

WAPPINGERS | Empower
CENTRAL SCHOOL DISTRICT | Challenge
Grow

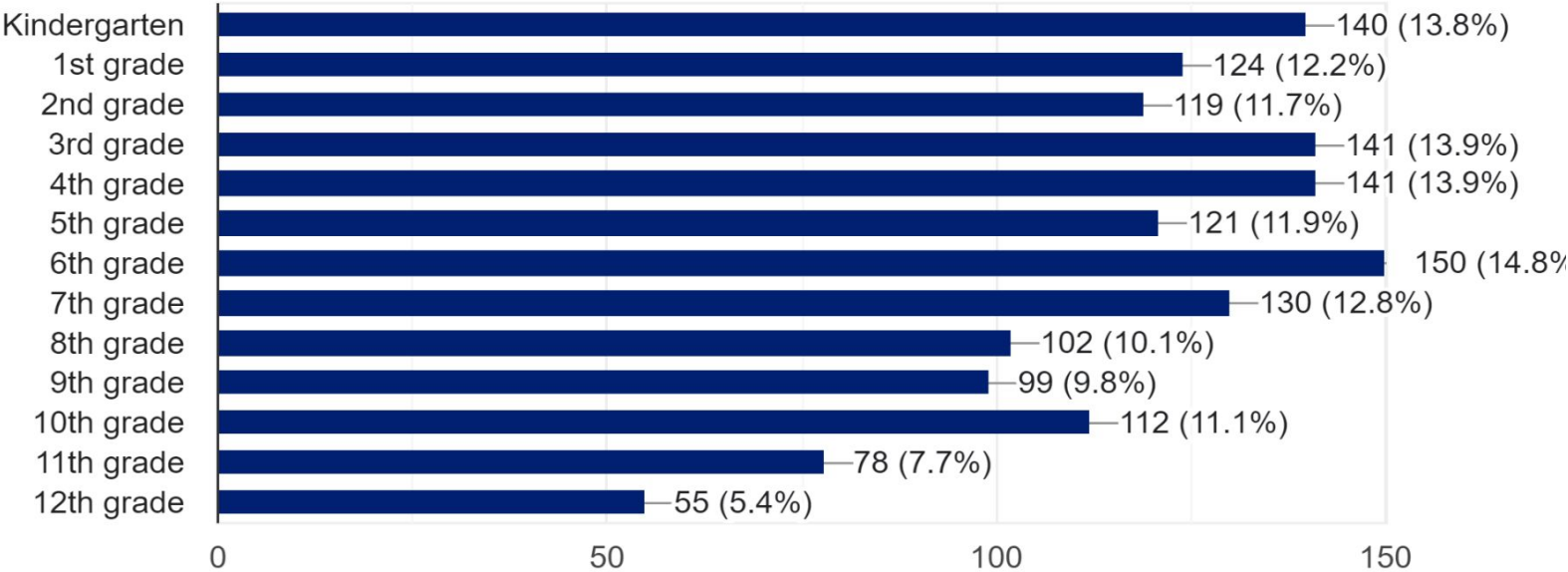
WCSD Wellness Committee

2023 Parent/Guardian Wellness Survey
1013 Responses

Q1:

Please select the grade level(s) of your child(ren).

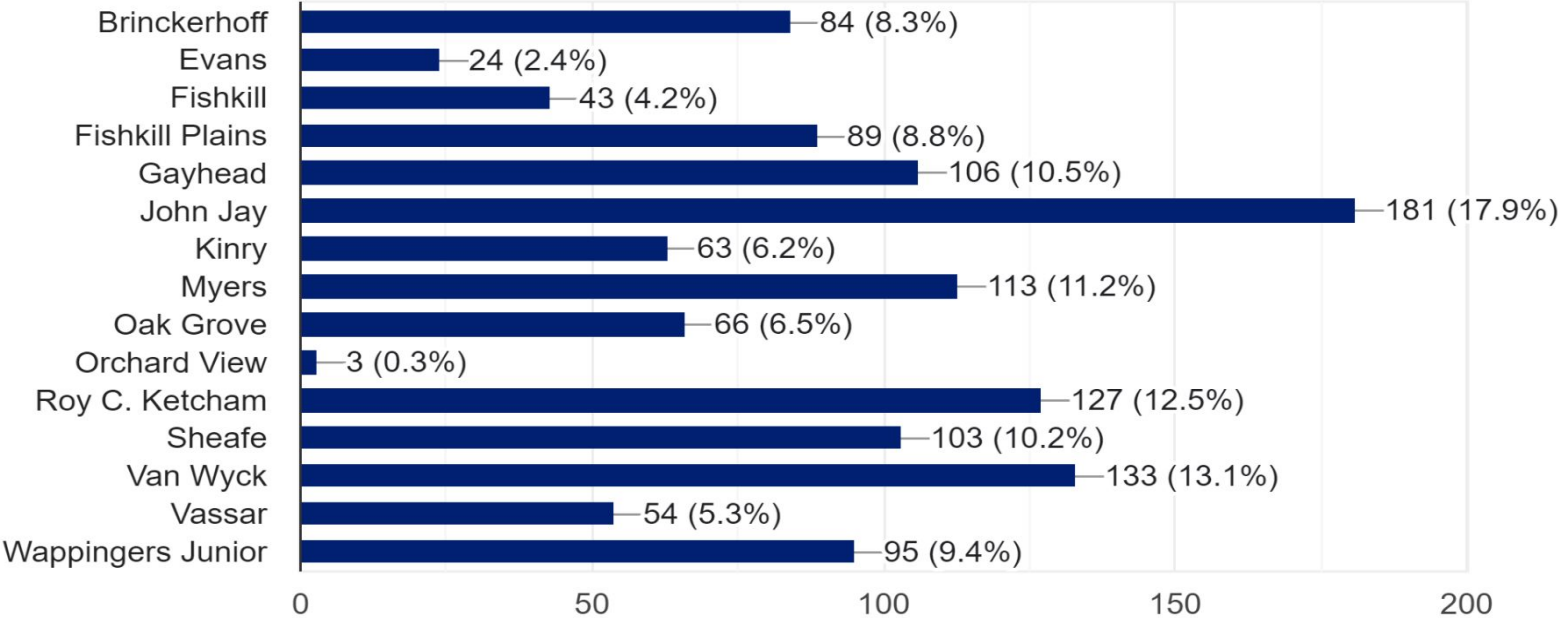
1,013 responses



Q2:

Please select the school(s) your child(ren) attends.

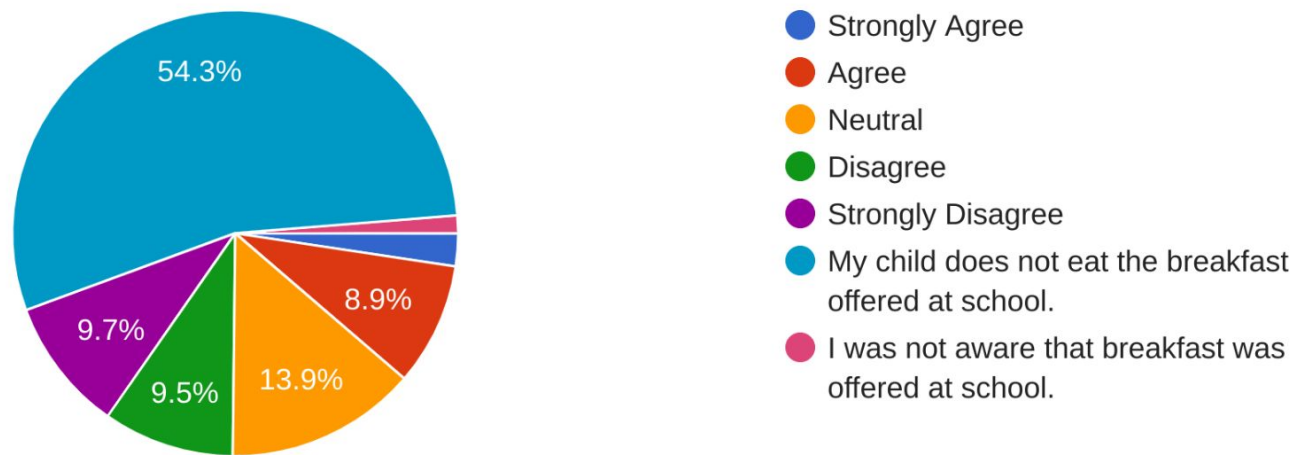
1,013 responses



Q3:

The menu items presented for BREAKFAST at my child's school offers a satisfying meal.

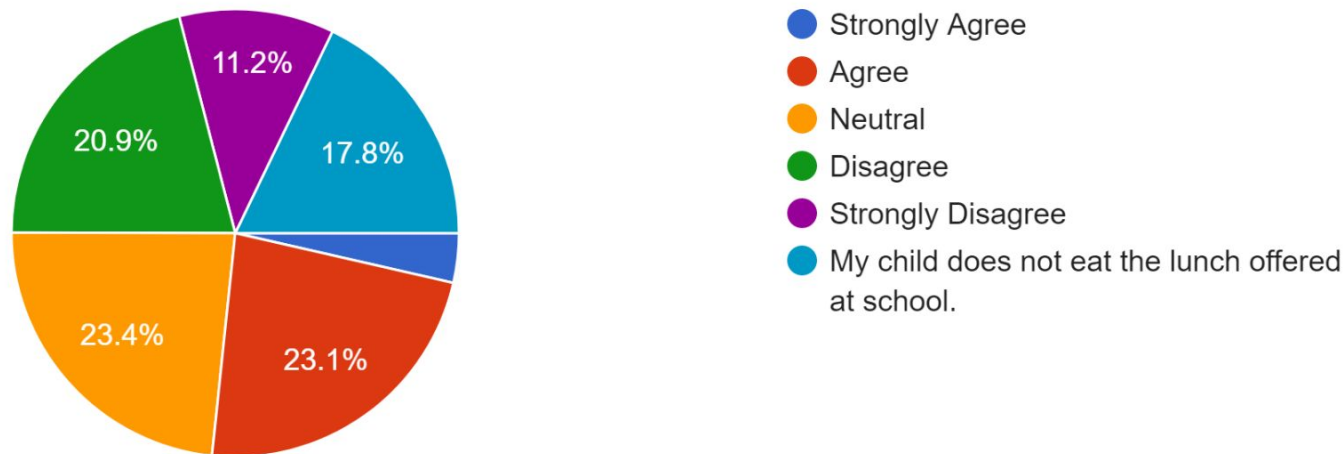
1,009 responses



Q4:

The menu items presented for LUNCH at my child's school offers a satisfying meal.

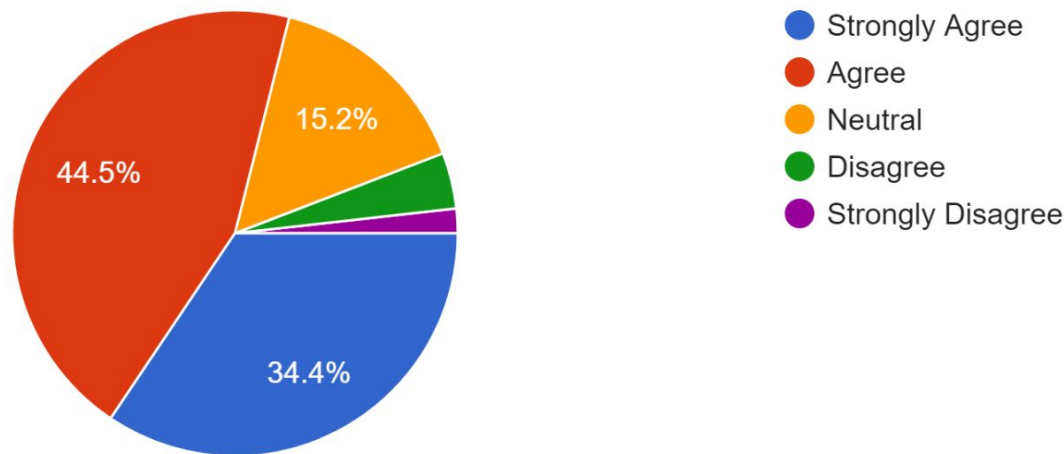
1,009 responses



Q5:

My child enjoys attending school.

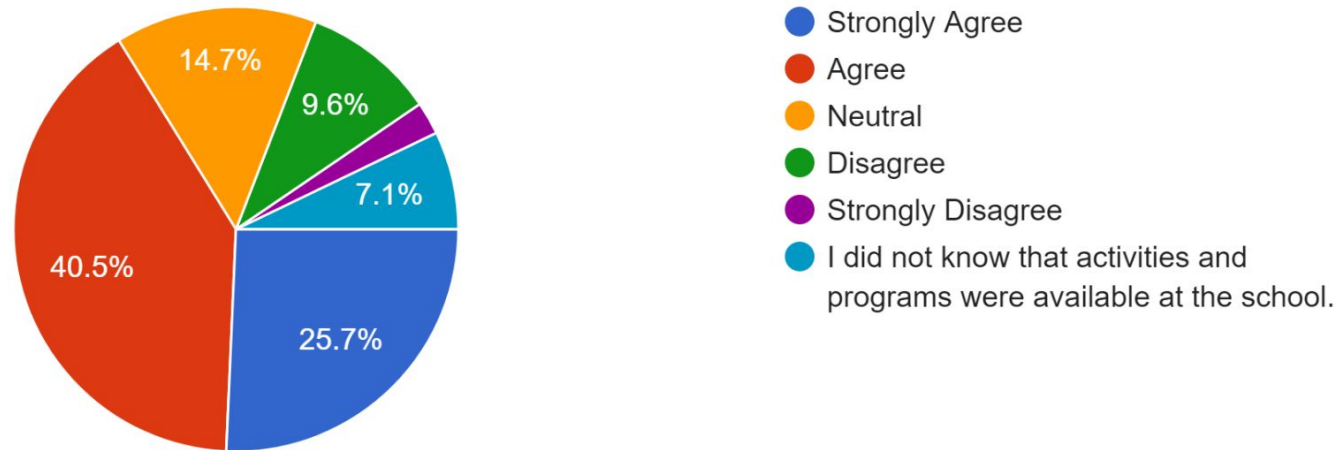
1,011 responses



Q6:

Each school building has wellness opportunities available for student participation such as intramurals, jump rope for heart, athletics, clubs, et...I school activities outside of their daily academics.

