

Triennial Assessment Report

Compliance with Local School Wellness Policy

Board Policy [EFA](#) and [EFA-AR](#)

Districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local school wellness policy that promotes the health of students and address the problem with childhood obesity. Districts are required to assess the implementation of the policy through the Local Wellness Committee every three years and to make the assessment results available to the public. On October 17, the Wellness Committee met and evaluated our program. Below is the assessment and recommendations.

Policy Area #1: Nutrition Education and Promotion Requirements

☐ Yes ☒ Partially ☐ No

Recommendations

- Put Food Hero information back on site menus
- “Fill your tray the healthy way” education
- Increase teacher/staff education
- Presentation on NSLP and SBP requirements
- Culinary literacy
- Add a nutrition class and/or an 11th grade level wellness course
- Increase parent/student square messaging on nutrition facts
- Add food allergy education

Policy Area #2: Physical Activity Requirements

☐ Yes ☒ Partially ☐ No

Recommendations

- Add an outdoor education course at GPHS (i.e. fishing, hiking, biking)
- Add a “BBQ sports” course at GPHS (i.e. cornhole, slamball, spikeball, ladderball)
- PD on ideas to add movement to courses other than PE
- Add covered outdoor spaces at elementary and middle school
- Add turf fields and improved tracks at middle school
- Parent square workout plans/messages for kids to do at home
- More inclusive playground equipment (ADA compliance)
- PE to educate more on the human body – how movement, sleep and nutrition are related
- BEPA 2.0 OSU kits available to elementary classrooms
- More time on in the scope and sequence on a sport/activity in PE

Policy Area #3: Other district based wellness activities

☐ Yes ☒ Partially ☐ No

Recommendations

- Have more microwaves so kids can reheat lunches from home
- Few food fundraisers (Krispy Kreme/candy bars)
- Open weight times
- Club sports at secondary or more intramurals
- Healthier food with more protein and fresh fruits
- Provide a list/resource of health choices for schools to give people in charge of parties.

Policy Area #4: Standards for All Food and Beverages sold

☒ Yes ☐ No ☐ No foods or beverages sold

Recommendations

- What snacks can be offered that are more healthy?
- Really understand smart snack guidelines
- Improve choices at all levels with nutritional options/variety
- How can we provide free milk for all kids (those kids who bring lunch from home)? Need to check the policy

Policy Area #5: Food and Beverage Marketing

☒ Yes ☐ No ☐ No foods or beverages marketing

Recommendations

- Club run snack vending machines to be added at high school
- Stress higher protein diets by incorporating a variety of protein rich foods
- Offer healthier item choices in concessions

Policy Area #6: Standards for Employee Wellness

☒ Yes ☐ Partially ☐ No

Recommendations

- Online health and fitness app for home
- Walking/running groups
- Wellness talks/seminars
- Fun get togethers
- Provide opportunities to improve mental health, better professional development
- Monthly wellness flyer for all staff
- Wellness gold card
- Class for staff at the weight room

Policy Area #7: Family and Community Involvement

☐ Yes ☐ Partially ☒ No

Recommendations

- Invite local clubs to teach fitness classes
- Invite health food business to teach lesson in nutrition classes
- PE teachers to model activities that can be replicated at home
- Parent messaging to encourage health snacks
- Support the food bank
- OSU Food Hero team at School events

Policy Area #8: Staff Development

☐ Yes ☒ Partially ☐ No

Recommendations

- SNA state meeting in march for interested food service staff needs to be prioritized
- Nutrient staff training program for new hires needs to be implemented
- Annual offer of ServSafe Training
- Food service staff retreat
- Add in Vector training a PDF on the smart snack policy