

Wellness Policy Triennial Review

In April 2021 the Wellness Policy was reviewed using the Wellness School Assessment Tool (WellSAT.) In addition, the Wellness Committee (acting through the Safety Committee) met to review the findings in May.

The following summary of the findings was discussed by the committee and then *will be* presented to the Board of Education at the June 8 meeting:

There are six sections in the Assessment. After each section title the comprehensive score out of 100 is listed:

1. Nutrition Education - 71
2. Standards for USDA Child Nutrition Programs and School Meals - 100
3. Nutrition Standards for Competitive and Other Foods - 80
4. Physical Education and Physical Activity - 87
5. Wellness Promotion and Marketing - 92
6. Implementing, Evaluation, and Communication - 100

Our overall comprehensive score is 88 out of 100. We have made great progress in adhering to our Wellness Policy, which is in compliance with state and USDA expectations. The strength score is 73, which signifies that some of our practices could be improved.

Recommendations for improvement or areas to note for continued success:

- A standards-based nutrition education curriculum should promote student wellness in all grades, integrating nutrition throughout lessons in all content areas as appropriate.
- Food-based celebrations during the school day (birthday and holiday parties) should strive to meet Smart Snacks nutrition standards. [Click here for recommendations.](#) Food should also not be used as a reward for good student behavior.
- Physical activity should continue to be used as a reward, never as a punishment, and physical activity breaks should continue during the school day.
- Purchase local foods for the school meals program.
- Continued adherence to the [District Wellness Policy \(6142.101\)](#) must be maintained.