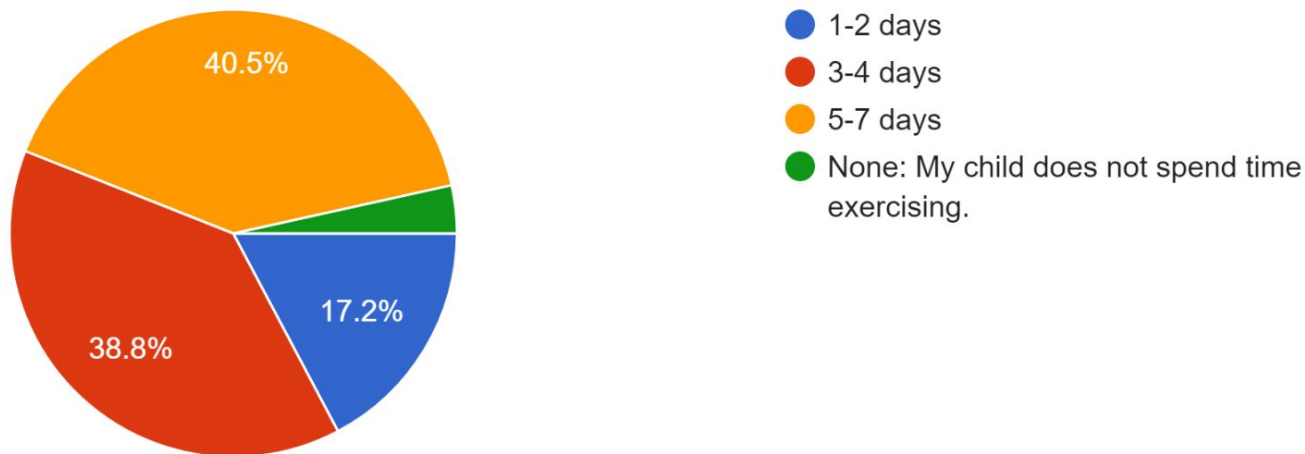
1,008 responses



Q7:

Excluding PE class, how many days per week does your child spend exercising? Additional exercise may include: brisk walking, ice skating, dancing, ho..., biking, skiing, hiking, swimming, gymnastics, etc.

1,009 responses

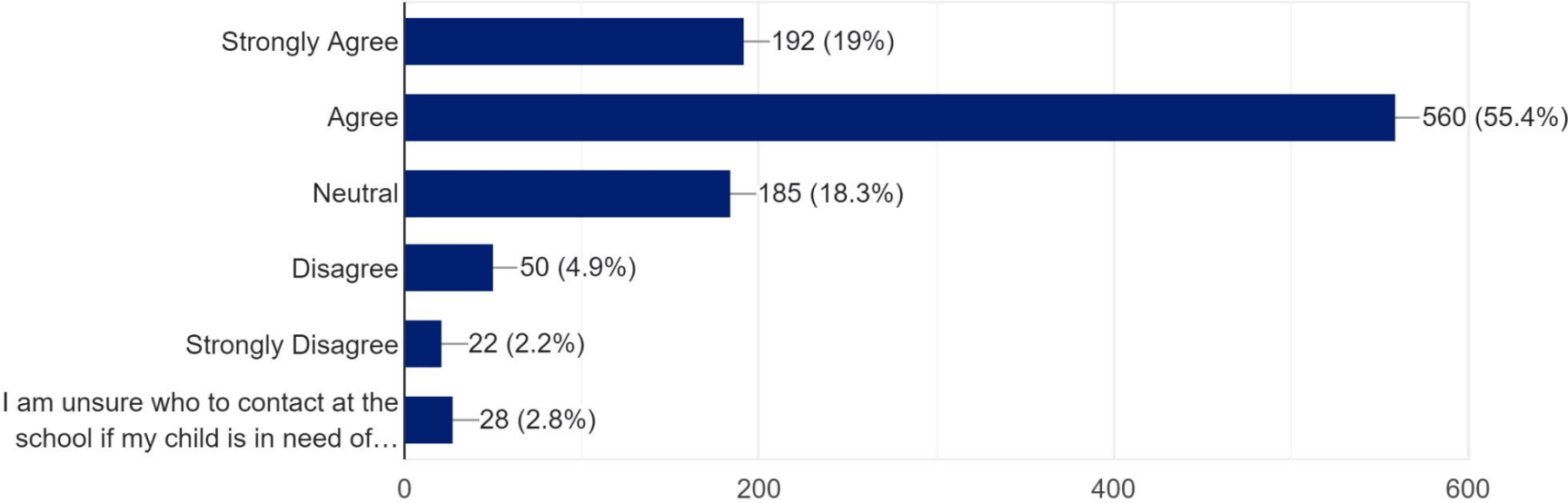


Q8:

My child knows how to seek help at school for personal concerns about themselves or others.

Check all that apply.

1,011 responses



QUESTION 9**During the 2022-2023 school year, what school related activities will/has your child participate/d in?****811 responses**

None (56 entries)	Intramurals
Music piano karate	Wrestling, football and volleyball
Unified bowling/basketball/ crew	Drama, flag football,
Football	Sports, Pokemon event, dances
Wresting, lego club	LEGOs; the intramurals are for older grades only at his school.
Bowling, baseball, jump rope for hearts	Art club, inter murals school dance
Intranurals and band	Heart to Health, Drama
Baseball	Bake sales and football
Basketball and Baseball	Sports
Dancing, ice skating	Intro to cheer, spanish course
after school PTA events	Heart Association
My child is in the UPK program, so she does not participate in school activities yet	Band, wallball, floor hockey he participates in any activities that are offered
Intramurals	JUNIOR/SENIOR FLAG FOOTBALL GAME, FFA, PROSIDIUM, YEARBOOK.
All PTA events at Myers... HS sports games	6th grade play, yoga, reading support
too many to list	Drama
Field Hockey, Football, Unified Basketball, various afterschool academic and athletic events	11th grader - Spanish honor society, Lit. mag., homecoming activities, bingo night, attended musical; 5th grader - band, book fairs, spirit days
Basketball	Bingo, trunk or treat, sport
Pokemon, fall festival	Movie night, dinner nights
Jump rope for heart, movie night, trunker treating	Masque & Mime
Drama club, dances, art club, student council	pep band, big band, FFA
jump rope for heart, PE	sports and yearbook club
Masque and mime, Greenworks, softball	School play and PE
Cub scouts and school events	Crew
Intermurals	Field hockey
Nothing, my children want to get home as soon as possible after a long day of indoctrination in the schools!	Trunk or treat, Dr Seuss Day, most spirit days, all holiday events, Open House
After school wellness, Lego Building	Trunk or treat, science fair, pta fundraisers
Soccer team	School Play, Chorus, Spooktacular
Lacrosse, Banana Splits	Unsure
Gaga Ball, Jump for Heart,	Drama club
Drama club, fitness with Bengal, Basketball for little dribblers,	Gymnastic
My daughter has participated in the American Sign Language club	Gym
field hockey track and field , tennis masque and mime , field hockey and wapp jr drama club	Intramurals, peer mediation, drama club, math enrichment, cross country, track, crew
Homework club every Wednesday	Talent show, peer mediation
HABLA, games & fitness, 1st session of afterschool	Anything that has a late bus. Dances, art, some sports
Track and soccer	Proscenium
Special Senior Class events	Jump rope contest
Sports	Tracking
Esports/Lego robotics/art club/drama/inclusion club/ yogA	Tracking
basketball	Cross country/trying out for track/small-tall ball
Varisty tennis. Varisty softball. Varisty gymnastics . Jv soccer	Not many other than field trips and DC trip
All activities are outside of school. We do attend icecream socials and other family events after school.	Intramurals, mindfulness club, book club, chess club, drama club, student government
Cheerleading, soccer	proscenium
gymnastics / snowboarding	Heart challenge, chorus/concert
Gymnastics team	Parp

None - but some interest in a few of them. You need more choices	soccer, baseball, lacrosse, Spanish Honor Society
Art club	Science Olympiads
drama club	Some after school gym programs
Cheerleading	Games and fitness, environmental club, orchestra
Football wrestling track	Lego Build, Bowling Club, Pep Band
Dr. Seuss Day, Trunk or treat	Jump rope, basketball
Morning intermurals at kinry road	Dance, gymnastics and school club
Intramurals, Robotics Classes	Chorus
Games & Fitness	football, carnivals, bake sale
After school assistance, lego club	Intramural, HS & middle School sport teams and stage crew
Drama club, battleOf the books, baton, math olympiad, intramurals, yearbook club, Lego club, girls on the run	Chorus, band, drama, math enrichment, student council, peer mediation, fitness club (while offered)
color run, yoga, art club and various after school high school activities	Football, baseball, karate, lacrosse
Proscenium	Drama Club
Lego, yoga	Green works, french honor society, science olympiad, interact
None. She does not enjoy spending additional time at school due to the toxic environment and treatment towards students of color.	Football, weight room, lacrosse
JV Soccer, Winter & Spring Varsity Track	Fun run, jump rope for heart, PTA topics and others
Track, Student government, anime club, Lego club	Soccer
Jump Ripe for Heart Poster Contest, modified soccer, varsity soccer, drama club, various clubs at HS level, Rec basketball	Varsity soccer, proscenium, modified lacrosse, WWYL league, travel soccer, patriots football, Fishkill basketball
Football, intermurals and JJ Weight Room	Football, basketball and tennis
Dance / Karate	Pokemon
No	Penny wars, open house, jump rope, halloween trunk or treat
Talent show, Science fair, heart challenge	Intramurals
7th gradee- football , 5th grader mindfulness	Field hockey, FFA
academic clubs	Intramurals, jump rope for hearts
varsity soccer, honor societies	Football , honor society
Chorus	Soccer, running , honor society math society
FFA; Drama Club Set Crew	Intramurals
Not Sure	Drama club and math enrichment club,
Gymnastics, Peer Mediation, Intermurals	Lacrosse, Football
Yoga	School dances
Inter-murals, jump rope, pta race at beginning of year	Sports
Cross country, jazz band	School carnival
Intramurals, Gymnastics	Field Hockey, Student Council
jump rope for heart	Intramurals, Jump Rope for Heart, Yearbook Club, Color Run,
Theater, Pride Club	Student Council, crew
After school programs: movie night, dance	Drama, orchestra, dungeons and dragons, coding club,
Trip to Boston, nutcracker trip, trip to Dutchess stadium with health class on mental health	PLAYS AND ATTENDS BASKETBALL GAMES INCLUDING FACULTY GAME, ATTENDS FOOTBALL GAMES
soccer, basketball, red cross, honor society, science fair, SADD	Before school sports opportunities
Lego Tinker Club after school program	Riding his bike
Fall Festival, Book Fairs, Open House, Field Day	Circus, movie, science fair!
Soccer and flag football	We have gone to all events offered
After school/ kid heart challenge/ dances	Basketball, weightlifting
None because they are after school or before school. The school does not offer transportation and I have kids in two different schools.	Several clubs, winter carnival, haunted house, music events, honor societies
After school math help, art club, environmental club	states and sec Wrestling: 2022 Section 1 Division I matt masch
Jump rope for heart, honor society, after school help	intramurals
Jujitsu not connected to the school	After school activities
Continuing Ed, intramurals, mentoring, PTA events	Lacrosse, afterschool weight room

Oliver musical	Wrestling and baseball
Band,chorus, intermurals, student counsel	Baseball
math help, girl scouts, lacrosse, football, basketball	Jump for heart
homework club, Spanish, and gym.	Football, weight room, band
Dances	Sports, theatre
Wapp Jr: attending after school sports games, school dance	Heart Challenge
Too many to name	2 varsity sports, italian and math honor society
Art club Drama club	Skiing
Carnival, open house	Drama club
Ice Cream Social, Talent Show, Tall/Small Ball Openhouse,	Symphonic Band, Jazz Band, Tennis, Ski Club, Finance Club
Math enrichment, lacrosse, movie night	Soccer, basketball at JJ, intramurals at Gayhead
Not sure	Drama
None they do karate	Track
Intramurals	jump rope
Ice cream social. Open house	drama, ski club, robotics, mural club, dr, miller math club
X-country, track, gymnastics, after school help, attending games, dances, drama productions	Most activities have too high a cost for a single mother. Too bad there arent programs more affordable for lower income families.
Drama, wrestling	Modified softball
Student council, drama club	JV SOFTBALL
wrestling	Science Fair, movie night
Softball	Jump Rope for Heart
Student government, art club, Gil club	Clubs and Honor Societies
Jazz band, all-county band, XC running.	Proscenium, SADD Club, Interact Club, Elysium Clubb, Boston BAND Trip
basketball and football	Italian honor society
Football and soccer	Intramurals, chess club
PTA events, character awards	Intramurals
Track...volleyball	Not much. Senior activities that's all.
Football , clubs after school	Basketball
Kids Heart Challenge, movie nights	Any and all offered
Cheer, PTA Offered activities	Baseball
winter and spring track, national Italian society, red cross, gaming club, drivers ed,SAT review course student government, yearbook,	Football, basketball, baseball, concert, jazz & symphony bands, volleyball & basketball contest
8th grader- drama club & jazz band. 5th grader - intramurals	Robotics, Lego, bookfair
no after school activities	the daily specials that are offered and band
PTA movie night and Spring Carnival	football
Gymnastics, soccer, basketball	Jump Rope For Heart
Orchestra	crew
Outside of school activities basketball	Chorus
Drama	Talent show, chorus, band, science fair
Lego club, track	weight lifting
soccer, basketball, intermural	movie night & Spring carnival
soccer	Field hockey, Spring track, interact club, volunteer activities at school
School sponsored programs - trunk or treat, parents night out, etc.	Soccer, best friends club, unified basketball
Sports	Science fair, Dr. Suess
Lego build, open house	Gym
Kids heart challenge	N/a the times do not work for us for those activities
Boys tennis team, drivers Ed, attended school plays, field trips	The festivals, Pokemon events
Volleyball team, Interact Club	Unsure, his father only tells me he participates
Intramurals, Baseball	Chess club and Italian Honor Society
band, chorus, musical	Field hockey, school dance, drama show
intramurals	After school clubs and dances
Drama club	Movie Night; bookstore; book fair

