

May 5, 2022

Ross Local Schools Wellness Policy Triennial Assessment

Local Wellness Policy Triennial Assessment: Per federal regulations, school food authorities (SFA) are required to complete their first Local Wellness Policy (LWP Triennial Assessment by June 30, 2022 (7CFR 210.31) The U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) recommends the WellSAT Tool as a resource to conduct the LWP Triennial Assessment. Other assessment tools that can be used to assess all or part of the LWP requirements are available on the Child Nutrition Sharing Site.

The RLSD Wellness Policy has been assessed using the WellSAT Tool. See attachment.

Recommendations are below. Some recommendations are what RSLD is doing and just need to be added, other recommendations are what we can do to improve the wellness environment for students, staff and families.

- 1. NE8: Nutrition Education addresses agriculture and the food system:**
Add to policy EFG-R: Education of Agriculture and the food systems is taught within the Life Skills and Agriculture classes for grades 7-12
- 2. SM4: Address how to handle feeding children with unpaid meal balances**
Add to policy EF/EFB Food Services Management/Free and Reduced-Price Food Services: "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money"
- 3. SM5: Specifies how families are provided information about determining eligibility for Free/Reduced price meals.**
Add to policy EF/EFB, "Free/Reduced Meal Applications are available on the district website that may be printed, Applications are available at all school offices or may fill the application out on the MySCView or Payschoolscentral.com website"
- 4. SM6: Specifies strategies to increase participation in school meal programs..**
Add to Policy EFF, "Periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu and the district will use the USDA's Smarter Lunchroom tools and other resources available on the USDA website."
- 5. SM8: Free Drinking Water Available.**
Add to Policy EFG-R, "Water fountains or water filling stations are available in all cafeterias"

6. **SM9: Training for Food and Nutrition Staff.**

Add to Policy EF/EFB, “The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that Professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have a least 12 hours of training. New and current manager must have at least 10 hours of Training. New and current staff must have at least 6 hours of training”

7. **SM10: Purchases Local foods for the School meals program.**

Add to Policy EFG-R, “Whenever possible, school meals will include fresh, locally-grown foods in school meals.”

8. **NS8: Foods and Beverages containing Caffeine at the High School Level.**

Add to Policy EFG, “As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary schools and middle schools. High Schools are allowed to sell caffeinated beverages with District approval.”

9. **NS11: Addresses snacks provided for After School Educational Programs**

Add to Policy EFG-R, “Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards.”

10. **NS13: Addresses availability of free drinking water throughout the school day.**

Add to Policy EFG-R: “Drinking water fountains will be made available to students and staff throughout the school building.”

11. **PEPA5: Addresses time per week of physical education instruction for all middle school students. Add to Policy EFG-R** “RLS will encourage grades 5,7,& 8 to participate in 45 minutes of physical education per day for 18 weeks. Students in grade 6 will participate in 45 minutes of physical education for 9 weeks.”

12. **PEPA6: Addresses time per week of physical education instruction for all high school students**

Add to Policy EFG-R Grades 9-12 will complete one semester of physical education during their four years at Ross High School. A semester consists of 90 minutes of physical education per day for 12 weeks.

13. **PEPA7: Addresses qualifications for physical education teachers for grades K-12**

Add to Policy EFG-R and/or IGAF All teachers/Certified Staff, including physical education teachers, for grades K-12 are required to be certified/licensed.

14. **PEPA8: Addresses providing physical education training for physical education teachers.**

Add to Policy EFG-R and/or IGAF All staff, including physical education teachers, will be provided the opportunities and the professional development days to continue training on a yearly basis.

PEPA9: Addresses physical education exemption requirements for all students.

Add to Policy EFG-R Students are able to satisfy the PE requirement by participating in two full seasons/years, in any combination, of the following activities: Any RHS OHSAA-approved sport, RHS color guard, RHS cheerleading squad, RHS marching band, RHS show choir.

15. **PEPA10: Addresses physical education substitution for all students.**

Add to Policy Same as 15 above.

16. **PEPA14: Addresses physical activity breaks during school.**

Add to Policy EFG-R, Reword the statement to say, "Each k-12 school shall provide at least one physical activity break for every 60 minutes of academic instruction daily"

17. **PEPA15: Addresses joint or shared-use agreements for physical activity participation at all schools**

Found in Policies EGD and KG, not found directly in the Wellness Policies of the district.

18. **PEPA16: District addresses active transport**

Found in Policy EEA, not found directly in the Wellness Policies of the district.

19. **WPM6: Specifies marketing to promote healthy food and beverage choices.**

Add to Policy EFG-R and/or KJ-R-1, Marketing strategies, such as taste tests and signage in the cafeterias promoting Healthy choices will be prominently displayed in the cafeterias to encourage students to make those choices."

20. **IEC4 to IEC8: Triennial Assessment of the Wellness Program**

Add to Policy EFG, "Wellness Policies and the results of the Triennial assessment every three years will be made available and known to the faculty, staff, parents and students of the district. The Triennial assessment will be from using the Wellness School Assessment Tool-implementation(WellSAT-1). The report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies and progress made in achieving goals. When meeting three to four times a year, the wellness committee, consisting of a district health-care professional, food service supervisor, administration, staff and parents, will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly."

The above policies will be addressed in the 2022-2023 school year by the Wellness Committee

The new Wellness Committee will be determined by the first meeting in October 2021 and will consist of the following members:

School District Administrator

School District Health-Care Professional

School District Food Service Supervisor

School Staff Member

School Parents

The Ross Local School District Triennial Wellness Assessment has been prepared and completed by Shelli Turco(District Nurse) and Karen Trousdell(District Food Service Supervisor). It will be presented to the District School Board in July 2022 and posted on the Ross Local School District website.

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