

Local Wellness Policy Triennial Assessment Summary

Details regarding compliance with Creighton School District's Wellness Policy are as follows:

Nutrition Promotion

- 100% of schools encourage participation in school meal programs
- 87.5% of schools have a school garden
- School menus are available online and via the district website. These menus include nutrient content and ingredients.

Nutrition Education

- 50% of schools participate in cooking demonstrations
- 50% of schools provide nutrition education with their school garden
- The district (via the Child Nutrition department) offers nutrition and wellness education.

Physical Activity

- Physical activity is available for at least 60 minutes per day for all students at 62.5% of schools.
- The number physical activity that is available, on average varies by site as follows:
 - 12.5% of schools 30-40 minutes
 - 50% of schools 40-50 minutes
 - 37.5% of schools 50-60 minutes

Other Activities that Promote School Wellness

- The district has relationships with community partners which include:
 - Universities/colleges
 - SNAP-Ed providers
 - U of A Cooperative Extension

School Meal Standards

- 100% of schools participate in the National School Lunch Program (NSLP) and the school Breakfast Program (SBP).
- Breakfast & lunches served at all sites meet the meal pattern requirements for fruits and vegetables, whole grain rich foods, meat/meat alternates and two varieties of milk.
- Fresh fruit & vegetables are served 5 days of the week.
- Free, potable water is available to all students during the meal period.
- Menus are created by a Registered Dietitian and school meals are administered by a team of nutrition professionals.
- Currently, 18% of the lunch items are prepared from speed-scratch cooking methods. The goal is 25%.
- Alternative breakfast models such as breakfast in the classroom (BIC) and mobile grab & go carts are encouraged by the district.
 - 100% of schools participate in BIC
 - 37.5% of schools use mobile grab & go carts

- The time that students have to spend eating on average varies by site as follows:
 - 12.5% of schools <10 minutes
 - 25% of schools 10 minutes
 - 25% of schools 15 minutes
 - 37.5% of schools 20 minutes
- All sites indicated that they are aware of students that are choosing not to eat. This was not indicated for grades KG-3. A small percent of schools indicated that students in grades 4-6 are choosing not to eat, with the majority reporting that these students are in grades 7-8.

Competitive Foods & Beverages

- All foods served and sold by the Child Nutrition Department meet USDA Smart Snacks nutrition standards.
- The district has not established specific guidelines for fundraising. Currently, the Local Wellness Policy Committee (LWPC) is creating recommendations for fundraising.
- 57.1% of schools have a process in place to determine if food **sold** meets the USDA Smart Snacks nutrition standards. This includes foods purchased by students for fundraisers, dances, PTO and student council events.
- 75% of schools have a process in place to determine if food **served** to students is compliant with Smart Snacks nutrition standards. This includes food provided from school district employees through classroom celebrations and parties. *It does not include food that is brought in by parents or students.*
- 37.5% of schools indicated that healthy party ideas including non-food celebration ideas are available for teachers and staff at that site.
- 12.5% of schools do not use food (or beverages) as a reward.
- 62.5% of schools indicated that school staff receive a list of alternative ways to reward students.
- At 62.5% of schools, all food & beverages advertised on the school campus during the school day meet Smart Snacks nutrition standards. This applies to items such as message boards, school supplies, advertisements and food service equipment.

Committee Role & Membership

- The district does convene a LWPC that meets 4 times per year.
- The public is notified of their availability to participate in the LWPC via the district website.
- The district has a plan for implementation to manage the execution of the LWP at each school; however, the plan does not include responsibilities, actions, and timelines specific to each school.
- At least once every 3 years, the district evaluates compliance with the LWP which is overseen by the LWP coordinator (i.e. district nutrition manager). The results are made available publicly to the district's website in culturally and linguistically appropriate language.
- 50% of schools have representatives on the Local Wellness Policy Committee in order to act as a designated resource in regards to compliance.

- The LWPC encourages representatives from the following:
 - All school levels
 - Parents/caregivers
 - Students
 - School nutrition professionals
 - Physical education professionals
 - Health education professionals
 - School health professionals
 - Mental health & social service professionals
 - Administrators
 - School board members
 - Community partners (when feasible)
- The LWPC currently has representatives from the following:
 - All school levels
 - School nutrition professionals
 - Mental health and social service professionals
 - Administrators
 - Community partners (when feasible)
- Currently, the district nutrition manager is designated to convene the LWPC and acts as a resource in regards to compliance with the LWP.

Recordkeeping

- All documentation regarding the LWP is kept on file for a minimum of 5 years.

Progress made in attaining the goals of the wellness policy:

In maintaining compliance with federal regulations and to support student wellness, the Child Nutrition & Wellness Department re-established the Local Wellness Policy Committee. The purpose of this committee is to contribute to academic success by creating a healthy school environment. The committee met during the 2022-2023 school year to:

- Re-establish and create awareness about the federally required [Local Wellness Policy](#)
- Develop best practices for implementation of the policy at the site level
- Build connections within the organization in regards to the wellness culture
- Strengthen partnerships amongst all stakeholders

The committee reconvened for the 2023-2024 school year to:

- Continue to develop best practices for implementation of the policy at the site level. Specifically, the committee focused its efforts to develop best practices and resources in regards to foods and beverages that are sold and/or served during the school day outside of the National School Lunch & School Breakfast programs.
- Complete the triennial assessment.