

Does Your Wellness Policy Measure Up?

Local Wellness Policy Triennial Assessment

A local school wellness policy is a written plan that includes methods to promote student health and wellness. This optional assessment form can be used to complete the assessment of the policy, which must be conducted at least once every three years. The required components of the assessment include:

- I. Compliance with the local school wellness policy;
- II. How the local school wellness policy compares to model local school wellness policies; and
- III. Progress made in attaining the goals of the local school wellness policy.

General Information			
District Name: RSU 5			
Names of schools included in this assessment: Freeport High School, Freeport Middle School, Morse Street School, Mast Landing School, Durham Community School, Pownal Elementary School			
Date: May 8, 2024			
The local wellness policy can be found online: JL - Student Wellness			
Leadership			
	Yes	No	NOTES
Does the policy identify at least one school official with the authority and responsibility to ensure that each school within the district complies with the policy?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>Superintendent</i>

Public Involvement & Notification	Yes	No	In Progress	NOTES
Does the policy allow parents, students, school food Service, Teachers of Physical Education, School Health Professionals, School Administrators, School Board Members, and the General Public to participate in the development, implementation and evaluation of the policy?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parent: Paige Fournier Student: n/a School Food Service: Erin Dow Physical Education Teacher: n/a School Health Professional: Maureen Erskine School Administrator: Peter Wagner School Board Member: Kelly Sink General Public: Carrie Harlow Other:
Annually, the public is informed about the content and implementation of the policy & the progress towards meeting the goals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Triennial Assessment posted to the nutrition website July 2024. Updates provided to the board by the nutrition director as requested.
Assessment: Enter the goals from the LWP below. Indicate if they are being met, partially met, or not being met. Use the 'notes' section to indicate how the goals are being met and additional work that is needed.				
Nutrition Education Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Health Education</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Consistent Nutrition Messaging</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Consistent Nutrition Messaging in School-Home Communications</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It isn't a formal effort; however, there is no evidence of poor messaging around nutrition in school-home communications. District meets USDA nutrition messaging requirements in the dining spaces and around the district spaces (e.g., scoreboards, concessions, etc).
Nutrition Promotion Goals:	Meet	Partially Meet	Do Not Meet	NOTES

<i>Encouraging parents/guardians to provide healthy meals for their children</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Cooperation w/ Other Agencies</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FCS, Backpack program
Physical Activity Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Provide Physical Education Classes and Recess</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Provide Clubs, Intramural and Interscholastic Athletics</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Before- and After-School Activities</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other school-based activities that promote student wellness Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Staff Encouraged to Model Healthy Living</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Parents Encouraged To Send Healthy Snacks for Class Parties</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>School Facilities Available After Hours For Community Use</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition Standards for foods SOLD to students:	Meet	Partially Meet	Do Not Meet	NOTES

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<i>Foods Sold By SNP Meet or Exceed USDA Standards</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition standards for foods NOT SOLD/provided during the school day:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Competitive Foods Will Meet or Exceed Smart Snacks Guidelines</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All a la carte items sold within the district's cafeterias meet or exceed Smart Snack Guidelines.
Food & Beverage Marketing:				
Does the policy only permit the marketing of food and beverage that meet federal smart snack guidelines?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Central office administration ensures that any food-based fundraisers comply with the USDA Competitive Foods Rule and the district's Competitive Foods Policy. Additional training among staff/school-level fundraiser supervisors about these rules would reduce rejected fundraiser requests.
Triennial Assessment:	Yes	No	NOTES	
Every three years the policy has been evaluated for compliance	<input checked="" type="checkbox"/>	<input type="checkbox"/>		Last Triennial Review was conducted and posted to the district website in 2021.
The policy has been compared to model policies (i.e. Alliance for a Healthier Generation, Rudd Center's WellSAT 3.0)	<input checked="" type="checkbox"/>	<input type="checkbox"/>		Alliance for a Healthier Generation, MSMA
A copy of the assessment is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>		Triennial Assessment is available on the district's School Nutrition Program web page .

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Comments:

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