



Roseburg School District
School Level Triennial Assessment Tool
Compliance with Local School Wellness Policy

Policy Area 1: Nutrition Education Requirements

Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:

- Students and staff will receive consistent nutrition messages throughout the school environment;
- Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program (which includes the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, and handling and storage related to food and eating), and is aligned and coordinated with the Oregon Health Education Standards and school health education programs;
- Nutrition education will include culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with the Oregon Health Education Standards and school health education programs;
- Teachers will receive curriculum-specific training;
- Parents and families are encouraged through school communications to send healthy snacks/meals and reusable bottles with their student to school;
- Families and community organizations are involved, the extent practicable, in nutrition education;
- Nutrition education homework that students can do with their families is assigned (reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes);
- Materials on how to assess one's personal eating habits, set goals for improvement and achieve those goals.

Yes: Seven schools

Partially: Three schools

No: One school

Policy Area 2: Nutrition Education Requirements

Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:

- Information about available meal programs is distributed prior to or at the beginning of the school year and at other times throughout the school year;
- Information about availability and location of a Summer Food Service Program (SFSP) is distributed;
- Nutrition promotion materials are sent home with students, published on the district website, and distributed at parent-teacher conferences;
- Families are invited to attend exhibitions of student nutrition projects or health fairs;

- Physical activity is a planned part of all school-community events.

Yes: Seven schools

Partially: Three schools

No: 0

Policy Area 3: Physical Activity Requirements

Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:

1. Physical education will be a course of study that focuses on student' physical literacy and development of motor skills;
2. Staff encourages and provides support for parental involvement in their children's physical education;
3. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate knowledge, skills, and confidence to become physically literate;
4. Instruction provided by adequately prepared teachers, i.e., licensed, or endorsed to teach physical education, will meet the state adopted academic content standards for physical education. Teachers of physical education shall regularly participate in professional development activities annually;
5. Every public-school student in pre-kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade 5 shall participate for at least 150 minutes during each school week, and students in grades 6 through 8 for at least an average of 150 minutes during each school week, as calculated over the duration of a school year;
6. Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of all classes or courses as part of a well-rounded education;
7. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be used as a punishment or a reward;
8. At least 50 percent of the weekly physical education class time in grades K through 8 shall be devoted to actual physical activity;
9. Physical activity is a planned part of all school-community events;
10. Materials promoting physical activity are sent home with students and published on the district website.

Yes: Six schools

Partially: Four schools

No: 0

Policy Area 4: Other School – Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:

1. Scoliosis screenings;
2. Safe Routes to School Programs;
3. Physically active family and community engagement activities for families to learn about healthy eating or to practice being active together;
4. Nonfood related fund raisers;
5. Physical activity energizers during transitions from one subject to another;
6. Intramural sports;
7. Monthly/Weekly school walks;

8. Assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how student and staff can incorporate 60 minutes of physical activity into their day;
9. Use of alternates to food as rewards in the classroom;
10. Creation of connections between out-of-school time (OST) programs that involve staff members from OST programs, both school-based and community-based, in school initiatives that address healthy eating, such as school wellness teams or wellness committees;
11. Integration of social, emotional, and mental health supports into school programs (promote a positive school climate where respect is encouraged, and students can seek help from trusted adults);
12. Communication between classroom teachers and nutrition staff, so that menus and nutrition promotion can be tied into classroom learning and coursework;
13. Include wellness s a standing agenda item for school-based meetings (staff meetings, site council meetings, PTO).

Yes: One school

Partially: Eight schools

No: One school

Policy Area 5: Standards for All Food and Beverages
Standards for All Foods and Beverages Sold

Our school meets or exceeds USDA and Oregon Smart Standards, the standards and nutrition guidelines for all foods and beverages sold to students outside the reimbursable school meal program on the school campus.

All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed Smart Snacks Standards.

Yes: Three schools

Partially: 0

No: Eight schools (no food or beverages sold)

Policy Area 5: Standards for All Food and Beverages
Standards for All Beverages Provided, But Not Sold

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

All foods and beverages offered on the school campus will meet or exceed the nutrition standards set by the USDA and the Oregon Smart

Yes: Four schools

Partially: 0

No: Six schools

Policy Area 6: Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards for competitive foods set by the USDA.

Yes: Five schools

Partially: 0

No: Six schools (no food or beverage marketing)