

**North Clackamas School District Wellness Policy  
Triennial Assessment Report  
Report Date: March 15, 2022**

At least once every three years, the district will evaluate compliance with the local wellness policy and produce a triennial progress report.

North Clackamas Policy EFA Wellness Policy Components	Fully in Place	In Progress	If In Progress, Describe Actions Taken or Planned Actions
<p><b>REVISIONS AND UPDATING THE POLICY</b> The district will update or modify the local wellness policy based on the results of the triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health science, information and technology emerge; and new federal or state guidance or standards are issued. The local wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The policy was last reviewed for potential modification on Dec 13, 2021 .
<p><b>COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS</b> The district will actively communicate ways in which the community can participate in the development, implementation and periodic review and update of the local wellness policy through a variety of means appropriate for the district. The district will also ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>Policy is available to all families and community members on our website.</p> <p>A Wellness Committee, comprised of staff and school board members, meets monthly to discuss local wellness topics and offer suggestions for program modification.</p> <p>Local population health information and metrics are considered by the school district's Benefits Committee to provide further guidance for future programs and partnerships.</p> <p>The Triennial Report will be shared with the NCSD Parent and Community Leadership Alliance with an invitation for further discussion.</p>
<p><b>NUTRITION PROMOTION AND NUTRITION EDUCATION</b> 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</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>Nutrition Services staff has utilized "Student Choice" at the high school level and their pop up kitchen at the elementary level to market and advertise healthy and culturally diverse menu items to students.</p> <p>All student meals are free of cost for the 2021-2022 school year.</p> <p>Nutrition Education is woven into the health curriculum at all levels.</p> <p>Signage and age appropriate visual aids are placed in all school eating areas and are present in many congregate areas of the school.</p>

<p>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>			
<p><b>SCHOOL MEALS</b> 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 &amp; Vegetable Program (FFVP), Summer Food Service Program (SFSP), Supper Program or others.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT</b> All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>WATER</b> Free, safe, unflavored, drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>COMPETITIVE FOOD AND BEVERAGES</b> All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards<sup>1</sup>. 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.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>CELEBRATIONS AND REWARDS</b> All foods offered on the school campus 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>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>All schools are encouraged to celebrate and incentivise students with non-food items.</p>

<p><b>FUND RAISING</b> Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fundraisers on the school campus during the school day</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>FOOD AND BEVERAGE MARKETING IN SCHOOLS</b> Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. "Food and beverage marketing" is defined as advertising and other promotion in schools. Food and beverage marketing often includes an oral, written or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>Schools routinely market and promote the school district's Nutrition Services program and food options.</p> <p>The promotion and marketing of food and drinks that do not meet the nutritional standards are infrequent. Imaging for large drink companies and other large companies is present in the school setting. All food sold during the school day is compliant with required nutritional standards.</p>
<p><b>PHYSICAL ACTIVITY AND PHYSICAL EDUCATION</b> Physical activity should be included in the school's daily education program for grades pre-K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess. The district will develop and assess student performance standards in order to meet the ODE's physical education content standards.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>ORS 329.496 describes the required Physical Activity and Education minutes for students. Elementary schools are currently compliant with this requirement. Middle Schools are working toward compliance, which is required in the 2022-2023 school year.</p>
<p><b>EMPLOYEE WELLNESS</b> The district encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall wellness program. Many actions and conditions that affect the health of staff may also influence the health and learning of students. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. The district's Employee Wellness Program will aim to promote health and reduce risky behaviors of employees. The district may work with community partners to identify programs, services and/or resources to complement and enrich employee wellness endeavors.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS</b> The district will integrate wellness activities throughout the entire school environment (districtwide), not just in</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>Building level administrators are asked to provide a building champion to assist with student wellness.</p> <p>Elementary: Health and Wellness Specialists provide specific curriculum to all</p>

<p>the cafeterias, other food and beverage venues and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.</p>			<p>elementary school students. Students engage in annual Youth Truth surveys to share their wellness needs with school staffs. Classrooms often include activity breaks to support physical and emotional well being.</p> <p>Secondary: Health teachers provide curriculum to secondary students. Middle schools and High schools offer interscholastic athletics and some intramural opportunities. Students engage in annual Youth Truth surveys to share their wellness needs with school staffs.</p>
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**Extent to which the district's policy compares to model wellness policy.**

The model wellness policy contains all of the same categories as the one adopted by NCSD. NCSD's policy is tailored specifically to the needs of the NCSD community.

**A description of the progress in attaining the goals of the district's policy.**

The district is committed to the optimal development of every student and believes that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental and social success. This goal remains central to Wellness Program activities.

The Wellness coordinator meets regularly with district leadership, the Benefits, Risk, Human Resources, and Teaching and Learning Departments to assess need and ensure relevant materials and education are being presented to staff and students.

Quarterly population health data from Kaiser Permanente, Health Management Administrators, and the district's Employee Assistance Program are examined to show differentiations in perceived/recorded programmatic and procedural data to allow for changes when necessary.