

School Level Triennial Assessment Tool

Compliance with Local School Wellness Policy

This tool is intended to help schools track their degree of compliance and progress towards attaining the goals of the District's Local School Wellness Policy.

Complete this tool at the school level by entering the requested information and selecting "Yes", "Partial" or "No" in the Policy Areas Below.

District Name: Pleasant Hill School District

School Name: Pleasant Hill Elementary/ High School

Date of Evaluation: May 18, 2022

Person(s) completing evaluation: SHAC team members

Select all grade levels in your school or select N/A if ungraded:

N/A

x 5

x 9

Pre-K

x 6

x 10

x K

x 7

x 11

x 1

x 8

x 12

x 2

x 3

x 4

Policy Area 1: Nutrition Education Requirements		
<p>Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:</p> <p>Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff, teachers, parents, students and the community.</p> <ol style="list-style-type: none"> 1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating; 2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and 3. How to assess one’s personal eating habits, set goals for improvement and achieve those goals. 		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made towards achieving this goal or goals</p> <ul style="list-style-type: none"> -Health classes continue to teach lessons in the nutrition unit covering the topics listed in the goal. -Other subject areas integrate nutrition into the lessons as much as possible, including, but not limited to, math problems, art projects, foods around the world, sports nutrition and technology/media projects. <p>If goal(s) are partially met or not met describe barriers preventing achievement of this goal:</p>		

Policy Area 2: Nutrition Education Requirements
<p>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</p>

Policy Area 2:

Nutrition Education Requirements

1. Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening, referral and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., SNAP, local food pantries, summer food services program, child and adult care food program), and implement nutrition education and promotion activities for school staff, Board members and parents;
3. In keeping with the district's nutrition program goals, all classroom reward or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the district's nutrition policy and regulation (i.e., all foods served fit in a healthy diet as recommended in the Dietary Guidelines for Americans, and contribute to the development of lifelong healthy eating habits for the district's students);
4. Child Nutrition Staff support nutrition education by marketing healthy meals and providing nutrition information to students and families.

 Yes

 Partially

 No

Describe progress that has been made toward achieving this goal or goals

The food service department in both the elementary and high school work hard to exceed the nutrition goals and needs of our students when serving meals, both breakfast and lunch. They offer nutritional guidance to staff when needed for extra food/snacks served in the classroom. They keep updated on USDA/ODE nutrition changes and nutritional links to offer staff and parents. A monthly meal menu and a daily meal menu are sent out to parents in various forms (email, posted on district website, posted on SeeSaw, etc)

Staff lunches and snacks follow the guidelines to help promote nutrition as well.

If goal (s) are partially met or not met, describe barriers preventing achievement of this goal:

**Policy Area 3:
Physical Activity Requirements**

Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:

In order to insure students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply:

1. Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of science, math, social studies and language arts;
2. Physical education will be a course of study that focuses on students' development of motor skills, movement forms and health related fitness;
3. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge;
4. All physical education classes will be taught by highly qualified physical education instructors;
5. A daily recess period will be provided which will not be used as a punishment or a reward; and
6. Physical education instruction shall be a sequential, developmentally appropriate curriculum that is designed, implemented and evaluated to help students develop the knowledge, motor skills, self management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives

Yes

Partially

No

Describe progress that has been made toward achieving this goal or goals:

The district promotes physical activity by providing Physical Education specialists for all grade levels throughout the day. Each grade level has the required physical activity minutes each day.

A daily recess period and extra physical activity is promoted throughout the day and after school. The outside community courts with equipment, provided by SHAC, and the exercise course is available to students and the community 24-7.

If partially met or not met, describe barriers preventing achievement of this goal or goals:

Teachers at the high school level need to work on integrating movement into their classes as much as possible. Students at the secondary level get movement breaks in between 50-minute classes every day. Outside walks are encouraged during a class period if time allows. Two longer breaks for movement are provided for all grade levels as well.

Policy Area 4:

Other School – Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:

The district will provide the following activities and encourage the following practices which promote local wellness:

- 1. Scoliosis screenings;**
- 2. Intramural sports;**
- 3. Foodless fund raisers;**
- 4. Monthly/Weekly school walks;**
- 5. Assemblies which focus on wellness issues such as obesity and obesity-related diseases, healthy eating and the benefits of physical exercise;**
- 6. The use of alternates to food as rewards in the classroom; and**
- 7. Support groups for overweight students**

Yes

Partially

No

Describe progress that has been made toward achieving this goal or goals:

-The district participates in foodless fundraisers such as the “Jog-A-Thon” at the elementary and “Run4Funds” at the Middle School.