After School Help	PE challenges and monthly workouts
Masque & Mime, French Honor Society	Drama Club, Talent Show, PTA sponsored dances, parties etc.
After school prog, lego club, open house/book fair, field trips, spring break camps, trunk or treat, ice cream social, caught being good tix, class pa	Movie night, book fair, spanish, ice cream social, pictures. We feel the fundraisers make some kids feel left out & feel pressured to participate.
Drama club, group meetings for new students	School dance, PARP, American Heart fundraiser, Ice cream social
Football	Gym intramurals, chess club, environmental club, Spanish class
Dr Seuss party, paint & sip	Cheerleading and my son did Coding Club
Soccer Wrestling cross county track	FFA, Percinium
Intramurals and drama	JV soccer, track, mod baseball
Basketball	Summer camps, science fair
Gymnastics	Movie Night, Field Trip to Bowdoin Park
Wrestling	Movie night , book fair
Track and field and crew	Proscenium, honor societies, winter carnival,& praying patriots.
Track	soccer, baseball, homecoming
Trunk or Treat, Open House	Spanish program
Media club	volleyball, science olympiad
Spelling bee, battle of the books, jump start, yoga	WCC
Lego club, Spooktacular	Soccer
Football , local dances	Cheer
PTA Events, along with the spring break STEM camp offered.	Baseball
Field Hockey	Lego club
Yoga club, spelling bee, battle of the books	Drama
Yoga	After school PE
Clubs and tried out for sports	After school sports, movie night, Seuss birthday bash, and many more
2nd Grader - Intramurals: Floor hockey and tag; 4th Grader - Early Act, Chorus	Science Fair at the end of April; Dr. Suess birthday bash; ice cream social and book fair
sports	Band, chorus drama
will participate in Unified basketball	Intramurals
Tried out for basketball.	drama club
Science fair, soccer	Volleyball. Dances.
Jump rope for heart	School dance /play/chorus/clubs/instruments
Dodge ball. Hockey	Field trips
Peer mediation; intramurals; jump robe for heart	Basketball, baseball, and intramurals
crew, soccer, art club, intramurals	Chorus multicultural club cooking student council
None, we're new.	WCSD Science Fair & Dutchess County Regional Science Fair
Drama	Intramurals (Van Wyck), Interact (John Jay)
Drama club, Student Government, School Dances, basketball games	Masque and Mime
Track, Dances, Football Games	Halloween event, movie night and others
baseball	Movie night, Halloween event. Plays sports for town
sports	Cross country. Track
Cheerleading	random acts of kindness, football
Drama club, NSHS and hopefully NHS	PTA events
he is only allowed to participate where a nurse is present, so he doesn't get the same opportunities all children of the district get.	Modified basketball, modified lacrosse, proscenium and interact club at John Jay, and art club at Fishkill plains
Dance. Cheerleading	Wrestling & Football
Additional academic help	Stage crew
jump rope for heart	class parties, field trips, PTA purchases.
Field Day, Orchestra, Girls in the Run, Fall Fest, Student of the Month Ceremony, Be a Friend Surprise Party, Chorus, Fifth/sixth grade School play	Fall Fest, Field Day, Spirit week activities, Be a Friend Foundation surprise party, attended chorus and orchestra concerts
clubs	Varsity Wrestling Modified Wrestling Lacrosse
AIS / afterschool tennis / sports, fitness, and fun	wrestling lacrosse modified wrestling
PTA events, continuing education classes (chinese0	wrest. mod wrestling lacrosse

intramurals if offered	Sports, band, clubs
Groups with school SW Or counselors; Art projects; Nature Walks	Drama, debate, jazz band
My oldest did the 6th grade play and yearbook club. There is nothing offered for my youngest to do and shes quite sad about it.	She tried the spanish class before school but it was too early for her. She has participated in movie night
Open House, School Concert, Book Fair, Intramural	After school Program with Mr. Bengal
Drama club activities	Games + Fitness
Town of Wappingers recreation and All Sports Health Club	Red Cross Club
Football	Pokemon event
cross country, band	bingo- open house 2xs- icecream social- book fair- book store few times
Baseball, soccer	Robotics
Proscenium. Debate club.	Yoga
Intramurals	Art
Chorus	Lego Tinkers Club
Intramural sports, girls on the run	art club,science Olympia, Crc club
Drama, Volleyball	Football baseball track&field italian club
None offered at FES (that I'm aware of)	field day, fun run and extra help
Drama, music, sports	Football
Book fair. Open house.	Crew
Orchestra, math help, jump rope for heart, running event this past fall	GSA, proscenium
Swimming and LGTB group	Floor hockey, other 6th grade gym intramurals
Art club	Intramurals, band
Running, math, baseball, dance, soccer, basketball	Environmental Club
science fair, spring break camp, maybe summer camp	Boston trip
Band, jump rope for heart	Games & Fitness
Robotics	Color run, small and tall ball
Quarterback on the football team. Attends the weight training room every day	Fun Run, Dress Up Days, Heart Challenge, Trunk or Treat, Open House, etc.
Baseball	Learn through Play Program
field trips	Masque & Mime, Greenworks, Ketcham Keynotes
There has not been many activities after hours for those is kindergarten	Intramural
Basketball, wrestling,	Kinry - intramurals Wapplr - cross county & track, drama club
Only in class, in school activities, ice cream social, open house	HHS
Kids Heart Challenge. I don't know of any available clubs or activities other than fitness and games that ends early and costs extra \$	wrestling, multiple clubs (honor society, italian honor society, jazz band, best buddies, intractive club
She participated in Fun Run	Drama, dances, Prom
Matball intramural	Jv soccer, varsity basketball, modified basketball, modified track and field
Chorus	Chess, intramurals
Baseball/wrestling/football and track	Best buddies, National honor society
Football / tutoring	Cheer
after / before school sports	Cheerleading/ ski club
Met ball	JV Cheer
Media club at Kinry	Play soccer on school team
Band	Plays soccer on school team
Science Olympiad history society and golf and robotics	Spanish Enrichment Program
intermurals, modified baseball	Floor hockey, chorus
Football, basketball, baseball	Drama, Intramurals, peer mediation, jump rope for heart
Physical Education Summer Camp, Movie night, STEAM night,	Drama Club, orchestra, extra Math lessons
HS sports, before school clubs	Band, Field Trips, PTA events
Intermurals - both	10th grader plays Football
Science fair	Intramurals
robotics and gymnastics	PLAYING WITH FRIENDS
Science fair,	volleyball, basketball, softball

PE	Lacrosse, Band
Art club she wanted to join drama club & was excluded. My daughter is extremely talented with acting. So it is their loss. She never tried again.	None that were school related. Wjh doesn't even offer an adequate outside basketball court for the teenagers to play
Intramural, homework club	Band
Spring break camp, after school PTA meet ups	Does activities at fishkill rec
Basketball, track,	Math Night and other PTA events
Carnival, open house, we loved the cheer camp over the summer	after school program
Masque and mime	Spanish classes in the morning
Heart challenge	Basketball baseball, intramurals at school
Volleyball spikefest, boys lacrosse, Italian honor society	science fair, book fair
varsity sports	Intramurals, softball, volleyball and girls on the run.
Field day	band,drama in school; soccer,scouting outside of school
Drama club	Intramurals, basketball and Spelling competition
soccer	Italian Honor Society and Chess Club
Lego, jumprope for heart, girls on the run	Intramurals
Softball team	Football, basket ball games.
Interact, math honor society	Afterschool program, Ms laundry's afterschool
Rowing	GOTR, yearbook club
intramurals	Halloween; dance; fun run
Both are in proscenium.	Movie night, trunk or treat, dr Seuss night, Afterschool sport and fitness
PTA events	Drama
LEGO	Boston trip
Spanish class, leggo build, wrestling,	Bingo, ice cream social
Willy Wonka junior and she did karate on the side. She did civility pride club and science Olympiad but had to leave those because of the play	Heart Challenge, Jump Rope, Field Day, Halloween activity, Dr Seuse Play and activity night, Movie Night
Drama club	Sports
Musical, band	Environmental club, kids heart challenge
Yoga, gymnastics, Girl Scouts	Chess Club, Intramurals Club, Art Club
Tennis	Sports /student gov
Too many to list	Intramurals, Yearbook
Volleyball	Sports
Jump rope for heart, band, chorus, floor hockey	Extra math intramural
Critical thinking club	Cheer program and girls on the run
Modified sports, intramurals, theater	Heart Run
Intramurals	Coding club, jump rope for heart
Donations and girls scouts	Flag football and basketball
Intramurals	Jump rope for heart
Halloween night, Paint & Sip, Movie night, Mystery reader, Games & Fitness	Much fewer events offered these past 2 years - my child is enrolled is Drama, Orchestra and Mural clubs
Girls Varsity Swimming	Intramurals
Intramurals, girls soccer team	Intramurals
lacrosse, proscenium, Interact, Jazz band, Praying Patriots	Girls running club, environmental club, drama, science fair
Modified lacrosse	Track and drama
Jump Rope for Heart, Cheer Clinics	Soccer and lacrosse
Attending sporting events, pep rallies, intramurals	Interact Club, Track & Field, History Honors Society
Yoga Club (Gayhead) Field Hockey (VW)	chorus
Lacrosse volleyball	Drama club
good buddies/honor society/italian honor society/jazz band wrestling club	Intramurals, baseball, soccer, basketball and football
Art Club, Teacher Volleyball match, merit award, Boston Trip	Drama club
Intermural football	Jump rope for heart
Cheerleading track	Football , karate , parkour , hip hop dance
Cheerleader	Drama Club, art club, games &fitness program

Lego Club	Science Olympiad, Drama Club, Orchestra
Movie Night	Soccer, Lacrosse
Chorus, band, drama club	Band, hockey, Spanish honor society
pE, tutoring. Out side of school she does volleyball and dance	Intramurals, Chorus, Gymnastics
Games & Fitness club	Drama, pride club
Cross country, spring track and field	Intramurals, Choir performance, school trips
Tennis team, Proscenium	Baseball, basketball
after school PE programs with Ms. Landry, ping pong/other sports after school at VW, track	Link Leader, GSA, student/Boces program change policies, french, math, history honor societies
Band, chorus	Jump for heart, talent show, taco Tuesday night, band, chorus,drama
Movie night, Marist dance performance, open house book fair,	pit orchestra, weight room, stock investing club, pep band
Red cross and student counsel	Gym intramurals, coding club
Basketball skills outside of school	Drama club, student council
sports, events	Soccer, Track, Italian Honor Society, Science Olympiad
Not many	Varsity Golf
Girls on the run, yearbook club	Student council, drama
Drama club student council safety patrol	Intramurals soccer bball softball volleyball
Orchestra	Interact club, track & field
Cross Country	My child has participated in Games and fitness this year.
We did not. We would do intramurals, but they are often just before school and often too early for the kids. We would all prefer them after school.	Attended some PTA events, unaware of any other offerings besides Friday afternoon Spanish classes. We would participate in Spanish if not on Fridays.
Beat buddies	Step club
He has outside activities	Jump rope for the heart
Citizen of the month, book fair, open house , Pokemon camp	Math help year book
Intramural, homework club and Robotics	Football team, Wrestling team, Track team
Soccer/hockey	Nothing
Cheerleading	instrumental band
varsity field hockey, varsity lacrosse, spanish honor society, math honor society, link leader	Elementary: Pokemon club, after school events middle school: cross country, Boston
Chorus	Jump Rope for Heart, Alzheimer Walk at Walkway over the hudson
Football	Chorus
Pta events, intemurals, jump rope for heart	Intramurals, afterschool art club, afterschool science club
Intramural's - book fairs - grandparents breakfast - Halloween /	Track
Recess	science fair, wrestling club, intermurals, sport club
Mentoring & band	Unable to participate due to health
Pokemon, Chorus	Crew
Aladdin play, yearbook	After school Legos
6th grade play	Games and fitness after school
Recess, earned soccer,	Drama club, area all state, early act, mentor program, floor hockey after school with pe teacher.
Pokemon	Wrestling
wrestling and Fairs	Cookout/ welcome back evening, afterschool games with Mr. Bengal, Dr. Seuss evening, science fair
Intramurals, cheerleading, art club, Pokemon club	Morning News
Lacrosse	Intramurals, PTA hosted events (BINGO/Ice-cream night, movie night, etc.)
Yearbook, events, band	Gymnastics
Volunteer Work	Unified basketball
Intramural	Band, spanish national honor society
PE, Intramurals, Festivals	Honor society, procenium, track and field, xc
Lego club	Yoga
Bingo, movie night, science fair, book fair.	orchestra

Intermurals, jumpe rope,	Open house, school book fair
Cheer, inter murals, sports, after school tutoring, best buddies	Bowling
Halloween, Open House & Spring Festival	Basketball baseball football
Intramural, Student Council	Track, track and field
HABLA spanish class	Heart challenge, drama
Drama Club at both Fishkill Plains and Van Wyck; Mural Club at FP and Lego Club at VW.	Tennis, Math team, Math Honor Society, Science Olympiad, Amnesty club, Computer Science Honor Society
wrestling, flag football	School theme days, chorus, intramurals, movie nights
Intramurals/drama	Science Olympiads, robotics, chess, jazz
Softball	Jump rope, hockey, soccer, walks, hikes, biking, swimming
Orchestra and Chorus	Football
Intramurals, Pokemon, student council	Math & physics / Intramurals/ Drama club/ CLC/ art club
Fall Festival , Ice Cream Social , Pokemon Events , PE camp	Games and fitness after school
Track	Spanish class, lego club, wrestling,
Drama, intramurals and game club.	Wrestling
Intramurals	Girl Scouts
Drama and Chorus	Gym basketball bike riding
Art club	Intramurals, kids heart challange
Trunk and treat	drama, band, track
Morning intramural, chess club. Att club , music	Student of the month, Fundraising, Book Fairs, Open House
Concerts, trips and intramurals	intramurals
Jump rope for heart	Lacrosse, feild hockey, intermural's,
Intramurals, jump rope for heart	Intramurals
Language and early Act	Art club, chess club, and intramural.
Orchestra and chorus -4th grader	CRC, Art Club, School Dances
Volleyball	Cheer
Continuing Ed PE camps, Esports Pokemon and gaming	intamurals, jump rope for heart, soccer, track, drama club
Choir	Volleyball- spring track
Track and field, cross country, science Olympiad, drama	Intermural
Lego club, ukeule club, all fundraisers, hugs day, field trips, community outings on Main Street, school staff is extremely kind to my son	Intramurals, yearbook club, science olympiads, math olympiads, jump rope for hear, drama club
Ice cream social	Movie night and field day
Only regular activities	Heart Challenge, STEM Robotics after school program
Play, student council, peer mediation	Intramurals
Intramurals at Sheafe	Track
Coding Club	Spanish, Pokemon, Fall Festival
Modified & JV sports teams; intramurals; stage crew; band; chorus	Kids Heart challenge
Intramural	Pe fun
Just normal classroom activities	Honors society, AP review
Fall festival, Pokemon, spring festival	Varsity Volleyball, FFA and she went to the Homecoming Dance
Varsity volleyball and Varsity golf, National Honor Society, Hometown Connections, Senior Class fundraiser events, Homecoming dance, school athletics	Volleyball tournament, Winter carnival, orchestra concerts, cross country, winter/spring Track & field, APUS law debates

