

Triennial Review of the Wellness Policy: Nutrition, Health and Physical Fitness Policy 6700

Review Committee: Chris Scacco Associate Superintendent for District Operations, Alicia Jacob Executive Director for Student Learning, Laurie Ozanich Director of Nutrition Services, Sharon Conrad District Nurse, Susan Wildey Nutrition Mentor ESD 101


The Nutrition, Health and Physical Fitness was evaluated by the above members of Selah School District Wellness Committee. Areas of strength include meeting Nutrition and Food Services Program Requirements, completion of high school and middle school students physical education requirements, PE class size and equal and equitable opportunities for health and physical education.

Areas approaching goals include meeting 20 minutes of seated time for lunch and scheduling recess before every lunch for elementary students. Work will continue to reach this goal in school year 2023-2024.

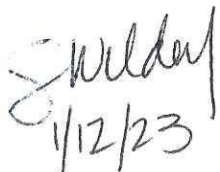
Areas of continued work include meeting the average of one hundred minutes per week of physical education per year for all elementary students. This will be evaluated during the 2022-23 annual review of PE programs.

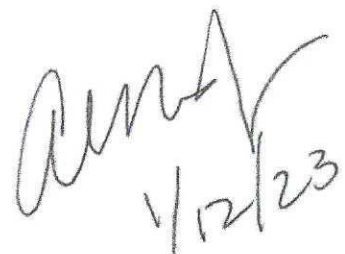
Suggestions for revision include adding a link to Smart Snack guidelines from the 6700 Procedure, incorporating Community Eligibility Provision (CEP) guidelines into the school handbook related to meals at no charge, and charge policy for adults and students (a la carte items).

The Wellness Committee plans to meet in March 2023 to review these recommendations and continue toward established goals.

 S. S. Conrad RN

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