

Tri-Valley Local School District
School Wellness Policy Annual Meeting And Triennial Assessment
November 2025

The Tri-Valley Local School District Wellness Committee held their annual meeting on Wednesday, November 5, 2025 at 10:00 a.m. the Tri-Valley District Office. Members included various administrators and parents of school age children attending the District.

The wellness committee membership goal is to have members that represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, school administrators, school board members, health professionals and the general public.

Anyone interested in participating as a member of the Tri-Valley School District Wellness Committee should contact Craig Strohacker, Director of Operations, at cstrohacker@tvschools.org or (740) 754-1442.

The November 5, 2025 committee meeting agenda and notes are listed below.

- Review of the current school wellness policy that was adopted by the BOE on August 10, 2017.
 - All members received and reviewed a copy of the current wellness policy.
- Identification of specific areas not meeting the current policy.
 - Upon review of the current policy, several areas were noted that are only partially implemented. Discussions were held on the timelines and responsibilities for full implementation of the current Wellness Policy along with suggestions for policy changes.
- Assignment of roles, responsibilities, actions, and monitoring of the current wellness policy at each school.
 - Building principals were assigned to further review and monitor the policy in the following areas:
 - Nutrition Education
 - Essential Healthy Eating Topics in Health Education
 - Physical Activity
 - Physical Education
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 - Recess (Elementary)
 - Classroom Physical Activity Breaks (Elementary and Secondary)
 - The Director of Operations was assigned to review, monitor and assure full implementation of the policy in the following areas:
 - Recordkeeping
 - Annual Notification of Policy
 - Triennial Progress Assessments
 - School Meals
 - Water
 - Staff Qualifications and Professional Development
 - Food and Beverage Marketing in Schools
- Areas not fully implemented and suggestions for changes to the current Wellness Policy.

- Three areas of the current Wellness Policy were identified as being only partially implemented: Physical Education, School Meals and Food and Beverage Marketing in Schools.
 - Food and Beverage Marketing in Schools
 - Several beverage coolers, mainly in athletic concessions areas, contain marketing that does not meet or exceed USDA Smart Snack in school nutrition standards. Suggestions were made to negotiate with beverage vendors to replace the coolers as soon as possible.
 - Physical Education
 - Current staffing and schedules do not allow enough time to fully meet the required 60-89 minutes per week of the physical education requirement. Suggestions were made to modify the Physical Education section of the Wellness Policy as follows:
 - Current Wellness Policy – The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All District elementary students in each grade will receive physical education for at least **60-89** minutes per week throughout the school year. All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion based reporting for each student.
 - Proposed change to Wellness Policy - The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All District elementary students in each grade will receive physical education for at least **30-60** minutes per week throughout the school year. All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness

Program or other appropriate assessment tool) and will use criterion based reporting for each student.

- School Meals

- Current staffing and budgets make it difficult to consistently promote healthy food and beverage choices using ten Smarter Lunchroom techniques. Suggestions were made to modify the School Meals section of the Wellness Policy as follows:
- Current Wellness Policy - All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:
 1. Are accessible to all students;
 2. Are appealing and attractive to children;
 3. Are served in clean and pleasant settings;
 4. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
 5. Promote healthy food and beverage choices using at least **ten** of the following Smarter Lunchroom techniques:
 6. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 7. Sliced or cut fruit is available daily.
 8. Daily fruit options are displayed in a location in the line of sight and reach of students.
 9. All available vegetable options have been given creative or descriptive names.
 10. Daily vegetable options are bundled into all grab-and-go meals available to students.
 11. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 12. White milk is placed in front of other beverages in all coolers.
 13. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 14. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 15. Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
 16. Student artwork is displayed in the service and/or dining areas.
 17. Daily announcements are used to promote and market menu options.
- Proposed change to Wellness Policy - All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to

offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
5. Promote healthy food and beverage choices using at least **eight** of the following Smarter Lunchroom techniques:
6. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
7. Sliced or cut fruit is available daily.
8. Daily fruit options are displayed in a location in the line of sight and reach of students.
9. All available vegetable options have been given creative or descriptive names.
10. Daily vegetable options are bundled into all grab-and-go meals available to students.
11. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
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