QUESTION 10**What additional wellness opportunities would your child(ren) like to join in the future?**

537 responses (a response of N/A has been removed)

None (12 entries)	sports
More special ed programs	Unsure
Healthier lunch food.	None. She is graduating
Yoga	Something regarding nutrition
Basketball	Tennis, bowling, gymnastics, wrestling, tap dancing
Anything offered by the school	Nobe
Sports clubs	Intramurals
PE offerings such as yoga/pilates, walking to running training, dance classes like Zumba etc, strength training for women	Mindfulness, more physically active opportunities before and after school
Clubs, intramurals, after school activities, mindfulness activities	There are lots of options already. We are very happy with Myers.
Anti bullyibg programs	To play baseball
Lego club	I'm not sure what the opportunities would be
Would participate in school meals if healthy options were offered	Extra curricular activities that are affordable. I.E. Yoga was a great offering but pricey.
Sports	black hole sports wappingers falls
Cooking classes	Affordable movement programs (yoga was very expensive)
Nothing	Basketball and volleyball intermurals would be very welcome!
After school wellness, Lego Building	School Sports
sponsor some school sports clubs/teams, like they will have in Jr High and High School. Minimal if any charge, after school, limited equipment needed	I'd like to see after school activities and clubs offered at Orchard View. Some kids feel like misfits and don't want to join outside of Orchard View.
Not sure	Football
Don't know	Better meal choices
More games & fitness opportunities. I know what it would look like but some kind of emotions/feelings group chat.	Intramural sports at the high school level (not competitive, just fun-like open gym basketball)
Robotics team	Cooking classes
any intramural sports	Gym
I believe you are directly asking students to complete this survey, I'll let my child respond there.	Installation of Tennis courts, Proper nutrition in the Cafeteria like Westchester Schools offer
Art classes, meditation	Maybe basketball
not sure	I don't know
After school	Golf
meditation class during the day without additional cost to families	Too late for anything positive for my family, but I think PE should offer differentiated options for intramurals.
continue with drama club	My children are very active in sports.
Unsure. I would like my child to join a skills class	Track
More before school programs would be nice to have.	Karate
Additional enrichment clubs or after school activities for the students- from an educational standpoint- debate club, horticulture club, etc.	Atudent participating sports, should not be penalized for an absence during a gym day. Sports should qualify asmake ups. No other class requires this
Baseball	School sports
Nope	None. Graduating.
Intramurals!	Yoga, football, cheerleading, track

Soccer	Soccer
Intermurals	Swimming
Track/running	Anything with sports!!
Teams easier to join. More soccer	Sports after school
Keep all of the above	art clubs, sports activities
Activity of art	mindfulness
More wellness opportunities, more after school sports in school recreational	There needs to be a focus on mental health wellness, mindfulness, and coping skills for teens
Anything free or affordable.	exercise programs, weight room programs
intramurals	Music/ Chorus
Not Sure	Walking
More clubs	Gym class like intramural.
meditation/mindfulness	Free Zumba, volleyball, inspirational speakers etc
More affordable activities for students:- sports clinics, book clubs, classes etc (under \$50/week), so it's more affordable for single income families	Mindfulness camps. The district provided camp is too expensive and we seem to always have schedule conflicts with the schedule
Football	Cheer and school sports
Yoga, more mindfulness,	Maybe a gardening club?
Programs for education on balanced meals and nutrition would be beneficial to all children.	Dance classes, possible free or low cost activities for low income, single parent income with multiple children.
I WOULD LIKE TO SEE THE SCHOOL REQUIRE LIFE SKILLS CLASSES IN EACH GRADE	They would love to keep progressing in Spanish classes before school.
Anything that I would be able to get them to	dance
More school based clubs and activities	The HABLA program, STEM club
Healthy eating	Not sure
school sports	Unsure of what's offered for them
cooking classes	Cheerleading, track, yoga
Hockey football baseball	Undecided
I don't know yet	Nothing as of yet
group opportunities to address conflict resolution and safety	Would love a color run like Gayhead does
Wellness day for students to interact with each other and have fun.	Outdoor Field trips where they can explore, learn spend time outdoors
More after school options not before school	More STEM and writing related
Obstacle course training (ninja kids)	Yoga, cooking demonstrations
Wrestling, basketball, track	Cheerleading, anything with dance and music.
Year round xc running practice.	Basketball clinics
Basketball	Girls softball team
Football not sure what else	yoga class
My child will continue playing on a soccer team	Tennis
Cheerleading	Not sure
unsure at this time	Open gym at John Jay after school
Uncertain	Not sure
They would prefer after school intramurals, instead of before school intramurals	She would be interested in intramurals, I am not sure if they are offered to kindergartners
soccer at the school	Archery
Not sure	Sports events / basketball/ Soccer /

Girl Scouts	Wrestling & Football
Sports or clubs	Not sure
sports	None at this time.
Intramurals for kids who don't make a team at JJ. It's incredible how many kids come out and tryout for sports and want to be involved.	A/V club, running club, or sign language classes; I'd like classroom push-in by the school social workers 2X/year around social-emotional wellness.
Book club? Building clubs? Kind of still new to the district and not completely aware of the extra curriculars.	GLUTEN FREE DAIRY FREE LUNCH remain w/chicken+quinoa/ glut.free chick nuggets/ glut. free waffles PLEASE
After school	CALISTHENICS
Open to whatever is offered.	calisthenics AFTER SCHOOL PROGRAM PLEASE
Basketball	Crew
Gymnastics	Intramural sports teams
Swimming	Lego club. Art design on the computer club
Art/craft clubs, science clubs	I am not sure
Karate	A basic fitness afterschool program
Before school options would be nice, as afterschool days are busy.	In school discussion for upper grades about cyber safety/bullying,
Open weight room time for exercise	unsure
Not sure but happy with the range of offerings at the school.	Not sure yet.
Unknown	drama club was brought up as well as the other clubs
Open to opportunities to join clubs in the future	Soccer and Girl Scouts
More clubs, less academic clubs, more fun activities	Baseball
More introductory sports classes/intramurals	Wrestling
Summer camps	Crew
Gymnastics, dance, sports	Field hockey, dance
STOP using candy in classrooms/office/special areas as a reward. It is counterproductive to healthy diet efforts as skittles are handed out freely.	more opportunities for students with special needs - this youth are often not those who get the opportunity to participate in school sports or clubs
Not sure the offerings.	?
Volleyball	free lunch program
Continue with drama club	Soccer, basketball
Basketball, Football	I don't know
Cooking class	Track and soccer
Open gym, sports, pick up games, weight room, etc.	Yoga
Cheerleading	gymnastics
any of them if available to him since he is singled out for his 504 requirements	Club / activities for afterschool for kindergarten or grade 1 students
Softball	Soccer school team
Girls on the Run club, other after school clubs	Meditation/Yoga
Maybe information sessions for the children on the importance of eating healthy foods. And have foods available for them to try.	Your activities should be open for the kids who want to join it. If they did an audition her talent would be seen. Now she is insecure about trying
activities with physical orientation	Environmental clubs, yoga, meditation, pen pals
intramural, more language/enrichment opportunities	4th grader wants to join drama club
intramurals	Intranurals weights and basketball
Nature walks;	GYMNASTICS
Sports, music	Dance class, art class

Any and all of them offered	Not sure
One to one therapy for students to help cope w death of family member / divorce / expressing feelings	I don't understand why there are only a limited 15) amount of kids chosen for basketball
Community involvement. Food banks, senior citizen help, animal rescue groups	basketball in Fishkill Elementary school + some kind of food club in Junior H.S.
none	Yoga, dance, step.
Baseball, soccer	Play soccer on school team
Not sure. She has interest in dance.	Basketball
Intermural's that are more often	Regular Yoga and mindfulness
Meditation	my oldest wants to try crew/rowing next year in 7th grade
Any available	Swimming, Athletics
Yoga, more sports opportunities for elementary schools	Yoga
After school enrichment programs. After school athletic activities	More physical afterschool opportunities such as gym or soccer or basketball
Theatre	Yoga, soccer, knitting,cooking, crafting
Unsure	More outdoor activities
Hasnt expressed any	Unsure
He will continue to do his sports training through high school	Swimming
Baseball	Sports practice after school
don't know	Meditation, yoga
Sports Intermurals	Golf.
I am not sure	Intramurals for younger grades
Unsure	Participate in sports.
sports	more sports opportunities - soccer, basketball, ect.
Sport activities	Dont know
I would like the school to offer sports and other activities after school that would run until 5pm, end of most work days	Sports - the opportunities are much too limited, especially at the jr high level
more activites to get children moving	Unknown
More cheer and Girl Scouts	More intramural sports in the elementary level and HS level
same but more often, or ones I can't think of but more often	Color run, track, any extra curricular sports opportunities
I would love for the after school sports at kinry to have an transportation option for vassar students. I cannot get to school to bring him over.	Because of drama often times they can't join anything else without losing four months of that club like Peyton did this year
Football basketball base basketball	Drama club at kinry
Peer conflict type groups or social skills groups for all students that they can sign up for with their teachers	I would like my children to have access to weekly/cyclically SEL support AND communication to families about it.
Intramural, drama	Tennis
More after school physical activities	Yoga
Softball, swimming,	Theater, Athletics , Stem , Lego, Cheer
Swim, Tennis, Golf,	Unsure
Intramural volleyball	activities involving: sports, music, math, dance
Color run	Soccer, Lego-themed activities, etc.
some more mental health opportunities or yoga	Swimming
don't know	Hula hoop party
More after school offerings like flag football, open gym	more open weight room time
More sports intramural after school programs	Sports

Track, dance	Art
Any	Free after school activities
More clubs for elementary school	Yoga, meditation
Girls club / Boys club to learn the relationship , build talking about things that need in a comfortable space	Yoga, mindfulness classes, emotional intelligence classes or groups, meditation and affirmation exposure
Nutrition & Physical Health Education	Don't know yet
Sports	Meditation sessions
Any available	After school sports
More outside time, less hw to leave room for after school activity	Kids should have more fun activities to socialize get the clubs to interact together
They walk and go to gym currently.	Bicycle
More yoga	Idk
Independent living skills, budgeting, scholarship help, college career prep, diversity equity and inclusion training	soccer- more slots on a soccer team(have an A and a B team?)
I don't know	No sure
GSA/Pride Club, Elysium, art-related clubs, Drama/Proscenium	Extended learning days, after school clubs/activities, recycling programs, gardening opportunities, out of school trips
Band, chorus, more after school sports activities	Weight Room, Soccer
Not sure	Not sure
More after school actives for longer periods of time	Football
Stem/ foreign language	Any group where he feels comfortable
Lego building, STEM extracurricular activities, Robotics	more STEM activities
Last year for my child at this school so not relevant anymore - wished the school offered tennis again (after school not at 7 am !!!), basketball	Yoga in the day, teaching kindness, teaching healthy eating and drinking water, teach about the food plate, offer healthier food options at school
Cheerleading	Outdoor activities for exercise
Cheerleading	Sports
dance classes, games	Football
continued opportunities through continuing ed	School sports
Girls on the run. Intramurals	Tennis club
music lessons	Volleyball, 5k to benefit a charity
Yoga/Mindfulness, Girls on the Run, Club teams or "B" team for those who did not make modified but would like to be physically active.	I would like to see the kids running bake sales able to sell outside cafeteria or allow one parent who is running it there. kids made less than 1/2
Pick up soccer or lacrosse	Hockey. Running track. Gymnastics tennis
	Intramurals, Gaga ball
More free intermural activities.	Yes
Volleyball	Possibly sports, martial arts
Educational tours	other sports opportunities
More gym time	Gymnastic
activities for girls- mostly only boys join athletics that are offered, which is only intramurals before school. This Conflicts with other clubs.	I would like to see more health classes offered or More clubs, activities and informational programs about how the phone is addictive.
They have to much on their plate already afterschool	Nutritional awareness, how to make between food choices,
Winter track and field	Drama, girls on the run type of activity
More performance opportunities	Unknown.
soccer, possibly chess, skiing	More arts and crafts

