

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: MSAD No. 75				
Names of schools included in this assessment: Bowdoin Central School; Bowdoinham Community School; Harpswell Community School; Williams – Cone School; Woodside Elementary School; Mt. Ararat Middle School; Mt. Ararat High School				
Date: March 2025				
The local wellness policy can be found online: www.link75.org				
Leadership				
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?	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	<i>(Heidi O’Leary, Superintendent; Ryan Keith, Principal BCS; Chris Lajoie, Principal BHM; Anita Hopkins, Principal HCS; Rick Dedek, Principal WES; Brem Stoner, Principal WCS; Chris Hoffman, Principal MAHS; Megan Hayes Teague, Principal MAMS)</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"/>	<i>(Insert names of Wellness Committee Members)</i> Parent: Jami Pinette Student: Ava MacAvoy School Food Service: Amanda Johnson, Wayne Napples, Alison Pierce Physical Education Teacher: Julie Petrie School Health Professional: Shannon Fitzpatrick School Administrator: Andrea Temple, Evan Howard School Board Member: General Public: Jessie Chalmers Other:
Annually, the public is informed about the content and implementation of the policy & the progress towards meeting the goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	An oral report will be delivered to the School Board in June, which will be televised and broadcast to the greater Midcoast Community. Recordings will be available online. A written Wellness Report will be at: www.link75.org
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>The district will provide students with nutrition education, using age- appropriate, sequential curriculum consistent with the Maine Parameters for Essential instruction.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ongoing in Health and Wellness Classes.
<i>The district aims to teach, model, encourage, and support healthy eating by students.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Utilizing Offer vs. Serve at Meal times, teaching students about local grains, fresh produce and Maine agriculture during demos and tastings.

Nutrition Promotion Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Students and staff will receive consistent nutrition messages throughout schools, classrooms, gyms and cafeterias.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Signage throughout schools and cafeterias, communication through Parent Square to parents and students regarding school nutrition sent quarterly.
<i>The District will promote healthy food and beverage choices for all students throughout the school campus.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Utilizing Smart snacks for a la carte, vending machines, catered events and school functions.
<i>Encourage Participation in school meal programs.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parents and staff are encouraged to utilize school meals through regular communication, menus, events and parent square notifications.
Physical Activity Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Physical Activity Breaks during the course of the day promoted for Children and adolescents.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All schools participate in scheduled recess and motor breaks during the day. Some elementary schools take students outside for learning times.
<i>Schools offer a variety of physical activity opportunities in addition to physical education class.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Middle and the High School offer times to walk outside for recess, as well as clubs and organizations to move your body.
Other school-based activities that promote student wellness Goals:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Weave Practices that support a healthy environment (eating, physical activity and mental</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Follow Smart Snack Guidelines

<i>health) into all District Professional Development Days and trainings</i>				
<i>Conduct 5-2-1-0+8 Projects in each school via partnership with Mid Coast Hospital</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>School Nutrition Meets Quarterly with this Wellness Group to implement ideas and utilize grant funding as needed.</i>
Nutrition Standards for foods SOLD to students:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Create Food and Beverage List that supports healthy eating.</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lists of calories and ingredients are available. Smart snack approved drink and snack only available to purchase in the cafeteria and in vending machines.
Nutrition standards for foods NOT SOLD/provided during the school day:	Meet	Partially Meet	Do Not Meet	NOTES
<i>Educate Employees, Students, Families and community members through our Website</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sharing the wellness policy, Smart Snack Policy and following guidelines to teach and coach these goals.
Food & Beverage Marketing:	Meet	Partially Meet	Do Not Meet	NOTES
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"/>	
Triennial Assessment:	Yes	No	NOTES	

Every three years the policy has been evaluated for compliance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Last review was 2023, change in directors created a gap.
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"/>	<i>Modeled after example Policies from ME DOE, and prior policies. This Policy will need to be fully updated as a unit this June.</i>
A copy of the assessment is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>Posted on www.link75.org</i>

Comments: