



Date: 4/21/2023
To: Board of Education
Cc: Brandon Knecht
From: Jordan Greve
RE: Wellness Report 2022-2023

Review

- The purpose of the Wellness Committee is to help create a healthy school environment and promote student's learning, growth and healthy choices.
- School District's Wellness Policy includes:
 - Health and Nutrition Education
 - Physical Education and Activity
 - School-based Activities
 - Nutrition Services and Promotion
 - Family and Community Involvement
- Two major areas of focus:
 - Healthier Eating Habits
 - Increased Physical Activity

Wellness Committee Members

- Food Service Director: Jordan Greve (SC)
- Health and Physical Education Teacher: Allison Hawker (NW/EE/EH)
- Mental Health and Social Services: Nikki Tinnerman (KELC)
- School Health Professional: Mandi Turpin (MS/NW)
- Member of Public: Lisa Nussman
- School Administrator - HR: Amy Sipes (CO)
- School Administrator - Principal: Kevin Grone (UN)

2022-2023 Meetings

- Wednesday, September 28, 2022
- Wednesday, December 7, 2022
- Wednesday, February 1, 2023
- Wednesday, March 15, 2023

WellSAT 3.0 Assessment Tool

- Continuing to use results from the assessment from September 2020 for policy alignment and for tracking growth.
- Federal requirements are still being met in regards to food service and physical activity.

Food Service Standards

- USDA - National School Lunch Program (NSLP) and School Breakfast Program (SBP)
 - Federal Funding and Auditing
 - Nutritional Guidelines
 - Facilitated by the ODE
- 5 Major Components to a School Lunch
 - 1. Protein
 - 2. Whole Grain
 - 3. Fruit
 - 4. Vegetable
 - 5. Milk
 - ***Must take 3 full components. 1 component must be a fruit or vegetable
- Ingredient Standards
 - Portion Sizes (K-8, 9-12)
 - Min/Max Calorie Limits
 - Fat Content
 - Sodium Levels
 - Milk Restrictions
 - Vegetable Categories Weekly
 - Dark Green
 - Red/Orange
 - Beans
 - Starch
 - Other
- Smart Snack Compliance
 - USDA program
 - All food sold within the district during school hours must meet smart snack nutritional requirements
 - The number one ingredient must be one of the 5 major components
 - Reduced Fat
 - Low Calorie
 - Whole Grain
- Northmont has continued its commitment to compliance with Federal and State regulations for all the food and beverage products we serve in our cafeterias.

Expanded Food and Nutrition Education Program (EFNEP)

- A program offered by the Ohio State University Extension. Provide 7 (30-45 minute) lessons that teach healthy eating, food safety, food security and the importance of daily physical activity. The curriculum is fun, interactive and engaging. Students experience a healthy food tasting and an opportunity to get up and move!.

- We currently have the EFNEP program started at Northwood and Union elementaries. We are looking into the opportunity to expand the offerings there to more classes for next year and trying to launch at Englewood Hills as well.

National School Breakfast Week

- On average, only 25% of our students (including MVCTC) who are qualified for financial assistance with the free and reduced meal program actually eat breakfast at school.
- That average drops to about 14% for all students combined district-wide.
- Breakfast from our cafeterias is one of the vital components of the services that we offer our students. We strongly believe that students who eat a nutritious breakfast have more of an opportunity for success in their academic and extracurricular activities throughout the day.
- National School Breakfast Week is an initiative sponsored by the School Nutrition Association. The Wellness Committee made the push for Northmont to participate in the NSBW initiative this year during the week of March 6th-10th.
- Our goal was to educate the Northmont students and parents about the importance of a healthy breakfast and increase our participation.
- We offered a prize raffle in which students who ate breakfast at school that week were entered into the drawing for prizes. This generated excitement in all the buildings and we were able to award 9 students with prizes such as bicycles, headphones and gift cards.
- We experienced a 4% increase in breakfast participation for the week of NSBW.

Meeting Dates for 2023-2024

- October 18, 2023
- November 15, 2023
- January 17, 2024
- March 13, 2024