Unsure	None at school
more k-2 opportunities	?
Bullying prevention	Spanish class, science
Sports, yoga, meditation	Intramurals
Music, Baseball, basketball	Nothing additional at this time
Unknown	I don't know
Different sports clubs after school or yoga. Science activities.	Baseball and basketball
Yes	flag football,
Lower taxed housing	Sports
After school intramurals.	Mental health support, cosplay events, acting
Crew for the plays costume design	Gymnastics or other sport activities, ideally at beginner level and not overly competitive
Music lessons	Football or Soccer
Mindfulness, additional Art classes	art classes, fencing, chess, nature skills/outdoor skills
Sports	Cheer
Academic clubs	Yoga and meditation
More gym classes, transportation for after school programs. I cannot leave work early to pick my child up from an after school activity.	Mental health should be discuss more. More discussion that boys have emotions and feelings too and it's ok for anyone to cry.
He would play soccer or baseball or anything if it was offered to the younger grades.	Not sure , they never asked to do activities other than the 6th grade play.
I don't know	Intramurals and more after school events
Not sure	Volleyball, track and tennis.
Not sure	Basketball/volleyball/yoga
Would like to see more intramural sports	Maybe basketball
Mental health and mindfulness. Yoga. Mindful breathing, healthy eating instruction	Chess club, business planning(Eg create a new taste of drink or food to introduce to people with plan and strategy)
Drama. Soccer? He currently plays hockey	Walking for a cause
Unsure	He intends to tryout for all sports at Van Wyck
Basketball	Swimming, basketball, more language
community service, volunteering	All above
Swiming, soccer	Band/choir, Environmental Club
I dont know	Chest Club
Not sure but some short mindfulness classes maybe	Dancing
Soccer	Any activity to keep them active and energetic
Soccer,kickball, movie nights,hiking,	Basketball, art
Wrestling, dance	Not sure
Money savings meal prep	Sports
Unsure	Intramurals, basketball clinic if offered
Soccer	Soccer, volleyball, swim
Soccer	Clubs
Dance	Girl scouts, sports clubs, after school tutoring
My child participates in karate outside of school	Unsure
Nutrition and your body , proper diet and exercise.	Robotics in RCK
Not sure	Unsure
Exercise classes for students	Basketball, Gymnastics

He's lazy.	Soccer
After-school sports	At elementary, intramurals after school
anything!!!! he does not like to exercise	Dance
I think the option to see the counselor needs to be made more easily available and in a way that other children are not aware of this visit.	There are additional programs offered at the school but there is a fee. Why can't these be offered without a fee or a discounted fee?
Not sure	Running club
Additional wellness challenges like heart	Group meetings/activities
Unsure	Intramural
Fitness	Bike rodeo
Yoga or dance	After school clubs
Different sports activities	Cheer leading and fitness
Soccer, football	Drama, sports programs
My children enjoy sports	Sports, swimming, public speaking
Intramurals	Track & Field
Wrestling and basketball	Basic independent for living and wellness
Activites, clubs outside of school hours	Swimming basketball ice skating
Open basketball	Basketball
Unsure	After school sports
It'd be nice for all schools to incorporate a mindfulness course or a quick meditation at the beginning of the day to start their day relaxed&focused	

QUESTION 11

Let us know your thoughts. Please provide additional feedback about the WCSD Food Service program and wellness opportunities being offered in your child's school building.

482 responses (a response of N/A or None has been removed)

Yes

There is not enough food to sustain the children for the day.

Would like to see less pizza and fried foods like cheese sticks offered for lunch. More proteins and veggies.

I would definitely like to know more about the wellness opportunities

PE offerings need to be more varied, less focused on competitive sports like basketball/volleyball and more opportunities for students who aren't as "athletic" to find and develop lifelong physical activities they will enjoy and continue

I'm not aware of what wellness opportunities exist at the school, meals seem very carb heavy, and breakfast is very sugar heavy, snacks in the cafeteria are not healthy

Food is not healthy; would prefer fresh options like fruit, sandwiches, hot breakfast eggs

Both of my children have to be strictly gluten free, so I honestly don't know the options. The risk for cross-contamination is too risky for them to be able to purchase food at school. I do see many announcements for food opportunities though, and that's great. Many families struggle.

Food cost for lunch is expensive for middle class family. My son loves getting the lunch but I can't afford it all the time. And he needs 2 orders to fill his stomach at times. Can't school lunch be paid by our taxes?

More food choices for lunch

My one son says the food is rotten spoiled for the school lunch's. And they don't seem that nutritional to me either from what he explains to me what they are.

I love that there are programs at the school. Brings comfort knowing it's at the school. It's very convenient when the activity is right after school so I only need to organize pick up instead of drop off and pick up.

Need more salads or wraps..fresh veg!

The addition of an expensive unhealthy slushy machine for elementary students who don't understand money without any parental notification was not a good choice. There should be ways to limit snacks purchased by children while leaving them money for breakfast and lunch.

more fresh fruits and vegetables offered, less cheetos and unhealthy snack options

Needs be more choices for kids for lunch and breakfast change it up

So happy that breakfast and lunches are offered but I would love to see more fresh fruits & veggies and variety beyond pizza like products.

There should be healthier options for our children. The food that is served is very unhealthy. Now a days we have available better for you foods and snacks and our schools continue to serve unhealthy foods as options because it is cheaper and more convenient. With the amount of school tax money that we pay schools should have better options.

Chicken smackers get thumbs down

happy with them but would love to see more intramurals

My children don't eat school because the food offered is both unappealing and (in my opinion) not as healthy as the district believes it to be. Most children have no interest in eating most of the fruits and veggies that are offered. The menu and the choices that the children have need some serious revamping.

More options?

There needs to be more/better options in addition to the daily hot meal. Some of the choices are not palatable, and the alternative of a cheese sandwich or PB&J aren't great alternatives

I would like to see the kids have options at lunch time.. just not one kind of set lunch with plain substitutions.. it would be nice if they had a choice of a few different hot lunches, more options for drinks.. healthy of course

I wish the school would apply for free lunch again.

I would like there to be more mental health group activities at the elementary level. Students who struggle with expressing their emotions and understanding feelings.

It is disappointing when there is bad weather outside and recess is reduced to the kids being in their classroom. They should have access to the gym or cafeteria to get energy out and move. If I ask for any change it is this.

The school breakfast and lunches are not healthy at all. Beacon school district offers smoothies and a variety of foods and lunches from different cultures. Our lunches need to be healthier. I would also like to see additional clubs that are free of charge for our students after school. There should be more enrichment opportunities for those that are advanced. The school district seems to focus more on remedial efforts for students, but there are less opportunities for advancement programs for elementary age students, unless run by the PTA.
I do not think the meals served are healthy and therefore, my children do not eat the school food. pop tarts served for breakfast is not a health choice. ice cream, donuts, etc served as snacks is not a health choice. sugared juice in cans is not healthy. The meals probably have a high sodium content as well. I would not let my children eat the food served at school and i feel there needs to be more healthy options.
I think that the school needs to offer more balanced and healthy meals. My daughter does not get school lunch because she doesn't like it. It's all processed and not fresh. We need to be better at the options we have at school for lunch. More fresh options for those students that don't eat processed food.
Thank you!
School administration needs to do something to address racist slurs from students towards students of color and faculty lack of empathy. Most staff members my child has spoken to in confidence had used the head in the sand approach and told her to ignore it or that perhaps she should try to be less sensitive. Some staff members flat out ignore her when she comments on how frustrating certain behaviors are and act as though she never brought it up.
I wish there was something more enticing than pizza for my child to eat at lunch. I would love to see more intramural sports offered, especially in the breaks between seasons where kids can play for fun and not competitively.
Wish the food was less processed
All good!
Wish lunch was free of charge again.
Kids complain the food hurts their stomach, the food tastes old, the food tastes like rubber. The milk boxes smell horrible.
Keep it healthy
Very good
I believe the breakfast is full of sugar and no options for bagels, rolls, muffins or fresh fruit. Lunch can be improved by offering more options like full salads, other healthy choices.
PE should offer options. Many schools have PE choices, such as yoga, conditioning, weight room. Students can choose programs that will actually lead to life long habits. Not be forced into a one size fits all model where 95 lb freshmen girls are spiked in volleyball by 180 lb senior boys. 180 lb
Normal food served in a quieter atmosphere. The cafeteria and even the spill over room are severely crowded and LOUD! It's ridiculous.
Options for breakfast are not always healthy.
I know the district follows food guidelines for meals but I wish there were more vegetable options at the middle school. Also, there are several yoga/meditation/mindfulness practitioners in the district that focus on children - I wish the schools had programs.
My children do not eat breakfast at school, however they sometimes do if we run late. I find that the school meals are not nutritionally balanced (carb, fat heavy, not enough protein). Breakfast contains too much sugar for children, I strongly feel that this is not the best meal to start the day with. I hope the district looks into better, more nutritionally balanced meals for these children to cultivate better eating habits as adults
We really appreciate the program it helps our family having the assistance
I WOULD LIKE TO SEE THE SCHOOL REQUIRE LIFE SKILLS CLASSES IN EACH GRADE
Different options would be great. Be sensitive to the fact that not everyone has children in the same school. It is difficult to coordinate if there isn't transportation offered for morning activities.
There should be more food choices available for lunch like in Arlington
There needs to be a salad bar & healthy options, not breadsticks and pb&j
The food they serve in the cafeteria is not promoting healthy choices. At an elementary school level they should not be having the options to buy chips, cookies, juices, ice cream, & now the addition of the slurpee machine. Kids at an elementary level are just learning the basics and haven't made the connection of healthy eating healthy mind. They see an opportunity to eat whatever junk food they choose without their parent supervision. We need to go back to healthy eating and cut all the crap and maybe the kids won't be so hyper throughout the day. We need to set good examples of healthy eating in and out of the cafeteria. If a parent chooses for their kids to eat junk food that's one thing but the schools should offer a healthy meal.
Lunch choices need to be healthier. And possibly more options?
We moved here from Manhattan this year and both of our children are well adjusted and absolutely love the school district.
It would be nice to see breakfast sandwiches offered....burritos, fruit cups, rice treats, English muffins, toast, bagel, different kinds of muffins. apple juice or oj.
Would like to see healthier options for lunch. Mozzarella sticks, etc are not a healthy option. Also, alternative food options at the elementary level.

The school lunches do not provide healthy options for our kids. I understand we are a very large district with likely cost constraints, but we can do better. The breakfast choices are jam packed with sugar which is an awful way for our kids to start their day. what about fresh fruit cups/berries, low sugar yogurts? The lunch options have declined in quality over the years so much so that when asking my kids if they want to buy, they respond with a disgusted 'no'. What is offered is done so with little appeal or care for our kids's wellbeing. With the already sugar & carb heavy options, I find it absurd for the need to ice cream for lunch. I'm not a 'health nut' but I care about our kids too much to not speak up.
The lunches at school do not provide a balanced meal for students. Three mozzarella sticks and bread is not a balanced meal. Lunch should be a protein, starch and vegetables and students should have a salad bar every day as well as hot and cold options. My student complains about the lunch all the time.
My children do not want to purchase breakfast or lunch due to the choices and quality of the food. They have said that it does not look or smell appealing and they would rather just bring a sandwich from home.
Wappingers has one of the lowest rates school lunch programs in NY state. I complain every year. Go eat the cold slop they feed our kids
Please offer a salad bar daily so children can choose which items they would like to eat. This would reduce waste by allowing children to choose their items.
More healthy delicious options for lunch would be appreciated
Would appreciate more varieties for lunch. My kids are more open to new food offered at school. They may not like it, but they wouldn't even try at home
My child used to eat from the menu provided at school but he found that the food was undercooked. In addition, he has a peanut allergy and a cookie that he ate likely was cross contaminated and caused a reaction. I think most of the kids and parents would agree to remove the fish sticks from the menu. In addition, there should be options (like a cheese, or ham/turkey sandwich, hot dogs, spaghetti or even salad).
I would love it if they offer healthier breakfast items
Some of the food served in the cafeteria is detrimental to our children's health. This has to change.
It would be great to have occasional activities for the younger kids like a field day type of thing as a family night event. Also a listing of what snacks are available for the kids to purchase would be helpful so we can guide them better. if there's any possibility of having a google calendar with the lunches that would be a dream!
I stopped buying my children lunch because they said it wasn't satisfying nor did it taste good & they would come home after school starving even though they bought lunch they really didn't care for
We are happy very happy with all the programs available, there is something available for every child-My child takes lunch to school but does enjoy some meals from the menu!
I believe the school is doing the best they can & all their efforts are appreciated
Hi. I still believe that we can offer our students many more healthy items for lunch. The snacks that my children have access to at school are full of sugar and preservatives and I truly don't believe they have a place in the school building (ie: cotton candy flavored slushes, chipwich ice cream, regularly made chips/not baked,etc.). Lunches are also full of sugar (ie: french toast, pancakes). I am not against sugary treats for children, I just think they should have access to them in the school. It is not good for their energy level or cognition. Thank you for your consideration!!
my daughter only buys on Fridays, and she loves pizza Fridays. Maybe more wellness opportunities (or I am just not aware of all that is offered)
Some of the lunch items, such as mozzarella sticks and corn dogs, do not seem like a healthy option. And offering pizza twice in one week seems excessive (pizza bagel and big daddy's slice). Salads used to be offered daily at my kids' schools, but they said they're not always an option daily. I wish they were offered daily.
They need more options
My child isnt a big meat eater so more salad and fresh fruit options would be great.
I think there should be more variety, along with vegetarian, turrkey burgers and vegan options available.Get rid of the pork
I appreciate the school
The food service is horrible. The foods don't go, they aren't mixed well or balanced. Everything is fried and fatty. There are no options for kids with allergies. Hire me, I'll plan your school meals probably for half the cost.
Better lunch options and not such expensive snacks in the cafeteria
The food options are really horrible. I wish there was a bigger selection of actually healthy foods. Salad bar, fresh fruit, yogurt, sandwich station. I let the kids buy lunch because they want it but I can't believe the quality of the food provided. So processed. I'd never eat these things.
More fresh food (fruits and vegetables) made available to students
There needs to be more variety of healthy food choices for breakfast and lunch
We could use a few healthier lunch options and a greater variety
I do not feel the lunch offered in the school is well balanced or nutritious. For example, mozzarella sticks should not be the main entree for lunch.