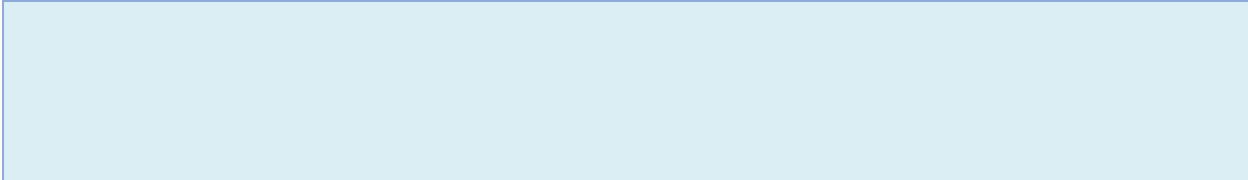
-The district teams with many sports organizations to promote extracurricular sports after school and some intramural sports.

If partially met or not met, describe barriers preventing achievement of this goal or goals:

We are currently not participating in weekly school walks, Scoliosis screenings, or providing specific weight or food-disorder support groups. We offer support in other ways through ELROD and school councilors for eating disorders or other specific body image issues. We also refer students’ families to specialist if other health issues arise.

The assessment team, SHAC, would like to update the policy in the Fall to include the new services we offer students for mental health and health screenings.

Policy Area 5: Standards for All Food and Beverages		
Standards for All Foods and Beverages Sold		
<p>Our school meets or exceeds USDA and Oregon Smart Standards the standards and nutrition guidelines for all foods and beverages sold to students outside the reimbursable school meal program on the school campus</p> <p>All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), [Fresh Fruit & Vegetable Program (FFVP),] [Special Milk Program (SMP),] [Summer Food Service Program (SFSP),] [Supper programs] [or others]. [The district also operates additional nutrition-related programs and activities including Farm-to-School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts or Grab 'n' Go Breakfast.]</p>		
X <input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No foods or beverages sold
If no, describe barriers preventing compliance with these standards:		
Policy Area 5: Standards for All Food and Beverages		
Standards for All Beverages Provided, But Not Sold		
<p>Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):</p> <p>All foods offered on the school campus [will meet or exceed] [are encouraged to meet] the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, classroom snacks brought by parents, rewards and incentives.</p>		
X <input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No foods are beverages provided
If no, describe barriers preventing compliance with these standards:		



Policy Area 6:

Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

Celebrations and Rewards: All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day [and extended school day] will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards¹. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Fund Raising: Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fund raisers on the school campus during the school day

Yes

No

No food or beverage marketing

If no, describe barriers preventing compliance with these standards:

Additional policy areas, included in the district's Local Wellness Policy, but not federally mandated should be included in this area.

Examples of such policy areas are employee wellness, water availability, meal time period duration, recess period, food as a reward, social emotional climate, and physical environment.

Policy Area 7:

Our school meets the specific goals for Staff Development as outlined in the Local Wellness Policy:

¹[Oregon Department of Education, Oregon Smart Snacks Standards](#)

Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee’s job duties. The principal is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;
6. Customer service and student and family involvement;
7. Marketing healthy meals;
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies; and
9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

Yes

Partially

No

Describe progress that has been made toward achieving this goal or goals:

If partially met or not met, describe barriers preventing achievement of this goal or goals:
 The district and SHAC team need to continue to find opportunities to promote wellness and support for staff as listed in the policy.

Policy Area 8:

Our school meets the specific goals for Family and Community Involvement as outlined in the Local Wellness Policy:

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;

Policy Area 8:		
<p>3. Parents and other family members are invited to periodically eat with their student in the cafeteria;</p> <p>4. Families are invited to attend exhibitions of student nutrition projects or health fairs;</p> <p>5. Nutrition education workshops and screening services are offered;</p> <p>6. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);</p> <p>7. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;</p> <p>8. School staff encourages and provides support for parental involvement in their children’s physical</p>		
<input type="checkbox"/> Yes	x <input checked="" type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p>If partially met or not met, describe barriers preventing achievement of this goal or goals:</p> <p>The district and SHAC need to continue to promote wellness for the parents and community with activities listed in the policy.</p>		

Policy Area 9:		
<p>Our school meets the specific goals for _____ as outlined in the Local Wellness Policy: [Insert policies for _____ as described in the Local Wellness Policy]</p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p>If partially met or not met, describe barriers preventing achievement of this goal or goals:</p>		

Policy Area 9: <hr style="width: 20%; margin: 5px auto;"/>