

Local School Wellness Policy Triennial Assessment
Summary of Findings 2020-2021

Section #1: Strong Policies and Aligned Practices

Our district is in full compliance with all federal requirements regarding the standards for USDA child nutrition programs and meals. The National School Breakfast Program is offered daily at each school. All foods and beverages sold in the district (via vending machines, school stores, a la carte items) meet the Smart Snack guidelines. Specific marketing of foods is restricted to those that meet the Smart Snack guidelines. USDA Professional standards for training of all foodservice staff is being implemented. Physical Education across the district is in compliance with state physical education standards following the age appropriate curriculum. The district has strong policies on the implementation, evaluation and communication of the local school wellness policy.

Section #2: Create Practice Implementation Plan

We have identified through our assessment that the current wellness committee has room for improvement in the number of groups represented. The committee is currently comprised of many different stakeholders such as the food service director, PE teachers, school health professionals, and school administrators. We can improve upon this by adding in additional groups to be represented such as board members, parents, students and members from the community. To obtain more variety in participants the committee will seek to include a new member from one of the areas listed that is not currently represented.

Section #3: Update Policies

We have identified through our assessment that there are areas being implemented in our district that are lacking or can be approved upon in our current wellness policy. All schools refrain from using physical activity or withholding physical activity as means of correcting student behaviors. This is a practice that is fully implemented at each school but not specifically addressed in our current wellness policy. Another policy to consider adding is regarding the sale of caffeine in schools. We are not currently selling any beverage containing caffeine (in line with Smart Snacks Standards) but this is a policy that should be addressed in our current wellness policy. The wellness committee will consider these additions to our policy in future meetings.

Section #4: Opportunities for Growth

Overall, our school wellness policy compared favorably to the model policies in the assessment but has some areas that can be improved upon. These include incorporating nutrition education in to all grades at each school, creating school level wellness committees and having classroom celebrations focused on activities, rather than food. Our wellness committee will consider each of these ideas to determine whether they will be included in future wellness goals for our district.