

SCHOOL UNION 122 TRI-ANNUAL ASSESSMENT REPORT

June 20, 2024

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.

The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy: <https://www.schoolunion122.net/union-information>

Description of Woodland School's progress in meeting the wellness policy goals:

Policy Goal Statement	Progress Being Made Toward Goal 1 – Does Not Meet Expectations 2 – Partially Meets Expectations 3 – Meets Expectations 4 – Exceeds Expectations	Other Comments:
<p>Community Involvement, Outreach, and Communications</p> <p>The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district.</p>	3- Progress being made.	E-mail and Newsletter Modalities Utilized. DWC actively updated and assessed policy throughout 2023-2024 school year.
<p>The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.</p>	3 - Progress made throughout 2022/2023 and 2023/2024 school year.	School menu sent out in monthly newsletter. Monthly newsletter used to encouraged healthy snacks in school.
<p>Nutrition: 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:</p> <ul style="list-style-type: none"> ● Are accessible to all students; ● Are appealing and attractive to children; ● Are served in clean and pleasant settings; ● 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.) 	3.	Meals and Fresh Fruits are available. Meals are served in clean and pleasant setting. Meet or exceed nutritional requirements. (We utilize a computer program that insures this). Salad bar reinstated during 2023-2024 school year. Taste test Tuesdays offered throughout year to introduce possible new menu items to students and to get student input.

<p>Nutrition:</p> <ul style="list-style-type: none"> Promote healthy food and beverage choices using at least ten of the listed Smarter Lunchroom techniques: 	3	
<p>Nutrition: Staff Qualifications and Professional Development All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.</p>	4	
<p>Nutrition: Water To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.</p>	3	Water bottle filling stations installed during summer of 2021. Newsletter reminders also sent to as a reminder to only fill water bottles with water.
<p>Nutrition: Competitive Foods and BeveragesThe District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks.</p>	N/A no beverages sold outside of school meal programs	
<p>Nutrition: All foods <u>offered</u> on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:</p> <ol style="list-style-type: none"> Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. 	2- Progress being made each year.	Healthy Party idea lists are provided to teachers, healthy snack lists are provided to teachers, and list of alternatives to award students are provided.

<p>Nutrition: Fundraising</p> <p>Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas.</p>	<p>3</p>	<p>There are no school sponsored fundraisers that occur during the school day at this time that do not meet the USDA standards.</p>
<p>Nutrition: Promotion .</p> <p>The District will promote healthy food and beverage choices for all students throughout the school campus, 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 ● Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks. 	<p>3</p>	
<p>Nutrition: Nutrition Education</p> <p>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; ● Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects; ● 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. 	<p>3</p>	<p>Taste testing has been added to introduce potential new menu items which has been an improvement. Student's learn about/how to read nutrition labels in Health classes. All students receive fresh fruits and vegetables.</p>
<p>Nutrition: Essential Healthy Eating Topics in Health Education</p> <p>The District will include in the health education curriculum essential topics on healthy eating.</p>	<p>3</p>	

<p>Nutrition: Food and Beverage Marketing in schools:</p> <p>Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.</p>	4	No foods are marketed during the school day.
<p>Physical Activity:</p> <p>Children and adolescents should participate in 60 minutes of physical activity every day.</p>	4	Opportunities are given for students to average more than 60 mins of physical activity a day.
<p>Physical Activity:</p> <p>Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. (This does not include participation in sports teams that have specific academic requirements.) The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.</p> <p>To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.</p>	3	Teachers and staff have been provided with a list of ideas for alternative ways to discipline. Currently teacher do not withhold recess for discipline, but can for additional instruction time only with expressed parental consent.
<p>Physical Activity:</p> <p>All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.</p> <p>All District secondary students (middle school) are required to take the equivalent of one academic year of physical education.</p> <p>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.</p>	4	Middle school levels students exceed requirement and receive physical education classes every year along with elementary students.
<p>Physical Activity</p> <p>Essential Physical Activity Topics in Health Education</p> <p>The District will include in the health education curriculum essential topics on physical activity: (listed in policy)</p>	3	
<p>Physical Activity</p> <p>Recess (Elementary)</p> <p>All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.</p>	3	

<p>Physical Activity :</p> <p>Outdoor recess will be offered when weather is feasible for outdoor play.</p> <p>In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.</p> <p>Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>	<p>2. Progress made, more work needed.</p>	<p>Recess is not being treated as a complement to PE consistently. Recess monitors are usually too busy to be engaged in physical activity alongside the students.</p>
<p>Physical Activity:</p> <p>Physical Activity Breaks (Elementary)</p> <p>The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. 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.</p> <p>The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.</p>	<p>3</p>	<p>Teacher have been very proactive with providing short breaks for students (outside), especially during periods of warmer weather.</p>
<p>Physical Activity:</p> <p>Active Academics</p> <p>Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.</p> <p>The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.</p> <p>Teachers will serve as role models by being physically active alongside the students whenever feasible.</p>	<p>3</p>	
<p>Physical Activity:</p> <p>Before and After School Activities</p> <p>The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be</p>	<p>2</p>	<p>Intramural skiing and track offered for the majority of students. Some grade levels are limited.</p>

<p>physically active before and after school by: offering programs to all grade levels including but not limited to: after school skiing/snow shoeing, intramural athletics, and school sponsored athletic teams.</p>		
<p>Physical Activity:</p> <p>Active Transport</p> <p>The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in <i>six or more</i> of the activities below; including but not limited to:</p> <ul style="list-style-type: none"> ● Designation of safe or preferred routes to school ● Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area) ● Instruction on walking/bicycling safety provided to students ● Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper ● Documentation of number of children walking and or biking to and from school ● Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.) 	<p>N/A not currently achievable</p>	<p>Maps have been created to showcase the schools trails., which are accessible to the public, along with the playground equipment and fields outside of school hours.</p>
<p>Other activities:</p> <p>Community Partnerships</p> <p>The District will develop and continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.</p>	<p>3</p>	<p>School has partnerships with local hospital, health care offices and ACAP. Dental screenings and fluoride varnish provided to students and flu shots offered and provided to all students and staff.</p>
<p>Other activities:</p> <p>Community Health Promotion and Engagement</p> <p>The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.</p> <p>As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.</p>	<p>2</p>	<p>All school event info, ones that include wellness initiatives as well are sent out in the newsletter, and via e-mail in important alerts to families. Would like to recruit students into DWC.</p>
<p>Other activities:</p> <p>Staff Wellness and Health Promotion</p> <p>The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and</p>	<p>3</p>	<p>Water intake and physical activity challenges took place for students and staff.</p>

<p>disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.</p> <p>Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.</p> <p>The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.</p>		
<p>Other Activities:</p> <p>Professional Learning</p> <p>When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.</p>	2	

SUMMARY OF DISTRICT WELLNESS ACTIVITIES 2021-2024:

Information about healthy snacks and hydration sent home in newsletters as well as keeping in contact with school nurse when student/child is ill.

Active efforts to promote attendance through communication with school nurse and families and via newsletter.

3 District Wide Staff Wellness Challenges and 2 Student Wellness Challenges promoting nutrition and physical activity when school in session.

4 Quarterly Wellness Committee Meetings (except when interrupted due to pandemic)

After School Sports offered to 5-8th grade year round, when school in session.

Intramural skiing and track and field.

WELLNESS POLICY CONTACTS:

Coordinator: Kylie Haines – kylie.haines@schoolunion122.net

Building Principal: Gillian Laird Sleeper – gillian.sleeper@schoolunion122.net