



Date: 4/22/2024
To: Board of Education
Cc: Brandon Knecht
From: Jordan Greve
RE: Wellness Report 2023-2024

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/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)

2023-2024 Meetings

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

NEW! Wellness Policy Assessment Tool

- Northmont was due to complete its required Triennial Assessment of the school district's Wellness Policy during the 2023-2024 school year.

- The Ohio Department of Education and Workforce has recently created a wellness policy assessment tool for school districts to utilize. In looking into this new tool, the committee made the decision to switch to using it for our assessment instead of the WellSat 3.0 Assessment tool that was previously used.
- The new tool is much more concise, easier to administer and understand, but also gives us an accurate evaluation of the district's wellness policy.
- See attached for this year's assessment.

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 (80% of grain served must be WG rich, previous rule: 50%)
 - 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 (Reduced Sodium Maximums effective July 1, 2023)
 - 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.

- Northmont is due for its every 5th year food service audit in the 2024-2025 school year.

National School Breakfast Week

- Our breakfast participation has improved slightly this school year. However, we are constantly looking at ways to give more students the opportunity to eat breakfast at school.
- On average, only 30% 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 17% 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 supported Northmont's participation in the NSBW initiative again this year during the week of March 4th-8th.
- 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 8 students with prizes such as Nintendo Switch, FitBit watch and portable projector.
- The theme for this year was "Surf's Up with School Breakfast". Flyers and announcements went out and some of our cafeteria staff decorated and dressed up to promote the event.
- We experienced a 5% increase in breakfast participation for the week of NSBW.

Meeting Dates for 2024-2025

- September 18th
- November 13th
- January 22nd
- March 12th

Future Goals

- For the 2024-25 school year, the wellness committee intends to pursue "Farm to School" Initiatives.
- Contingent on potential grant funding, we intend on pursuing several hydroponic growing towers across the district. Students will participate in growing lettuce and possibly other produce for use in school cafeterias and the catering department.
- We also intend on participating in the *Great Apple Crunch* which is a national initiative for institutions to purchase locally grown apples and promote healthy living and choices. Our goal is to pursue local partnerships for field trips for students and procurement.