



## Triennial Wellness Policy Assessment

June 2024

### **Introduction**

During the school year 2023-2024, Salem-Keizer Public Schools conducted a triennial assessment of the local school wellness policy. This assessment included the following: evaluation of the local school wellness policy and how it compares to model policies, the extent to which schools within the district are in compliance with the local school wellness policy, and an evaluation of the progress towards goals listed in the policy.

This assessment reflects upon the implementation of the policy and the progress the district is making towards the topics put forth in the policy, as well as acts as a resource for updates to be made to the policy between this assessment and the next three years, or until the next assessment is completed.

The results of the assessment are as follows and are shown below.

### **Methods of Review**

This assessment outlines recommendations supplied by the following organizations: Oregon School Boards Association, model policy recommendations by the United States Department of Agriculture (USDA), the Center for Disease Control (CDC), the WellSAT Wellness School Assessment Tool, and many others.

### **Recommended Revisions**

Upon review of the currently posted Wellness Policy and Procedure using the methods above, revisions are recommended in the following areas and edits have been included into the draft of the updated policy.

### **Nutrition Education**

- Include the ways students receive sequential and comprehensive nutrition education while both in and out of school.
- Link nutrition education with the student's school food environment and include language on addressing agriculture in our food system.

## **Standards for USDA School Meals**

- Include language to explain the process taken to protect the privacy of students who qualify for free/reduced price meals and how families are provided information regarding determining eligibility for said meals.
  - o We do not identify students based on income due to CEP district wide, all students are safe from identification. All families are notified via website and direct electronic communication methods that the district offers CEP and no applications are required.
- Address how to handle feeding students with unpaid meal balances
  - o Students are entitled to their first reimbursable meal regardless of account balance. Students will not be allowed to charge a second meal or a la carte items if there is an unpaid balance on their account
- Add language to include strategies on increasing meal participation
  - o SKPS will continue to provide menu items that are relevant to the tastes our students have currently and will provide menu items that are culturally diverse. Additionally, working with our partners to remove barriers that address why students might not be eating (provide items they actually like, having more time for students to eat, assisting in managing meal balances, running a CEP program)
- Address the amount of seat time made available to students during meal periods
- Address purchasing local products for school meal programs

## **Nutrition Standards for Competitive and Other Food and Beverages**

- Add clarifying language to address fundraising during the school day using food, to be consumed during the school day.
- Address the exceptions regarding infrequent school-sponsored fundraisers using food to be consumed during the school day
- Address nutrition standards for all food and beverages being served and/or sold to students after the school day
- Add language to explain food is not to be used as a reward

## **Physical Education & Physical Activity**

- Address the times per week Elementary, Middle, and High School students will receive physical education instruction
- Address the qualifications of a k-12 physical education teacher and the training they will receive
- Address physical education exemption requirements for all students and physical education substitutes for all students

- Add more information on family and community engagement in physical opportunities at school and during before and after school opportunities
- Address recess and physical activity breaks for students during school
- Address active transport for all K-12 students that live within walking distance

### **Wellness Promotion and Marketing**

- Add language to encourage staff to model healthy eating and physical activity
- Address strategies that support employee wellness
- Address using physical activity as a reward, not being used as a punishment, and not withholding physical activity as a punishment
- Add language to specify marketing that promotes healthy food and beverage choices
- Address marketing on school property and equipment, educational materials, locations where food is purchased, in school publications and media, and through fundraisers

### **Implementation, Evaluation, & Communication**

- Add language to specify the officials responsible for implementing and compliance of the local school wellness policy
- Address a plan for updating the policy based on the results of the triennial assessment