

WI Department of Public Instruction Triennial Assessment

Oregon School District Local Wellness Policy Report Card June 2020



(A requirement for all school districts who participate in the
USDA Food & Nutrition Service Breakfast & Lunch Program)

Oregon School District

Local Wellness Policy Report Card 2020

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Sarah Tomaszewicz (setomasiewicz@oregonsd.net) or Amy Miller (alm@oregonsd.net).

Overall Rating:

2.6

Ratings are based on a four-point scale to measure success in meeting/ complying with each objective.

- 0 = objective not met/no activities completed
- 1 = objective partially met/some activities completed
- 2 = objective mostly met/multiple activities completed
- 3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
<u>721.02.1</u> : The School Meal Program shall promote healthy meals and meal alternatives as part of the educational environment by ensuring that all meals offered through the National School Breakfast and Lunch Programs meet or exceed U.S. Government Nutritional Standards.	3
<u>721.02.2</u> : The District will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf All food and beverages sold or marketed to students during the school day by the District, its staff or school-sponsored groups must be consistent with the U.S. Government Nutritional Standards or the USDA “smart snacks” rule except as provided below.	3
<u>721.02.3</u> : For student organizations that have fundraisers involving food, the District encourages selling food that meets the smart snacks rule. Each student organization will be allowed one fundraising exemption for not more than two weeks in time, to take orders for foods that do not meet the nutritional standards, provided that the food itself is not sold during the school day.	3
<u>721.07</u> – Reimbursable School Meals A. In buildings where the District provides reimbursable school meals, those meals shall meet minimum requirements outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards. B. Students who will not be in their school building during the normal lunch serving time because of field trips or other school activities may obtain a bag lunch from their building’s food service. Bag lunches will meet the same nutritional requirements as other reimbursable school meals. Teachers and other field trip organizers are encouraged to include a bag lunch ordering option on all field trip permission forms.	3

Nutrition Promotion	Rating
<p><u>721.03.1</u>: Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.</p>	2
<p><u>721.03.2</u>: The District will promote healthy food and beverage choices for all students throughout the district, as well as encourage participation in school meal programs. This promotion will occur through at least:</p> <ul style="list-style-type: none"> ● Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and ● Only marketing foods and beverages that meet the USDA Smart Snacks in School nutrition standards during the school day. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks. ● The District will actively assist families who qualify for free or reduced lunch to complete the necessary paperwork. 	3

Nutrition Education	Rating
<p><u>721.04.1</u>: The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> ● Is designed to provide students with the knowledge and skills necessary to promote and protect their health; ● May be integrated into other instruction as appropriate; ● Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens; ● Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods; ● Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise); ● Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services; ● Teach media literacy with an emphasis on food and beverage marketing; and ● Include nutrition education training for teachers and other staff. 	2
<p><u>721.04.2</u>: Lunchroom techniques to promote healthy food and beverage choices may include:</p>	2

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options
- Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.
- When possible, lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will implement at least four of the following five Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

<u>721.04.3</u> : Essential Healthy Eating Topics in Health Education or through our curriculum students will learn about topics essential to maintaining a healthy lifestyle	2
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Physical Activity and Education	Rating
<u>721.05.01</u> : The nationally recommended amount of daily physical activity is at least 60 minutes per day. The District shall provide opportunities for students to obtain this level of daily activity through regular instruction in a physical education class, co-curricular activities, recess, intramurals and other opportunities for physical activity before, during and after school. The District shall also make facilities available to District residents and students for the purpose of providing opportunities to meet this standard. Physical activity will not be withheld as punishment unless there is a health and safety concern for the student, other student(s) or staff member(s).	3
<u>721.05.02</u> : All elementary schools will offer at least 40 minutes of recess each day. Outdoor recess will be offered when weather permits. If indoor recess is necessary, schools will promote physical activity in gyms and other appropriate locations within the buildings.	3
<u>721.05.03</u> : Students will be offered periodic opportunities to be active or to stretch during a school day. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Teachers are encouraged to incorporate movement and kinesthetic learning approaches into all classroom instruction.	3

Other School-Based Wellness Activities	Rating
<u>721.06.01: Curriculum</u> <ul style="list-style-type: none"> A. The District’s Health Education curriculum shall educate students using age-appropriate curricula consistent with national and state standards to develop the knowledge, attitude, skill and habits for life-long healthy eating habits and physical activity. B. The Physical Education curriculum shall instruct students of the importance of physical exercise and expose them to a wide range of physical activities so that they develop the knowledge and skills to be physically active for life. Students in grades K-6 will receive physical education instruction for at least 50-89 minutes per week throughout the school year, with increasing instruction time for higher grades. 	3
<u>721.06.02: Classroom Incentive and/or Parties</u> <ul style="list-style-type: none"> A. Celebrations and parties. <ul style="list-style-type: none"> The District strongly encourages that celebrations and parties involve either healthy foods and/or non-food related celebration ideas. The District Wellness Committee (the “Committee”) will provide a list of healthy 	3

<p>celebration/party ideas to parents and teachers, including non-food ideas. It is recommended that celebrations and parties will be held after lunch periods to ensure students eat a healthy lunch.</p> <p>B. Classroom snacks brought by parents/guardians.</p> <p>For parents /guardians that want to provide snacks or other items for their student’s classroom, the District strongly encourages healthy foods and/or non-food related celebration items. The DWC Committee will provide a list of foods and beverages to parents/guardians that meet Smart Snacks nutrition standards, as well as non-food related age-appropriate ideas.</p> <p>C. Rewards and incentives:</p> <p>The DWC Committee will provide to school staff a list of alternative ways to reward children other than food or beverages. Foods and beverages should not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior, except as provided in a student’s IEP.</p>	
<p><u>721.06.04: School Sponsored Events Outside of the School Day:</u> Foods and beverages offered or sold at all school-sponsored events (including but not limited to athletic events, dances or performances) should promote good health and nutrition. Healthy alternatives (such as water, fruit, vegetables or nuts) will be offered.</p>	2
<p><u>721.06.05: Positive Cafeteria Environment:</u> Each building is responsible for providing a positive environment in school cafeterias by giving an adequate amount of time for students to eat meals and scheduling lunch periods in a reasonable manner.</p>	2

Policy Monitoring and Implementation	Rating
<p><u>721.08.01:</u> The Board designates the Director of Community Education as the Wellness Coordinator who is responsible for the implementation and oversight of this policy. The Wellness Coordinator should: (a) fully understand the local wellness policy of the National School Lunch Act; (b) facilitate the development and updating of this policy; and (c) have the authority and responsibility to ensure that each school complies with this policy.</p>	3
<p><u>721.08.02:</u> The Committee shall implement, review and update this policy in accordance with the Healthy, Hunger Free Kids Act of 2010, the Food and Drug Administration’s regulations, and other applicable federal or state laws. The Committee will meet a minimum of two times annually. At least every three years starting in 2017-18, the Committee shall assess each schools’ compliance with this policy and make the results available to the Board and to the public on the District’s website. The assessments must include: (a) the extent to which the schools are in compliance with the policy; (b) the extent to which this policy compares to model school wellness policies; (c) a description of the progress made in attaining the goals of the policy;(d) policy compliance by making the assessment available to the public in an accessible and easily understood manner; and (e) recommend updates to the policy based on the assessment.</p>	2

<p><u>721.08.03</u>: The Wellness Coordinator shall chair the Committee. The Committee shall be composed of the following members:</p> <ul style="list-style-type: none"> ● Board Representative ● Administrators ● School Meal Program Director ● Physical Education and Health Teachers ● School Nurses ● Human Resources Staff ● Parents ● Community Members ● Community Education & Recreation Director ● Students ● Other members as the Committee deems appropriate 	2
<p><u>721.08.04</u>: The Committee shall retain records of its meetings, including the members attending the meetings, documentation of the triennial assessment of this policy, and compliance with the notice requirements under this policy.</p>	3

Comments regarding progress made towards obtaining policy goals:

The opportunity to complete the WellSAT Assessment Tool and review the Oregon School District Wellness Policy, allowed us to see the progress we have made in health and wellness as a district as well as find areas we can continue to improve in supporting a healthier school district community. We are pleased to see how our increased focus on health and wellness over the past three years has made a positive impact on our students, staff and families. The WellSAT Assessment results highlighted the many areas of health and wellness that we have fully implemented in our schools. Our overall rating of 2.6 (out of 3.0) reflects that most of the federal recommendations are fully implemented. Upon completion of the assessment and review of the Oregon School District Wellness policy, we have identified the following areas to target our work moving forward. The areas identified below are taken from our OSD Wellness Policy 721

721.03.1 Nutrition Promotion- a goal moving forward would be to develop a comprehensive set of strategies to ensure all students and staff receive consistent nutrition messages throughout schools, classrooms and cafeterias.

721.04.1 & 721.04.3 Nutrition Education- a next step is to evaluate systematic and continuous nutrition education 4K-12. Goals would include integrating nutrition education instruction into content areas throughout the grade level bands. We want to add lessons in media literacy to address food and beverage marketing & topics essential to maintaining a healthy lifestyle. To achieve this goal, we will support ongoing professional development for staff focusing on developmentally appropriate nutrition education standards and content.

721.04.2 Lunchroom Techniques - goals will include a time study of how long students have to eat breakfast and to increase marketing for fruit and vegetable choices including location in line and creative names for fruits and vegetables.

721.06.04 School Sponsored Events Outside of the School Day - a goal is to develop education/marketing tools to support offering healthy options at events and a list of healthy options that can be profitable and popular.

721.06.05 Positive Cafeteria Environment - a goal is to continue to evaluate the amount of time that students have to each lunch in all buildings.

721.08.02 & 721.08.03 District Wellness Committee- the committee did not meet 2 times in 2019-2020 due to school closure from the Coronavirus. We had met the required two times during the previous year. A goal for the committee is to have student representation on this committee. Our School Nutrition Director will be working with high school ACP staff to identify students that are interested in a similar career path.

Additional recommendations/goals:

1. To add new policy language to include the following, “Prohibit the sale of food and/or beverages containing caffeine (with exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day.”
2. Inventory all school vending machines and snack boxes to determine location, who has access to the machine (Students and/or teachers), the times vending machines are turned on for purchases, food and drink sold meeting Smart Snack Guidelines.
3. Beginning in 2020-2021, we will work to eliminate MSG, high fructose corn syrup and artificial food dyes and colors in all meals sold by OSD Food Service.

WellSAT Score

Comprehensiveness Score:

98.5%

Strength Score:

79%

The Wellness School Assessment Tool (WellSAT) allows schools/districts to evaluate how their policy addresses 67 best practice policy items. WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.