movement activities; which incorporate dance. Some examples:

- Our RAAVE PS class has Friday morning swim. Students are becoming more engaged in water sports, songs and activities with 1:1 staff support.
- For our non-ambulatory PS students; assisting them into adaptive mobility equipment , enables them to stand, walk and participate in movement activities
- Yoga movements for children

Langan Physical Education Program

During **2018**, the physical education department at the Kevin G. Langan School continued to grow and improve. We continued to attend the NYS AHPERD conference in Verona, NY. While attending the conference both PE teachers learned a great deal regarding adapting equipment. They also presented at the conference alongside NYS Special Olympics regional directors on the Motor Activities Training Program that is held each year at Langan. Again we participated in the New York State Special Olympics' MATP program, and it was another great success. We continued to include aquatics to the various sports students can choose from and we look forward to adding more! Again, throughout 2018 a member of the physical education department attended the Ellen Sinopoli Dance Company during the afterschool program that is held at Langan school. We then attended the Center wide recital that is held at The Albany Academies. During the 2018 school year we completed a large Yoga unit where we had classes come down to the gym and everyone was taken out of their equipment and had a chance to stretch on the mats. We are also beginning to plan a trip to the Albany County Hockey Facility for an ice skating trip

Many Langan classrooms participate in physical activities in addition to their PE Classes:

- Utilizing adaptive mobility equipment for daily exercise and especially in nice weather , taking walks outside
- Getting out of their seats and moving to the morning Hello/Video song on Go Noodle
- Choosing leisure time activities that include movement
- Yoga/meditation during leisure time
- Taking “movement breaks” throughout the day
- Incorporating body movements in lessons with song and play

Langan School and CloverPatch students complete a survey annually to determine their feelings/opinions about the school lunch program. (Note that many of our Langan and some CloverPatch students are NPO)

The Student survey results:

CloverPatch PS – 16 responses

88% think the food from the cafeteria looks good

69% think the food from the cafeteria tastes good

75% think there are enough lunch choices available

100% think the food is served at the right temperature

100% think the food is healthy

100% think they are given enough to eat

PS students do not eat in the main cafeteria: so 2 survey questions do not apply to them

Suggestions: more dessert choices, spinach and stewed tomatoes too watery

Favorite lunch: Burger

Langan– 51 responses

76% think the food from the cafeteria looks good

71% think the food from the cafeteria tastes good

67% think there are enough lunch choices available

61% think the food is served at the right temperature

69% think the food is healthy

65% think they are given enough to eat

61% think the tables and chairs in the cafeteria are clean

69% think the cafeteria is a fun place to eat

Suggestions: more sandwich choices, 2nd shift tables are not clean

Favorite lunch: Pizza

Parent survey results: 4 preschool parents, 21 Langan parents – 25 total surveys

4% eat lunch from the school cafeteria 3 days per week

8% eat lunch from the school cafeteria 4 days per week

80% eat lunch from the school cafeteria 5 days per week

8% never eat lunch from the school cafeteria **Reasons given for not ordering school lunch:
one parent indicated variety of choices and one indicated taste**

29% were very satisfied with nutritional choices available to their child

58% were satisfied with nutritional choices available to their child

13% had no opinion about nutritional choices available to their child

67% find the information on the back of the menu helpful

4% do not find the information on the back of the menu helpful

29% are not sure that the information on the back of the menu is helpful

Suggestions: Mac & Cheese as a daily choice, allow more time for slow eaters, send notifications of account status BEFORE account goes negative