Higher quality meats, less processed food, salad bars, eliminating seed oils etc. we can do way better.
Breakfast options are very high in sugar. Would like healthier options
Breakfast needs a lot of improvement and maybe more options.
The cafeteria food being satisfying is not the right question to ask. It may be satisfying but it is not a healthy/well balanced meal.
Not enough since children are not allowed or released with enough time
Some more variety for breakfast options, but good overall. My daughter has her favorite days to buy lunch.
Healthy side options for lunch are very lacking. The vegetables are over cooked and unseasoned. Cucumber salad, chick pea salad, corn and black bean salsa are some ideas.
My son doesn't like any of the foods offered, except the wraps. He likes the food at Wappingers JHS better. He usually buys junk food which bothers me.
Lunches have more variety
They would love more fresh food options for lunch. One has a pre diabetic condition that she needs to limit carbs and the school lunch options just don't work for her
There have been a couple of clubs after school but I can't provide transportation so my child can't participate. If there was a late bus then it would be an option.
I don't have students with major allergies but I know that some options were removed for severe gluten allergies and I feel that is making it increasingly difficult for those children and those options should be returned.
More fruit options would be great
Would love before school opportunities, and Poptarts are not a sufficient breakfast. Students who depend on breakfast each morning, should have access to a more filling sustaining breakfast.
A vending machine with healthy snacks and drinks
My daughter doesn't eat at school because she said the food there is not good
I am disappointed with the quality and nutrition of the food offered at the cafeteria. I understand the district works with a budget and the school cafeteria works within that. However there is minimal offerings of fresh produce or fruit. The bulk of the food items are high carb high fat items. We only allow the kids to buy once or twice a week due to the food.
Incorporate wellness into the day. Be less reactive and more proactive. Teachers, especially general Ed teachers, seem to lack empathy. They do not contact parents, even though it states it on a students' IEP. District office administrators don't even get back to parents and address their concerns. I have brought concerns up about my daughter and they have been ignored. It seems the admins think they know best. It isn't good practice to ignore parents. Now my daughter is paying the consequences and reliving the same issues. I have no confidence, except in some of my daughters special education teachers
My comments are not so much on the fitness offerings as they are on the school lunch menus. Having moved here from NYC schools, the lunch and particularly the breakfast offerings are shockingly bad. For example, offering kids pop tarts, honey buns, and graham crackers for breakfast offers no nutritional value and is nearly as bad (possibly worse?) than no breakfast at all. A sample lunch item is grilled cheese with bacon with fritos on the side. Who is consulting on this menu? Further, my son has frequently reported that his school lunch comes with no sides despite the menu promising a vegetable, so I'm not confident that the menu offerings are always being provided. There is far too much junk being offered.
They seem fine.
Love the roasted chickpeas. Would love to see more modern approaches to meal options, vegan, vegetarian options.
good job!
We're new to the district and schools. My daughter does not like school lunches in general so I make them daily.
There should be a little more options
My child feels like there are people to go to but they do not care about the student and do not care to resolve issues that arise such as a teacher student conflict. That is very sad!
Provide health Snacks
Update lunch menu. Move away from frozen processed food. Cheese-filled breadsticks or mozzarella sticks as an entree? New options ideas: salad bar, sandwich/wrap station, better daily options. More variety. Create a Youth Advisory Council: Students become more involved in deciding lunch (new menu ideas, voting on menu items, naming menu items) Youth Advisory Council hand out samples - students vote on favorites. Have a class or club serve as a 'test group' that tastes different lunch food items and recommends certain items to the rest of the school (e.g. Class X recommends . .).
The lunch menu is very repetitive and not always the healthiest options.

Not much variation. Chicken and pizza seem to always be served abd my kids hate chicken. Other than that, some choices are too "old" for elementary school. What 5 year old is going to eat veggie dumplings?
It would be great to have a garden on the school grounds or opportunity for kids to prepare healthier food.
We are satisfied with the lunch menu provided. It is better than other schools in the area. I just wish it was posted earlier on the website for families to plan.
My son does not eat the school breakfast or lunch, he is a very picky eater. It would be great if there was a program to help parents with children who are picky eaters
would love to see lunch free for all students....and a better understanding/policy for snow days and how that affects the menu - or post that information when you post the delay/snow day/etc...for families to plan who have picky eaters
My student was sad to learn the free lunch funding was stopped and no longer eats at school.
My youngest daughter was recently diagnosed with celiac and there are NO food options for her, which is completely unacceptable! Please have gluten free options, besides salad, available for students who need it! She has \$10 in her lunch account and I cannot get it back either.
Too bad we cannot have healthier lunch, breakfast, snack options.
Started school in January 2023 so far so good
The breakfast menu is disappointing health-wise. Not enough protein for teenagers. Too many sugar options. Lunch needs more protein and more than one vegetable option. Salads need options plain or with chicken, hard boiled egg, cheese. Sell granola bars instead of pop tarts especially in the mornings. More yogurt options including plain/Greek. Lunch should be ten minutes longer. Kids are rushing and it's not healthy.
I feel forcing the kids to eat fruits and whole grain bread only is encouraging kids not to eat a skip a meal because they do not like your options. Let the kids eat a regular sandwich on white bread or a cheeseburger on white hamburger rolls. Stop forcing kids to abide by your agenda. Let the bake sales sell baked goods... cookies brownies It's a bake sale for god sake. Let our kids be kids. Stop trying to parent kids that are not yours. Try to control all the bad stuff happening in your bathrooms like kids smoking weed and kids taking pictures of poor kids trying to go to the bathroom. Control that first. My kid is afraid to use any bathroom in that school. You should concentrate on that. Not cookies and bake sale items.
the food offering is awful, there is litterally no plant based options. Everything is completely unhealthy so he brings lunch every day.
She gave up on school lunch back in elementary school. She has a full schedule with no lunch and she prefers that over a lunch period. She takes snacks with her and or eats before Proscenium starts.
The food at the school is extremely unhealthy. It's full of sugar and processed food.
The lunch menu is the same every week and the choices are poor. Please look at other school districts lunch menus and you can see the difference in what's being offered.
It is disgusting what they serve for breakfast. No nutritional benefits, all sugar.
As my child brings lunch from home, i dont have a lot to say about the oak grove specific school lunch program. I would say generally, that school lunches should offer more fresh fruit and vegetables, and more options.
My kids often complain about the quality and lack of choice for lunches.
I feel that for the younger kids they should force them to order a vegetable so they are having a slightly more balanced meal on days they want to buy lunch
Very grateful for it, thank you
I'd recommend removing ice cream as a food option if we are focused on wellness
I believe there needs to be more after school activities for the children to get involved.
Food is low quality, especially the "meat"
We are very pleased with WCSD
There should be some kind of sibling discount for school lunches 3+ dollars for 3 kids is expensive weekly.
Food can have better appearance and more choices should be offered.
It should be selected more healthy foods.
The food service program has several sugar options rather than healthy foods.
Happy with Food services but some healthier options would be great.
Social- emotional intelligence should be taught as well as healthy relationships.
I think more options should be provided
Wish there was a better selection of lunches and less pizza.
Portion sizes are hardly enough for an elementary school child, nevermind a high school boy. This causes my children to purchase \$5-\$7 in additional food daily. Bring back free lunches

I think there needs to be more of a variety of foods espically for kids with dietary issues or taste and sensory issues along with better and heal or hire meals offered as same cost of current and water should be included not just white or chocolate milk .
The food is unhealthy. Students should not have pop tarts for breakfast, nor should they have choices such as bacon burgers. Meals should be balanced, healthy, fresh, and filling. Fresh fruits and vegetables should be at the forefront and cholesterol heavy/fattening foods should be removed.
My child likes to buy snacks and ice cream with his lunch. Is there a way for the myschool bucks to limit purchases to school lunch only?
More vegetarian and varied lunch options
The food options at all WCSD schools is poor in comparison to surrounding school districts. Breakfast should be hot and should be filling, currently, the options for breakfast are filled with sugar (honey buns, cinnamon rolls, pop tarts) - unacceptable! Surrounding districts provide students with pancakes, waffles, eggs, fresh fruit - actual breakfast items, meant to sustain growing children through the day. The menus from other districts (Beacon and Arlington) were compared to WCSD and the difference in options was astounding. The children in our district deserve better and changes need to be made in regards to what they are being offered. If their health and wellness is such a priority then why are we allowing these items, to be served?!
Ok
i would like to see more confidence buidling opportunities
MORE COLD FOOD CHOICES WOULD HELP, VARIETY
My kids really struggle w/the food at their schools. There are way too many sugary options at breakfast. Churros should not be a breakfast option. My kids feel the chicken is not tasty or healthy, the pizza is not appealing and not enough fresh fruit or vegetable options. They also say the food is sometimes cold and not hot. What about soups and healthy sandwiches and breakfast bars and yogurt. Ice cream should also not be an option at lunch especially when healthy snack options aren't even available.
They need to provide better breakfast options. The basically serve junk.
I would like to see more fresh local produce incorporated into school lunches and possibly a gardening program for students to learn about healthy eating.
The food options for lunch are not good, pancakes with maple syrup is not a lunch ,..
The breakfast choices are not healthy. I would like to see more healthy options offered.
A little more variety and additional offerings for breakfast and lunch.
Better selection of vegetables (salads and varieties fruits
Emotional Intelligence/Resilience activities with way children can feel confident about sharing their feeling in a healthy way
More outside time, less hw for primary grades. Current research indicates hw for primary grades does not correlate to higher test scores. My child loves school but teachers are overwhelmed and impatient with students creating a tense classroom environment. Too many students are in each class. 30 students in a primary class in unconscionable.
I feel my daughter should be allowed to have the reduced lunch. I've been disabled for three years but have been fighting too get disability. My husband makes more than what qualifies her to get the reduced lunch but every penny he makes guess to ask if my medical bills, keeping it home or if foreclosure and keeping cars for both of us. It's insane
This food is poison for children. None of it is healthy and i wouldnt feed itto my dog.
Pizza fridays are the only day that I know my child will not eat because he does not like that pizza
Thankful for teachers and support staff for supporting my children's academic achievements. Wappingers and many wonderful teachersMaybe hire peoples institute for integrity and beyond for diversity training; have wapp district all families event at parks; pta library of parent wellness resources; parent support groups college prep supplies groups, student study buddy support, teen free tutoring
Free lunch program
My child always says that the food does not look appealing at school & will not eat it
Food choices are horrendous and provide very little nutrition value. Need more protein and less carbs. Vegetable choices are terrible as well. Also, not enough variety throughout the month.
More variety and better quality food should be provided.
My kids keep on mentioning the quality of the food isn't great. For ex. too hard, dry, not pleasant to eat.
More activities for the younger children
Better food. Kids complain all the time of the choices and taste
Incorporating more vegetables and fresh fruits in the lunch menu, making Games & Fitness available and accessible in more schools.
Wish food was better. My child (and others) complain that the food isn't that good. Wished once a week they offered real pizza (or at the very least decent frozen pizza cooked on site in an oven ! My child can't stomach œbig Daddy pizza and she loves pizza ! Regular buttered pasta, sauce on the side. Cheese sticks and yogurts. Fish. Salads. Different fruits options like besides the usual apple, bananas, clementines, grapes.

There should be better breakfast other than pop tarts and cereal. Also lunch, my daughter sometimes asks me if she could bring from home as she doesn't always like the options served
kids have complained that the pizza at Fishkill plains does not taste good. Need better healthy food. Better breakfast options as well
I think the different opportunities offered through continuing ed is great! We are grateful for this program.
My children are not fans of the school lunch. They used to eat the chicken smackers but now they say they are horrible. They love pizza they refuse to eat the school pizza they say it is not good and the sauce is orange. They would eat cheeseburgers but they are rarely offered. I think wappinger a can do better for our children when it comes to school lunches. I would like to see the lunch served at Beacon City schools brought to Wappingers. Salads would be a nice offering in the elementary schoola
The food offerings are limited in protein, which we know sustains a student longer than carbohydrate-heavy options. I would love the district to offer healthier (protein) options. Sugary cereals and cheese sticks shouldn't even be considered entrees. At VW there are limited spaces for athletic activities. I wish there was an intramural or "B" team for students who didn't make modified. Example: over 100 girls try out for volleyball...what about the 75+ who don't make the team? Combining lacrosse programs in a district of our size is also ridiculous! Each secondary bldg should have their own team for lacrosse.
Need healthier options
allow a parent who is organizing bake sales for fundraising for uniforms and equipment to run bake sale outside cafeteria to maximize profits.
Wish you didn't have slushies
The food selections should be more healthy. They are carb and sugar loaded.
My children only eat school lunch when it's breakfast for lunch so they mainly bring lunch. They don't eat anything else on the menu.
My child does not have room in her schedule for a lunch period. She brings food to eat after school prior to her activities. This seems to work fine. My biggest concern is the limited bathrooms available. Most of the bathrooms are locked due to a lack of monitors. And the ones that are open are consistently being used for vaping. This causes a great deal of stress & anxiety for my student as well as many other students. This is a major concern.
Wish there were better options.
It would be great to have healthier options for lunch: sandwiches, soups, yogurt, salad, cut veggies/dip, more fresh, cut fruit (not canned with sugary syrup), grilled chicken options instead of fried, pasta w/sauce and lean meat, more baked items instead of fried, etc...
It seems the amount of food isn't enough. A lot of times a double lunch needs to be purchased
It seems the food is basically the same every week. My daughter dislikes the fish sticks and the days where breakfast is served for lunch. I don't think cheese sticks should be served as a main lunch meal. I would be interested in visiting the school during lunch time to see what is actually offered and what it taste like.
My daughter indicates the breakfast is not so good but she does like the meal options provided during lunch
Food options could be improved upon
I find that most lunches my grandchildren do not like . I have to pack 3_4 days a week.
Good
Proper Exercise Techniques
We are so disappointed in the breakfast options. ALL sugar and carbs like pop tarts, muffins, fruit. They need a balance of some carbs with protein. Extremely unhealthy and not something I feel comfortable feeding my children.
My daughter says the food is terrible
The healthy choices could be FRONT AND CENTER and the standard choices should be harder to reach.
More items like the roasted chicken and healthier side dishes
My kids say the food is cold and not appetizing
Thank you for providing our children with these opportunities.
Better food options
More options.
I don't think the meals that are offered are healthy in my opinion its not a complete balanced meal. For example mozzarella sticks shouldn't be considered a meal
Children complain that lunch doesn't taste good. But they each have their favorite lunch day.
Gym should be at least 3 days a week for elementary school students who haven't figured out to regulate their own emotions and energy.
I strongly feel that the school menu doesn't offer healthy options for our children and to be honest I'm sometimes very disappointed in the meal options

