

Local School Wellness Policy Annual Progress Report

7-24-24

Recruitment for the District Wellness Council was conducted in the Spring and Fall of 2023 resulting in a roster of members that included PE teachers, school administrators, parents and students.

The goal of the District Wellness Council's work for the 2023-2024 SY was to complete the USDA required triennial assessment of the District Wellness Policy. To complete the triennial assessment, the council was tasked with reviewing the WellSAT 3.0 results, conducting the WellSAT-1 interviews, reviewing the results, comparing the results to the current written school board policy/procedures, and considering updates/revisions based on the findings.

There were seven District Wellness Council meetings that took place, one in October, one in November, one in January, two in February, and two in March. During these meetings, the triennial assessment was completed. A variety of updates and revisions were drafted affecting board policy 8230 & 8230P; recommendations have been sent to the school board for consideration.

During the course of the work, a new tool was developed, "Allowable Foods for District-Sponsored Events". This tool is a flow chart that helps illustrate to students, staff, and parents' which foods are allowed at District sponsored events.

An Intern from Bastyr University took part in the District Wellness Council and helped put together the Spring District Wellness Newsletter and it was distributed to parents, staff, and students in Shoreline.

At the last District Wellness Council meeting, the goals for 2024-2025 were discussed. With the triennial assessment complete, the council will focus efforts on how to better integrate staff into our District Wellness work and to explore the idea of putting together a district wellness health fair, possibly in conjunction with the employee benefit fair. The District Wellness Council plans to reconvene in mid-October and work on the wellness fair goal.