

# All School Level Triennial Assessment Tool

## Compliance with Local School Wellness Policy

***This tool is intended to help schools track their degree of compliance and progress towards attaining the goals of the District's Local School Wellness Policy.***

***Complete this tool at the school level by entering the requested information and selecting "Yes", "Partial" or "No" in the Policy Areas Below.***

District Name: South Umpqua School District

School Names: Canyonville School, Myrtle Creek Elementary, Tri City Elementary, Coffenberry Middle School, South Umpqua High School

Date of Evaluation: 10/23/24

Person(s) completing evaluation: Shy Chapman, Director of Fiscal Services

Select all grade levels in your school or select N/A if ungraded:

N/A

5

9

Pre-K

6

10

K

7

11

1

8

12

2

3

4

## Policy Area 1:

## Nutrition Education Requirements

**Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:**

Nutrition education is provided throughout the student's school years as part of the district's age appropriate, comprehensive nutrition program (which includes the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, and handling and storage related to food and eating, and is aligned and coordinated with the Oregon Health Education Standards and school health education programs.

Nutrition education will include culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with the Oregon Health Education Standards and school health education programs.

 Yes Partially No**Describe progress that has been made towards achieving this goal or goals**

Nutrition Education is addressed in health & P.E. classes at all school levels that positively influence lifelong eating behaviors by using evidence-based strategies and techniques and nutritional messages and by creating food environments that support healthy nutrition choices

**If goal(s) are partially met or not met describe barriers preventing achievement of this goal:**

Policy Area 2: Nutrition Education Requirements		
<b>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</b>		
Nutrition promotion and nutrition education shall be a sequential and integrated focus on improving students' eating behaviors, reflect evidence-based strategies and be consistent with state and local district health education standards.		
<input checked="" type="checkbox"/> <b>Yes</b>	<input type="checkbox"/> <b>Partially</b>	<input type="checkbox"/> <b>No</b>
<b>Describe progress that has been made toward achieving this goal or goals</b>		
Info about available meal program is distributed prior to or at the beginning of the school year and at other times throughout the school year, Information about availability and location of a Summer Food Service Program (SFSP) is Distributed and Nutrition promotion materials are sent home with students, published on the district website, and distributed at parent-teacher conferences.		
<b>If goal (s) are partially met or not met, describe barriers preventing achievement of this goal:</b>		

<b>Policy Area 3: Physical Activity Requirements</b>		
<p><b>Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:</b></p> <p>Physical activity should be included in the school’s daily education program for grades K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess. PE will be a course of study that focuses on students’ physical literacy and development of motor skills, courses will be the environment where students learn, practice, and are assessed on developmentally appropriate knowledge, skills, and confidence to become physically literate. Instruction is provided by adequately prepared teachers and physical activity is integrated and movement is part of all classroom courses.</p>		
<input checked="" type="checkbox"/> <b>Yes</b>	<input type="checkbox"/> <b>Partially</b>	<input type="checkbox"/> <b>No</b>
<p><b>Describe progress that has been made toward achieving this goal or goals:</b></p> <p>At least 50 percent of the weekly physical education class time in grades K through 8 shall be devoted to actual physical activity and is a planned part of school-community events. Staff encourages and provides support for parental involvement in their children’s physical Education. Grades K-5 &amp; 6-8 have 150 minutes of PE per week. High school students are provided multiple options for PE to encourage participation past the 1 credit required to graduate.</p> <p><b>If partially met or not met, describe barriers preventing achievement of this goal or goals:</b></p>		

## Policy Area 4:

## Other School – Based Wellness Activities

**Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:**

The district will integrate wellness activities throughout the entire school environment (districtwide). The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicated and work toward the same set of goals promoting student well-being, optimal development and strong educational outcomes.

 Yes

 Partially

 No

**Describe progress that has been made toward achieving this goal or goals:**

Nonfood-related fundraisers, monthly/weekly school walks, assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how students and staff can incorporate 60 minutes of physical activity into their day, use of alternates to food as a classroom reward, integration of social, emotional and mental health supports. We have a Social Emotional Behavior Coordinator on staff.

**If partially met or not met, describe barriers preventing achievement of this goal or goals:**

Policy Area 5: Standards for All Food and Beverages		
<b>Standards for All Foods and Beverages Sold</b>		
<p><b>Our school meets or exceeds USDA and Oregon Smart Standards the standards and nutrition guidelines for all foods and beverages sold to students outside the reimbursable school meal program on the school campus.</b></p> <p>Foods and beverages sold [or offered] in classrooms or school-sponsored activities during the school day shall follow the Oregon Smart Snacks Standards. Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fundraisers on the school campus during the school day. We have removed or locked the vending machines during school hours to prevent the sale of snacks &amp; beverages that have not met the Smart Snacks standard or have not been ran through the calculator. Fundraisers are encouraged to be done at sporting events outside of school hours or off campus.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No foods or beverages sold
If no, describe barriers preventing compliance with these standards:		
Policy Area 5: Standards for All Food and Beverages		
<b>Standards for All Beverages Provided, But Not Sold</b>		
<p><b>Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):</b></p> <p>Foods and beverages sold [or offered] in classrooms or school-sponsored activities during the school day shall follow the Oregon Smart Snacks Standards. Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fundraisers on the school campus during the school day.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No foods are beverages provided
If no, describe barriers preventing compliance with these standards:		

<b>Policy Area 6: Food and Beverage Marketing</b>		
<b>Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.</b>		
Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards for competitive foods set by the USDA. Fundraiser request forms are required to make sure we are following Smart Snack Guidelines.		
<input checked="" type="checkbox"/> <b>Yes</b>	<input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>No food or beverage marketing</b>
<b>If no, describe barriers preventing compliance with these standards:</b>		

Additional policy areas, included in the district's Local Wellness Policy, but not federally mandated should be included in this area.

Examples of such policy areas are employee wellness, water availability, meal time period duration, recess period, food as a reward, social emotional climate, and physical environment.

### Policy Area 7:

#### Our school meets the specific goals for Water as outlined in the Local Wellness Policy:

Free, safe, unflavored, drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

Yes

Partially

No

#### Describe progress that has been made toward achieving this goal or goals:

We have added additional drinking fountains most recently in the gym near the wrestling room. Students are encouraged to bring and fill up water bottles.

#### If partially met or not met, describe barriers preventing achievement of this goal or goals:

### Policy Area 8:

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#### Our school meets the specific goals for Celebrations and Rewards/Incentives as outlined in the Local Wellness Policy:

All foods and beverages offered on the school campus are encouraged to meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, and classroom snacks brought by parents. This information is conveyed to staff and parents.

 Yes

 Partially

 No

#### Describe progress that has been made toward achieving this goal or goals:

Healthy themed celebrations are promoted, and all items have to be checked in at the office before going to the classroom.

**If partially met or not met, describe barriers preventing achievement of this goal or goals:**

### Policy Area 9:

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#### Our school meets the specific goals for family & parental involvement as outlined in the Local Wellness Policy:

Nutrition promotion materials are sent home with students, published on the district website, and distributed at parent-teacher conferences.

 Yes

 Partially

 No

#### Describe progress that has been made toward achieving this goal or goals:

Our district Facebook page highlights and promotes nutritional opportunities, programs, and wellness related articles. The Body Shop magazine is sent home with elementary aged children. Partners throughout the County are asked to promote wellness at school and after school events.

**If partially met or not met, describe barriers preventing achievement of this goal or goals:**