



Summit School District Local Wellness Policy Triennial Assessment Report

Date Completed: 2023

A local wellness policy directs efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Jill Brenner, Lead Nurse.

Section 1: Policy Assessment

We encourage the following people to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|--|----------------------------------|
| <input checked="" type="checkbox"/> Administrators | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education	x		
Nutrition Promotion		x	
Food and Beverage Marketing Guidelines on School Grounds	x		
Nutrition guidelines for all foods and beverages available but not sold on school grounds (i.e., classroom celebrations, rewards, etc.)	x		
Nutrition guidelines for all foods and beverages available sold on school grounds (i.e., a la carte, school stores, vending machines, etc.)	x		
Physical activity	x		
Other school-based activities (as defined by your policy)	x		

*This information is based on results from primary level schools only.



Section 2: Policy Progress and

Section 3: Model Policy Comparison

We currently contract with Chartwells who use Sysco foods. We offer a nutritious breakfast and lunch every day. We always give a variety of choices in order to serve the specific needs of the students. A salad bar is also available every day during lunch. Our district has a very equitable mindset, serving a multitude of cultures, including families who struggle to pay. The secondary level schools are very different from the primary level schools. Summit Middle School and High School have vending machines with high sugar/fat content food items. There are also caffeinated drinks available called Celsius.

For staff wellness, we have mindful meetings, scheduled yoga sessions, mini-massages, gift cards, plants for planting, walking breaks and bathroom baskets available in staff bathrooms (equipped with essential needs for the daily grind).

Physical and Outdoor Education is prominent in our community in general. We have state of the art equipment for our students and follow a regimented policy to incorporate recreation/physical education during the school day. Recess is typically 2 x's daily.

Nutrition education, coaching and counseling is an area less strong. However, our obesity numbers are extremely low in Summit County. We continue to use our School Based Health Clinics, the Physical Education Department and the School Nurses to help in these areas.

Thank you,
Jill Brenner, Lead SSD RN