

School Wellness Policy Assessment June 2024

According to USDA guidelines, all Local Education Agencies (LEAs) are required to evaluate their wellness policy at least once every three years. This evaluation should assess how well schools comply with district policies, compare the local wellness policy to model wellness policies, and measure progress towards achieving the goals set in the local wellness policy. LEAs must ensure this assessment is accessible to the public.

Local Wellness Policy vs. Model Wellness Policy

Our wellness policy aligns closely with the model wellness policy established by The Alliance for a Healthier Generation. It clearly designates individuals responsible for ensuring compliance with the policy. The policy encourages the involvement of various stakeholders in its development and review. It also outlines methods for informing the public about the local wellness policy and includes details about the triennial assessment.

The policy sets nutrition standards for all foods and beverages sold on school grounds during the school day, adhering to the Smart Snacks nutrition guidelines. It mandates that only foods and beverages meeting these standards can be marketed. Additionally, the policy establishes standards for all foods and beverages provided to students in classrooms or during celebrations. Specific objectives are laid out for nutrition education and promotional activities. It also includes defined goals for physical activity opportunities and other school-based initiatives aimed at enhancing student wellness.

Overall, the district wellness policy contains the required components, and is in line with the model school wellness policy.

Progress made in attaining the goals of the local wellness policy

Wellness Committee: The average score for this section was low, as many schools have do not have active participation in the district wellness committee. There is notable room for improvement in this area.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement: The average score for this section was 50%. Some schools are actively participating in the wellness policy and engaging the school community in wellness efforts while other schools are struggling to meet the objectives.

Nutrition: Schools scored an average of 97% in this section. The child nutrition department plays a major role in ensuring students have access to healthy meals and snacks that meet USDA guidelines. Schools are making efforts to ensure that all foods provided for celebrations have ingredient labels and meet smart snack guidelines.

Physical Education and Physical Activity: Physical education and activity scored an average of 95%, showing that the district is successfully meeting goals in this area. Schools are prioritizing physical education and exercise during the school day.

Nutrition Education: The average score for nutrition education was 50%. There was a large variation between schools regarding how well nutrition education is being integrated in the classroom.

Staff Wellness: The average score for staff wellness was 61%. Some schools are actively involved in staff wellness, while others have less staff involvement.