Love the district so far
Both kids complain of portion size
I feel the school has lots to offer, but my daughter is so busy with outside activities that she can't join too many
Would like more fresh food choices. Would like less packaged snacks. My child should not be allowed to purchase items when their account is overdrawn (high school). Not happy to hear about a slushy machine in the elementary school (says my child).
The food service is OK- my kids buy, but don't love the school meals
According to my child the pizza is like rubber
Continuing free meals would be helpful. He's a picky eater, but eats well when he sees other kids eating the same thing.
The food offered is terrible. This should be the districts high priority.
breakfast option are filled with sugar - cookies and cake are not healthy breakfast options
Better breakfast
We provide home cooked food for my son
My son does not eat school food because he has been allergic to it since he was in elementary school. He has not been able to eat school lunch since.
Honestly, the food sucks, to be frank.
I wish there were more choices at ketcham. It would be great to have options like arlington high school.
My younger kids do not like the options for lunch . I am entitled to free lunch and my kids will only eat about one or two school lunches a week. . We need more kid friendly meals
My kids report the school lunch is ænasty?
Afterschool transportation for afterschool activities are critical,food should be diverse,not the same every week. Try asking the kids what they like,maybe have them vote on favs
My personally doesn't want to eat the school lunch. There currently has been any additional school activities that has peeked their interest.
We would enjoy more options for school lunch.
More options for super picky eaters?
The food is not nutritious at all. Half the time it is some form of bread and cheese. Healthier options and a greater variety would be beneficial.
The menu states that vegetarian meats are available however they are difficult to access. I sent my child without lunch one day thinking she could get a vege burger and she was told thatbit needed to be ordered ahead of time. She was given a beef burger even though she voiced that she doesn't eat res meat. When i called to inquire i was told it needs to be ordered ahead but no.one could give me instructions as to ho to pre-order vegetarian food.
Kids shouldn't feel that they dnt have time to eat breakfast as it's slightly discouraged in classrooms
When there is a snow day or other schedule change the menu for the week is no longer followed. Parents should be notified of the menu change so kids dont go to school expecting one meal and instead get served a item they dont like.
The food is far from adequate! It's processed and my kids come home hungry everyday even though I pay on average \$107 per month
He complains that he's forced to get foods with his lunch that get wasted and it bothers him.
my understanding is the school has vending machines that sell snacks... non healthy snacks?? true, if so why cant the school only sell healthy snacks???
My child has chosen to NOT see the counselor to avoid being asked by other children why she needed it since there is no privacy about meetings. I also think the teachers have not been effective at creating a cohesive caring classroom environment. I routinely hear reports about bullying, mean comments etc. Where is the counselor there? Now that parents have brought this up, what is the school doing?
The transportation challenges with substitute drivers missing our stop repeatedly despite my discussion with the transportation office has been detrimental to my daughter's mental state in going to school. She is frequently anxious about having a sub and being forgotten on the bus ... again. I have asked to speak to the principal for help since the central school district office is not responsive, and I never heard back from her.
The food options are terrible. They are not healthy and they are not cohesive. No one wants French toast and corn. And neither of those equate to a healthy meal. The food options are terrible
The menu has to be improved. Chicken smacker Monday is terrible. More variety
not healthy, pop tarts? shameful
For the price of the food, the servings are not equal and we do not get free lunch.

My daughter prefers to usually not buy the school lunch because she says it upsets her stomach afterward or it's very unappetizing. I would love for fresher and healthier options to be made available for lunch. I think it's sad my kids are offered the same thing for lunch that I was offered 30 years ago, as if the food industry has made no advancements during that timeframe.
We have no issues with them
I think the cafeteria should have more healthier choices for snacks and drink options. s
My children claim to not be offered fruit or vegetables when they buy lunch. Of course this may not be fully accurate but they both do consistently report not being offered anything but the entree, even when it's things they happily eat at home and in their lunches when they bring lunch from home (chickpeas, baby carrots, etc).
The food is consistently awful and there is no variety. Cafeteria staff is also consistently rude to students. You need to do better.
Larger portions and a greater variety would be a nice change from the same rotating menu. Also, more lines to cash out at in the high school would make for easier service, and give students more opportunities to make purchases more often.
Serve better and fresher food!
I hope the school can provide students with more nutritious food.
The choices of foods need to have variety, need to be appealing and they need to be healthier.
Needs to improve menu, healthier with more variety and appealing.
The school lunches are not appealing at all. The meals do not appear to be balanced based on how the lunch menu reads. Cheese sticks with sauce is a lunch? It would be better to see meals like: pasta with meat sauce, salad and garlic bread, or tacos with rice and beans, salsa
School lunches are very small. Not enough food.
Food is Terrible. Stop mass producing it and bring cooking back to each school. Pizza is soggy. Milk is wasted. My kids waste my money buying chips cause lunch is gross.
Unfortunately, i feel as though the food being offered is extremely high in sugar.
The food service program is a profit center - more like a business than a department concerned about nutrition. Our athletic departments should host a mandatory wellness assembly where athletes learn about conditioning, nutrition and other aspects of taking care of their bodies. They are in school all day and then go to practice or games and you hope they have a snack and water. If you are talking about mental health, in my many years I never even knew there were social workers or psychologists at school. When these kids returned post pandemic, everyone just went back to business as usual, ignoring the fact that they were isolated for over a year. You don't just bounce back from that. It felt like the district did nothing to address it
I wish there was more variety of fresh foods and not all pizza like items. More fresh foods and I wish we could use a local pizza place for Friday pizza day.
I wish school can provide better and healthier fresh lunch everyday at school.
I do not feel food option are well balance or nutritious. Pop tarts are nit for breakfast. Mozzarella sticks with sauce and tomato is not a bsalance lunch. Over salt and burnt foods is not healthy. fries
The school needs better food options and more portions. I feel we can do better in offering more selections for kids who don't want what is on the menu. Ie: pbnj, or a cheese sandwich, maybe even just a side salad? .
To give a decent amount! my child always buy a second entree
I think breakfast could have healthier options and there should be a limit on how many snacks/junk a child can buy a day
I can't believe that items such as mozzarella sticks or cheese filled breadsticks are considered to be a healthy lunch.
The breakfast menu is horrible. A cinnamon bun is not breakfast food. A pop tart is not breakfast food. Other districts offer actual breakfast items like eggs, rolls, bagels (not strawberry danish being passed off as bagel) The district needs to do better. There is not enough food to fill a child. Even the little kids are still hungry at lunch, especially at lunch.
The lunch menu is FAR too heavy on bread/cheese offerings that are unhealthy. Often a week includes puzzle, cheese filled breadsticks, AND mozzarella sticks. I would assert that the two latter are sides/appetizers not a main course and certainly not nutritionally sound. Additionally, the days my child does purchase lunches, they report that the æhot food is often cold (unacceptable).
Nothing is offered at Orchard View. Lunch is limited because of No cafeteria.
Better meal choices
Catered Food trucks could be offered. Westchester schools offer a salad & Pasta Bar as well as a Real Deli in their Cafeteria for SchoolLunch.
I think that lunch needs to improved .
Last minute menu changes are not good. My child plans to either bring or buy lunch based on the menu. She doesn't eat if she plans to buy because she likes the menu but the menu changes. Need consistency.

I believe that school lunches should be free for all families. I applied for free/ reduced lunch and I made \$3 too much to receive it for my children. I wasn't sure if I wanted to laugh because of how ridiculous that was especially because I don't make much as a single Mother working full time and taking care of two kids on my own or cry because I'm gonna now have to figure out how to afford my kids lunches daily. I thought the program was to help families who can't afford it but I guess it's only for people who don't work or only work part time.
Healthier food options.
Meaningful mental health check-in for students without an IEP. We can't assume that just because a student hasn't been disruptive enough yet for administration to pay attention to them in an effort to eliminate the negative behavior that the student doesn't need support.
I would love to see better food quality and larger portions for secondary students. Mozzarella sticks is not a meal, it's an unhealthy snack. My son is 100lbs but needs additional food above the school lunch in order to feel satisfied. I can imagine more so for larger students.
I wish there was a limit to snacks for elementary students. It's ridiculous the amount of snacks they buy and half of it is thrown away!! Including their lunch. I'm a monitor so I see it first hand.
Healthier options!!
I just wish the food service options were healthier but I know that's a tall order in schools. That was we don't get hot lunch though.
School lunches leave quite a bit to be desired, the amount of food is laughable for a growing boy or girl. also the food options are quite unhealthy. I understand why things are this way, just wish there was something that could be done about it.
More thought regarding various student class schedules
high quality foods being offered / purchased.
My kids say that food offered is not fresh homemade. Frozen, processed and bad quality.
Healthy protein choices, fruits and vegetables (not from a can) should be provided.
Better vegetarian options for young kids
I would absolutely volunteer myself go be part of any committee responsible for better health choices. Obesity is a huge problem in America and as someone studying public health it is very clear we are setting up our children to continue to make poor choices. Hot dogs, burgers and chicken nuggets are not healthy lunches. You can contact me any time to be on any committee.
My son has no complaints.
Fresh fruits and vegetables should be provided daily. Remove vending machines and soda and ice creams. It's very tempting for teens to use these machines and get chips and sodas.
There's too much sugar and processed foods/ snacks offered and not enough fresh food/snack options
I would like more balanced meals for lunch and not so many sugary snacks
Not enough fresh food options or substitutions
I wish the school offered healthier lunch options.
We feel the food options are not very healthy. Much of it seems heavily processed. When given an unhealthy option kids will often choose it.
We do not use the food service program but the variety of wellness activities has been awesome. My son has thoroughly enjoyed connecting with, at times different, staff in different ways.
I have no feedback
There's so much sugar still offered.. ice cream, sugary drinks etc. it would be nice to see high sugar alternatives and lower carb options.
The daily lunch menu is extremely unhealthy. The food is either bread or dairy every single day. There are no healthy options
I do not know enough about them to contribute input
Would like to see healthier meal options.
More healthy options for breakfast. Pop tarts, graham crackers isn't healthy options
Having mozzarella sticks and pizza in the same week almost every week is disgusting. That is so many carbs. Some weeks is Pizza, cheese-filled breadstick and mozzarella sticks. My children never buy the pizza, but they enjoy the chicken smackers and burgers.
Better quality and variety if you can with the budget available
Need more Variety of options for lunches. Get rid of sugary cereal and pop tarts
Are you able to offer more than one main food for lunch. My daughter won't eat anything with cheese which eliminates a lot.
I feel there needs to be more neutral food choices such as fruit more fruit options, cucumbers, more fruit with breakfast and yogurts possibly.
They love the chicken smackers, french toast sticks and salad.
Healthy options
Can there be Vegan/vegetarian options

I wish that for a district so large, at the high school level, opportunities for sports on an œa and œb team were offered.
As for food menus it should be different from elementary to middle school. There are not enough options for lunch along with the quantity. Giving a growing young boy (14 yrs old) 4 mozzarella sticks is ridiculous. That's not enough food for their age.
Not sure
Miss having a school dance. Other schools had it
Miss having a school dance
I wish you would stop serving chocolate milk at lunch and partner with Obercreek Farm for fresh farm food like Poughkeepsie Public School district and Beacon Public School district do with their local farms.
My child's is picky about his food , he eats lunch at school maybe twice a week he doesn't like what's offer . Wellness I believe his school offers after school programs with Mr. Bengal
More Salads
My kids stated that food at lunch time is very bad, not cooked well, expired milk, does not taste good at all. Please kindly request to serve fresh and cooked food at brinckerhoff school during lunch time. I would appreciate it. Also, Please kindly stop selling Doritos chips, cheetos chips, skittles candy. THESE ARE CANCEROUS AND DANGEROUS FOR KIDS. Please only sell healthy items and safe food at school. Thank you
Don't have any to give at this time.
All camps and afterschool programming offered by WCSD cost money. I am wondering if there are ever clubs (Chess, PE/sports/intramural, etc.) that are open to all students?
kids unable to make it on a school team need a JH program to increase confidence mentally/physically such as calisthenics.
GLUTEN/DAIRY FREE MEALS PLEASE!!!! salads with chicken +quinoa/ Gluten free waffles/ gluten free chick nuggets
GLUTEN/DAIRY FREE MEALS PLEASE!!!! salads with chicken +quinoa/ Gluten free waffles/ gluten free chick nuggets
They need more salads and sandwiches
I wish ice cream was only offered on Fridays
I wish you would stop serving chocolate milk at lunch. And if there is pizza being served as one of the weekly meals, having cheese filled breadsticks or motzarella sticks in the same week feels redundant and unhealthy. Thank you for all you do.
More of a variety of food choices at the high school level
Healthier lunch options
I think the options are great however I am struggling to monitor what my son is buying. Which is mostly treats and juice. We speak on this at home but I can't be there to say no when he wants the bun and the ice ream etc. how do we monitor this better ?
More variety in the lunch menu would be great!
brings lunch to sch.dislikes sch.lunch options but is a bit picky.
We went from free lunches to now paying about \$100 a mth for his lunch - everything all carte adds up and some drinks are \$2.50 plus lunch and snack can be up to \$7.50 a day - the prices should be lowered or the school should find funding to help everyone with the prices - not just lower income families
The food service had not been great. Sometimes they are only offered chocolate milk and not even regular milk. They have to pay for just a bottle of water. The breakfast and lunch options are incredibly unhealthy and most of the time they aren't even cooked well. The lunch monitors are not friendly people and very mean to the children. I've hear my child say that they've never seen them smile or be friendly to them. Overall not very happy with the food service program as a whole, very disappointed.
Would love to see a dance unit in gym.
Breakfast options are not healthy. Pop tarts, sugar cereals should not be offered as brealfast
I have applied but never heard back
As a parent and a teacher in the district, I can't believe that kids are being served pop tarts and icees at school. I would bet that half of the behavior problems we see in the schools could be curbed by not serving the sugar and chemicals that are found in the "foods" that are offered in our cafeterias.
I feel WHJS needs to put happiness into their cafeteria. It's so depressing. No color or vending machines.
Doesn't Eat in school- Full schedule
The food offered is not healthy or even appetizing.
We need less processed foods (pop tarts, pancake minis, cereal) and more real foods (eggs, salads, etc)
Serve Dumplings and eggos more often
Less processed food and more fresh, healthier food.

