



Assessment of North Thurston Public Schools Local Wellness Policy

Performed: July 2024 by Alicia Neal, Director of Food and Nutrition

In the spring of 2024 North Thurston Public Schools Wellness Committee reviewed and updated the School Wellness Policy to reflect the Washington State School Directors' Association model policy and procedures. As a result of this review, policy 6700 and corresponding procedures were divided into four separate policies and procedures: 6700, 6701, 6702, and 2124.

Findings:

North Thurston Public Schools Policy 6700, 6701, 6702 and 2124 is in compliance with the United States Department of Agriculture Final Ruling on leadership, content, reviewing and reporting, and community engagement.

- The general public and school community, including parents, administrators, school food authority members, teachers and the school board are permitted to participate on the Wellness Committee.
- The Assistant Superintendent of Operations, Director of Food and Nutrition Services, and the Director of Athletics, Activities, and Arts lead and coordinate compliance to the policies related to wellness.
- The district has updated the policy to meet requirements outlined in the final rule. An assessment of the wellness policy will be conducted at least once every three years and be made available to the public.
- This district has set specific goals for nutrition promotion, education, and other school-based activities to promote wellness.
- The district has set standards for available foods and beverages consistent with federal regulations and Smart Snack standards. These standards are reviewed as part of the On-site review conducted annually at all school locations by Food and Nutrition Services.
- The district has set standards for quality physical education and nutrition education programs aligned to state learning standards.
- Marketing and advertising of foods and beverages are limited to only items meeting Smart Snack standards.

Ongoing Work and Next Steps:

The Wellness Committee will continue to meet and collaborate with Health Services, Instructional Services, Nutrition Services, Physical Education departments and community member to assess progress in attaining goals and ensuring that all standards set forth in the wellness policy are being meet at the building level.

This district will continue to partner and collaborate with the Alliance for a Healthier Generation Healthy Schools Program to create healthy learning environments that empower student to thrive physically, emotionally, and academically.