

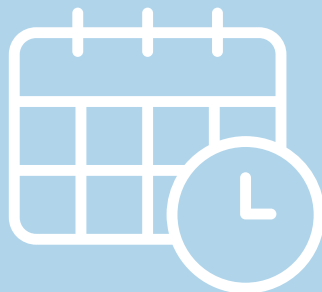
SEPTEMBER 2023

TRIENNIAL WELLNESS POLICY ASSESSMENT



Northshore
School District

Prepared by: Juliana Fisher
Director, Food & Nutrition Services

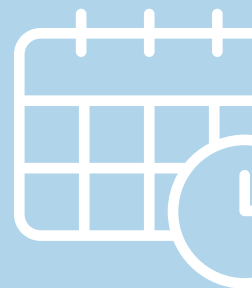


NSD POLICY 3700
Nutrition, Health & Physical Education

**UPDATED FEBRUARY
2023**

NSD PROCEDURE 3700
(Procedure) Nutrition & Physical Fitness

**UPDATED FEBRUARY
2017**



School response
for assessment of
implementation

NUTRITION, HEALTH & Physical Activity

36
Items from the
WellSat 3.0
measured

The triennial assessment requirement for USDA Local School Wellness Policies requires school districts to comprehensively evaluate their wellness policies and initiatives every three years.

This assessment serves as a systematic review to gauge the policies' effectiveness, impact, and compliance in promoting the health and well-being of students and staff.

KEY Assessment Recommendations



Opportunity for growth in
policy and implementation

Policy language is not specific enough or
missing. Implementation is inconsistent.



Create practice implementation

Policy language is present, but
implementation is inconsistent.











Update policy or procedure

Implementation is present, but policy
language is not specific enough or is missing.







Competitive Foods & Beverages

Topic	Recommendations for next steps
Food not used as reward.	 Opportunity for growth in policy and implementation
Compliance with USDA Smart Snacks for all food and beverages sold during the school day.	 Create practice implementation
Regulates food and beverages served at class parties and other school celebrations.	 Update policy or procedure
Nutrition Standards for all foods and beverages served to students after the school day, including before/after care on school grounds, clubs, and after-school programming.	 Opportunity for growth in policy and implementation
Nutrition Standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after-school programming.	 Opportunity for growth in policy and implementation
Availability of free drinking water throughout the school day.	 Opportunity for growth in policy and implementation
Addresses fundraising with food to be consumed during the school day.	 Create practice implementation
Exemptions for infrequent school-sponsored fundraisers.	 Opportunity for growth in policy and implementation







Nutrition Education

Topic	Recommendations for next steps
Nutrition education teaches skills that are behavior-focused, interactive, and/or participatory.	 Opportunity for growth in policy and implementation
All elementary school students receive sequential and comprehensive nutrition education	 Create practice implementation
Links nutrition education with the school food environment	 Opportunity for growth in policy and implementation
Nutrition education addresses agriculture and the food system	 Opportunity for growth in policy and implementation













Standards for School Meals

Topic	Recommendations for next steps
Access to USDA School Breakfast Program.	 Opportunity for growth in policy and implementation
Strategies to increase participation in school meal programs.	 Update policy or procedure
Amount of 'seat time' students have to eat school meals.	 Opportunity for growth in policy and implementation
Annual training for food and nutrition services staff that aligns with USDA Professional Standards.	 Update policy or procedure







Physical Education & Activity

Topic	Recommendations for next steps
Written physical education curriculum aligned with national and/or state standards.	 Update policy or procedure
Time per week of physical education instruction for all elementary school students.	 Create practice implementation
Qualifications for physical education teachers for grades K-12.	 Update policy or procedure
Physical education training for physical education teachers.	 Update policy or procedure
Physical education exemption requirements for all students.	 Opportunity for growth in policy and implementation
Before and after school physical activity including clubs, intramural, interscholastic opportunities.	 Opportunity for growth in policy and implementation
Recess for all elementary school students.	 Update policy or procedure
Physical activity breaks during school.	 Update policy or procedure
Joint or shared-use agreements for physical activity participation at all schools.	 Update policy or procedure
Active transport (Safe Routes to School).	 Update policy or procedure






Wellness Promotion & Marketing

Topic	Recommendations for next steps
Encourages staff to model healthy eating and physical activity behaviors.	 Opportunity for growth in policy and implementation
Physical activity not being used as a punishment.	 Update policy or procedure
Physical activity not being withheld as a punishment.	 Update policy or procedure
Marketing on the school campus during the school day.	 Update policy or procedure






Implementation, Evaluation & Communication .

Topic	Recommendations for next steps
Relevant stakeholders will participate in the development, implementation, and periodic review and update of the wellness policy.	 Opportunity for growth in policy and implementation
Officials responsible for the implementation and compliance of the wellness policy are identified.	 Update policy or procedure
Wellness policy is made available to the public.	 Opportunity for growth in policy and implementation

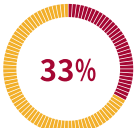

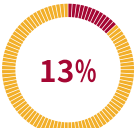

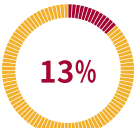
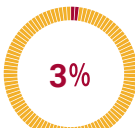


Implementation, Evaluation & Communication cont...

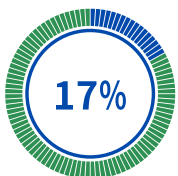
Topic	Recommendations for next steps
Implementation of the policy will be assessed at least once every 3 years.	 Opportunity for growth in policy and implementation
Triennial assessment results will be made available to the public.	 Opportunity for growth in policy and implementation
Plans for updating policy based on results of the triennial assessment.	 Opportunity for growth in policy and implementation



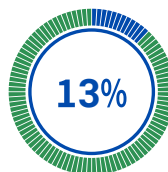
Summary of Stakeholder Input

Most common principal reported barriers to implementation of wellness policies	
 33% Insufficient time	 10% Insufficient funding
 13% Physical & Nutrition education resources NOT integrated into curricula	 10% Insufficient staffing personnel to devote to wellness programming
 13% Lack of knowledge about district Nutrition & Fitness policies and procedures	 3% Lack of enthusiasm, support, and/or understanding from parents, students, and/or staff

Principals were asked an open-ended question about what additional resources would be helpful in order to implement and comply with the district wellness policy.



Said more information and/or training on the policy & procedure would be helpful.



Said professional development opportunities on relevant wellness topics for staff would be helpful.

ASSESSMENT FINDINGS

NSD's Nutrition & Physical Fitness plan lacks concrete language and specific goals for areas covered under the wellness policy and should be revised with input and engagement with stakeholders.

Top areas for growth in both policy and implementation

- Nutrition Education
- Professional development opportunities for staff in the areas of nutrition, health & physical activity
- Implementation, evaluation, and communication about the district Nutrition and Physical Fitness Plan
- School meal accessibility

Top areas for growth in implementation

- All Foods Sold in Schools (i.e., Smart Snacks) compliance

Top areas for growth in policy development

- Physical Education & Activity reflected in policy language