The money put on the account needs to be adjusted in real time.
Don't force a fruit/vegetable to be taken that gets thrown out. A few times a month offer a new variety/choice for lunch. Maybe cold cut like ham/turkey vs just cheese on sandwiches sometimes. Granola bars/pretzels as a side.
The lunch menu doesn't seem to well balanced. I do not consider mozzarella sticks to be a meal.
additional services would be helpful, kids should be able to see the school psychologist if parent agrees
The cafeteria food is horrible and the individuals in charge of creating the menus should be reprimanded. Most of the children hate the meals and I've tried the meals too. They stink!
Have more variety and healthy options with the food service.
I wish there were more extra curricular options for the younger grades, as well as healthier lower sugar meals.
There is nothing healthy about anything your school offers. My child gets food from home.
Food service does a great job. Never any complaints
Would like to see more variety in lunch options, healthier options including salads. Also at times lunch sold out before my child had lunch and therefore had to wait for lunch or choose another option.
Free breakfast and lunch is expensive
My child is very happy with the options and the friendly knowledgeable staff.
lunch food service is generally good. One child eats it almost every day, the other is pickier and based on menu will bring in own lunch
I always try to teach my kids about healthy eating such as fruits and vegetables, grains, drinking water. It is hard when the cafeteria provides unhealthy snacks such as ice cream, Chocolate milk, chips, juices. All these things are of zero nutritional value.it would be greatly appreciated if these unhealthy snacks be eliminated from the cafeteria. Ofcourse kids love these things and gravitate towards them if given the option. With the growing obesity epidemic the food offered at schools should be re-evaluated. Teaching kids at an early age that eating unhealthy snacks in a place of learning is a terrible idea. I appreciate being able to give my consideration. Thank you.
The food service options could be healthier. Simply offering corn or tomatoes when the kids have waffles or pancakes for lunch is disgusting. It is only done so they can get specific food groups put in so they receive their state aid. I think we can better develop lunch and the breakfast that is provided to these kids. Offering mozzarella sticks as a lunch isn't a lunch. The food should definitely be higher quality food.
I know of other districts who offer "try it" days. They create a new menu item and have the children sample it and vote if they like it or not. I think it's a great way to add variety into meals.
Food being served is processed junk. It's completely unhealthy as im sure more cost effective it is not teaching children healthy food choices/habits. For sime kids this is the inly opportunity they may have in the day that a healthy meal will be available to them. It might also be nice to have mindfulness or a quick 3 meditation before their first class begins.
Having alternative healthy lunch options would be nice. Currently, there are Mozz. sticks, low grade chicken nuggets etc. Additional fresh fruit option i.e. fresh melon, fresh orange slices etc. Bagged apples and fruit in syrup is not a healthy fruit choice. My daughter LOVES the broccoli at school and never liked broccoli until she tried it at Fishkill Plains
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Can we have real fruits and vegetables not the same options weekly? Many of the sides my children tell me are thrown in the garbage. Why is my child forced to drink milk? Why is water not an option? There are many companies out there that offer training for healthy school lunch cooking. Could Wappingers look into this? The "improvement" to the cafeteria most recently is a "slushy" machine? This really not something children should have at school. What about a smoothie - same idea with fresh fruits and vegetables - healthy ingredients that children will still want to try.
The food is not enough for junior high level. They get same amount in elementary but yet they are a lot bigger. My 8th grader is hungry even after eating lunch. Most of the food is not adequate. They like the burger and chicken smackers but other food is not very tasty.
My children inly like one or two items on the lunch menu. One of my kids complain that they are still hungry after lunch and some days she doesnt get to eat due to activities going on at the school.
I would love to see healthier lunch options. Things like mozzarella sticks or cheese filled breadsticks are not suitable meals
More healthy snack options like fruit, yogurt, granola bars
Most of the time my children complain about lunch. It would probably be a good idea to take a good look at the lunch menu for additions/changes.
How about asking the children about the lunch menu and what they think of each item. Most children are grossed out by the lunch that is offered.
I'd love more fresh food options. Please no more corn with breakfast food.
Since elementary school my child has not liked the quality of the meals provided by the district. Explaining that some items such as hamburgers look undercooked

Healthy breakfast option, so NOT items like honeybuns and poptarts for example. Add pasta occasionally (buttered or sauce , for example). Communication from the school should be sent when the menu changes for the day due to some kind of school closure. The protocol is unclear to families and I've never seen communication about it.
My children complain the lunch portions are small. The fruit option is usually a fruit cup or an apple. Other fruit choices would be great! Also, can we reduce the availability of ice cream offered daily as a snack purchase item??
Food services to be more sensitive to cultural dietary restrictions and refrain for making negative comments about it
My son often miss some classess due to Orchestra class. Is there any chance to avoid the conflict?
It would be nice to be able to get reduced lunches for people who are struggling. I am unable to work and we barely make ends meet at home but because husband has good salary we are excluded from getting reduced lunches
You guys are doing an awesome job. Thank you!
My son is in the kindergarten so it's normal to have limited options for their age but he mostly complains about how the food looks and how they have the same things every week. He tries though but ends up having the PBJ sandwich.
The food that is served at the schools is absolutely horrible, they need to have better selection and foods that are appetizing
There may very well be fresh vegetables,but I would like to see that from some of our local farmers
My kids like the food offered, I'd prefer more healthy choices
The meals offered to the students from the food service program are not adequate. They do not offer the variety of nutrients required to fuel the brains and bodies of the students. I am a Registered Dietitian, and have worked in other districts to help improve their school meal programs. I am well aware that there are likely restrictions in terms of budget and resources that make it challenging to make major changes. I would be more than happy to provide additional help and input on this matter. I can be contacted at prainom@optonline.net
Would like to have a better substitution for milk based dinking products that could be a free replacement for milk that comes with the low income food allowance
Good menu choices. I make him lunch. He prefers it.
The food selection for lunch is not good. Mostly carbs and unhealthy meat. We would purchase more food if there were better options.
The food is awful. Breakfast and lunch are filling with processed materials loaded with sugar. The food program needs to consist more of Whole Foods not processed garbage
Programs to help mental health wellness should offered, such as breath work, meditation sessions and yoga.
Less fried food, and more balanced meals
More mental health wellness programs
Turkey or ham sandwiches are a hit with my kids
More information to parents
The food is awful, my kids don't eat it they would rather starve until they get home. Please make the menu more appetizing
Need better/more food variety
I believe wcsd does a great job keeping the kids healthy mind body and spirit.
I don't know what food is provided but some fresh greens and gluten free could help those with compromised health
I'm very happy with the food service you offer
More fun other than sports time to socialize during school hours
Healthier food options
There should be better options for breakfast that are cooked and not just pre packed items. At times my kids need to get a 2nd entree at lunch to be filled.
add protien bars/drinks, boild eggs, grab and go healthy snacks so kids can quickly grab something between classes
My child has never taken advantage of what is offered so adding more won't work for him
Ice cream offered everyday does not promote healthy eating. Fried foods are offered very often and promote obesity and diabetes.
Healthier breakfast options like a bagel with butter/cream cheese, yogurt, or fruit, instead of pop tarts and fried dough.
Daughter cannot school lunch due to tree nut allergies and it would be wise for the public schools to adhere to a menu for children with food allergies
school meals (especially breakfast) need to offer healthier options and more balanced meals.
more fresh vegetable options
Overall we are satisfied but not having a late bus for track and field has made it a bit difficult

Too many processed sugar options in the school meals. Even if alternatives are available, it would be better if they chose from healthy options. Eg. On some days offer plain and chocolate milk, but more often, plain milk only.
Our elem.schools need to have a full-time social worker available every day. When my daughter was younger and before we got outside help to address her sensory processing disorder (which led to bouts of panic and anxiety), the only people available to deal with her in a crisis moment were either Miss Fazio, the principal, or her classroom teachers. This is not their role. This is entirely too much strain to put on a principal and classroom teacher. I am forever grateful to them for attending to my child's needs, but there should have been a social worker or guidance counselor available to address her needs. The school psychologist was never available--to no fault of her own. The supports we have at JJ should be district-wide at every level.
Too many starches served. Food under and over cook. Salad option not available
We have farms! Would be nice to utilize them for fresh food choices!
My child is always still hungry after lunch. The portion sizes are the same as elementary school!
more fruit options
More choices would be nice per day. for example PBJ or a cold cut sandwich. a variety of fruit. or every monday apples tuesday strawberries...etc so parents could plan.
try to have different menu at least every month, different food like Pasta , rice, soups and vegetables
Need better lunches, they come home starving .
My child would like more grab and go options for example: sandwiches, cheese sticks, plain bagels, buttered rolls, ice pops, plain sandwiches with no cheese, more breakfast options for lunch.
The menus do not have enough choice, same thing week after week.
They should offer a salad bar and cold cut sandwiches as well
Pancakes more often.
More options for breakfast- bagels, muffins, eggs, bacon and lunch sandwiches.
Healthier lunch selections
The food menu is not the best for lunch. Many options the kids don't like. Pizza, mozerella sticks, burgers/hot dogs are a hit.
I would love to see more Whole Foods less processed
I think offerings with less sugar should be offered for breakfast. Kids won't choose healthy items if pop tarts are an option available to them.
I think the students spend far too little time outside and the breakfast and lunch options are often very unhealthy
My child buys twice a week and enjoys the lunch. Many opportunities for wellness are offered through my son school, and I am highly satisfied
We need better selection & better quality of food !
The price for a school lunch is ridiculous. Many other local districts seem to still offer free lunches. Our taxes are high enough that we should be able to offer them for free or at a more reasonable cost regardless of financial ability.
Please that the food is not spicy. (Por favor que la comida no sea picante)
There should be more options for breakfast . Sometimes there is only graham crackers, fruit and a beverage . There should be two choices for lunch . A hot lunch and another choice . For example, not all kids will eat fish sticks.
My children take food from home because they don't like the food at school.
I think lunch should be free and have different varieties
The food portion should be increase for junior high and high school. My children not allow to pay for 2nd lunch and end up feeling hungry and can't focus on the classes. Such as waffles (breakfast style lunch), also, the pizza and pasta. Pls offer some food with no dairy product, one of my kid can't eat dairy product.
They should have salads
Meal offerings are carb heavy and not very nutritious.
There is not a big enough selection. My kids report that the food is cold when it's time for lunch. The menu needs to be more kid friendly.
The free lunch program was really wonderful!
I feel our breakfast and lunches are not great choices. Cinnamon buns, or pop tarts have tunes of sugar . I think we need to provide more different fruit and vegetables daily. Most kids throw away or put on a share table. My kids have gotten so tired of the same food. There was a time the school had Mac and cheese. My one daughter loved it but now we haven't seen it again. I think we have pizza to many times during some weeks.

More hot options at breakfast. Egg sandwiches. A hot vegetarian option always and or another hot lunch option. Also if the kids just want sausage on breakfast for lunch days the cafeteria workers should not make them get a veggie and a milk or a veggie and a fruit to make it a complete meal. They should be told in elementary school especially that it is cheaper to buy the sausage rather than making them take food they don't want so the food service says it's a full meal. My kid was made to get 2 more things and was charged 3.35 instead of sausage ala carte. She had lunch from home and just wanted one item and threw it all out.
Could be healthier with more options
Varied menu
Elementary kid says sometimes food is cold, sometimes burnt
Good prepare with Halal meat for Muslim religion kids
My child has complained about the food. Saying it doesn't taste good. Also, has ask ro beinf lunch 3-4 times a week. I note several times that she is charged for lunch on the days she brings and the school has not refunded the monies.
More of a variety of food for lunch
My boys bought school lunch on taco day until I saw that the cheese looked like melted plastic. The food quality is awful. Can it be prepared in the school and not just heated up? That may improve the quality.
There are a lot of sugary foods and junk food for sale, the options of ice cream and chips are not on the healthier side, fish sticks are not appropriate for elementary school kids my children often think they are mozzarella sticks until they bite in. The lunch menu is not consistent with the menu that comes home. My older child tends to always have less being the last class for lunch and many sides are sold out
So for example today was waffles - they are packaged waffles - they are 4 waffles the size of one actual waffle in total . The food being served isn't filling up my child . To be fair , serving one waffle - one circle of egg and one of sausage and milk and apples - sliced or whole - my child is an active soccer player . He can eat probably 4 of those bags of waffles or even the eggo pancakes . . Half the fruit is in the garbage , kids drinking the syrup , which makes a huge mess . Or fish sticks : I'm sorry that is so gross . They're is a lot of people who have allergies to fish . They don't even serve tacos anymore just a scoop of meat little bit of cheese and some chips . That is called a snack. The prices are going up and up .
Mom is very happy with the school including the safety of the students and staff. As well as the afterschool programs and sports the school has to offer. The only thing i would mention is larger bathrooms near the auditorium for show days.
I think the choices of food could be better.
Very disappointed in breakfast options! It's all carbs and sugar, low protein, which is setting kids up for a horrible start to their day. When I look at the options like pop tarts, muffins and graham crackers those are things I consider to be desserts. How can you feed kidsThis and then expect high school performance? I was shocked and concerned and won't allow my kids to even buy it.
I think there are more food options to be explored. Fish sticks and waffles are not very nutritional
Offer less sugary foods and offer more whole foods.
It would be greatly appreciated if the school meals offered were more nutritious to properly fuel students brains and bodies for school. Sugary cereals, french toast, pizza, burgers, etc. while tasty, do not offer the nutrients kids need for school.
There is very little variety in the lunch menu, the breakfast menu is really bad. Nothing on the breakfast menu is actually going to satisfy hunger and he always tells me that the menu options aren't available anyways. Can we just not call it big daddy pizza please too. Would there be any option to try and partner with local gardens/markets/meat producers to bring more whole food/local options in perhaps as a community barter/build up project so costs wouldn't be an issue to changes?
Food quality must improve.
I feel like there are too many carbs in the lunches and too much sugar in the breakfasts. Some weeks lunch consists of cheesy breadsticks, pizza bagels and big daddy's pizza. Are there no other options? My older child complains that the food has become gross, but I think it's more that it's the same thing over and over. More fresh vegetables, with a dip that my kids shouldn't be charged for (\$0.50 for a tablespoon of ranch or Italian dressing?? That's ridiculous) and more protein rich options. Making sure they are fed is important, but making sure they stay healthy is too. Salads and wraps should be a more prevalent option, and please get rid of the Switch drinks. They are overpriced, loaded with sugar and a waste of money.
I would love to see all the foods offered on a given day. I still have no idea what chicken smackers are but I guess a chicken nugget type food. The mix of foods is often strange.
Candy is TOO readily available on a constant basis. Healthy opportunities are at a minimum.
I think they do a great job at Sheafe.