

# 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: Sheridan School District

School Name: Faucloner-Chapman/ Sheridan High School

Date of Evaluation: 05/09/2022

Person(s) completing evaluation: Lynne Shore

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		
<p><b>Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:</b></p> <p><b>Nutrition education at all levels of the district’s curriculum shall include, but not be limited to, the following essential components designed to help students learn:</b></p> <ol style="list-style-type: none"> <li><b>1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;</b></li> <li><b>2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and</b></li> <li><b>3. How to assess one’s personal eating habits, set goals for improvement and achieve those goals.</b></li> </ol>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p><b>Describe progress that has been made towards achieving this goal or goals</b>  <b>All goals above are addressed in health and P.E. Classes.</b></p> <p><b>If goal(s) are partially met or not met describe barriers preventing achievement of this goal:</b></p>		

Policy Area 2: Nutrition Education Requirements		
<p><b>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</b></p> <p><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.</b></p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No

**Policy Area 2:  
Nutrition Education Requirements**

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

Schools use “Smarter Lunchrooms” best practices and scorecards.

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

Policy Area 3: Physical Activity Requirements		
<p><b>Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:</b></p> <ol style="list-style-type: none"> <li>1. Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of all classes or courses as part of a well-rounded education;</li> <li>2. Physical education will be a course of study that focuses on students’ physical literacy and development of motor skills;</li> <li>3. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate knowledge, skills and confidence to become physically literate;</li> <li>4. All physical education classes will be taught by licensed physical education teachers and/or appropriately licensed teacher as outlined by the Teacher Standards and Practices Commission (TSPC);</li> <li>5. Daily recess period(s) will be provided that will not be used as a punishment or a reward</li> </ol>		
<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><b>Grades K-1</b>                      125 minutes of PE a week                      4 hours 15 minutes of recess in a week</p> <p><b>Grade 2</b>                      100 minutes of PE a week                      4 hours 15 minutes of recess in a week</p> <p><b>Grades 3-5</b>                      125 minutes of PE a week                      4 hours of recess in a week</p> <p><b>Grades 6-8</b>                      3 hours 20 minutes of PE a week                      100 minutes of recess/movement time a week</p> <p><b>High School</b>                      Freshmen plus a sprinkling of students in other grades have 3.5 hours of PE per week</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		
<p><b>Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:</b></p> <ol style="list-style-type: none"> <li>1. Scoliosis screenings;</li> <li>2. Intramural sports;</li> <li>3. Foodless fundraisers;</li> <li>4. Assemblies which focus on wellness issues such as obesity and obesity- related diseases, healthy eating, and the benefits of physical exercise;</li> <li>5. The use of alternates to food as rewards in the classroom.</li> </ol>		
<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>All of the above are offered with the exception of scoliosis screenings.                      Revise policy to remove scoliosis screenings.                      In 2021 a grant was received from the Fuel Up to Play 60 to provide in- classroom physical activity kits. These kits were offered to every teacher at FCS.</p> <p><b>If partially met or not met, describe barriers preventing achievement of this goal or goals:</b></p>		

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><b>In keeping with federal regulations, the district controls the sale of all competitive foods. Accordingly, the district will select food items that meet the Oregon Smart Snacks Standards. The sale of foods and beverages in competition with the district's NSLP and SBP meals shall be permitted when all income from the food sales accrues to the benefit of the district's nutrition and food services operation or a school or student organization as approved by the Board</b></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><b>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.</b></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>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" type="checkbox"/> No food or beverage marketing
<p><b>If no, describe barriers preventing compliance with these standards:</b>  <b>Note to Wellness committee: Include the following in updated policy</b>  <b>Food and Beverage Marketing</b>  The district (i.e., school nutrition services, athletics department, PTA, PTO) will review existing contracts, new contracts and equipment and product purchase or replacement to reflect the applicable food and beverage marketing guidelines established by the district wellness policy. "Food and beverage marketing" is defined as advertising and other promotions in schools. Food and beverage marketing often include oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.</p> <p><b>This term includes, but is not limited to, the following:</b></p> <ol style="list-style-type: none"> <li><b>1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;</b></li> <li><b>2. Displays, such as on vending machine exteriors;</b></li> <li><b>3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards;</b>  <b>Note: Immediate replacement of these items is not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance;</b></li> <li><b>4. Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, student assignment books or school supplies displayed, distributed, offered or sold by the district;</b></li> <li><b>5. Advertisements in school publications or school mailings;</b></li> </ol>		

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 Employee Wellness as outlined in the Local Wellness Policy:**

The district's Employee Wellness Program may include the following:

1. Health education and health promoting activities that focus on skill development and lifestyle behavior that change along with awareness building, information dissemination, access to facilities, and are preferably tailored to employee's needs and interests;
2. Safe, supportive social and physical environments including organizational expectations about healthy behavior and implementation of policy that promotes health and safety and reduces the risk of disease;
3. Linkage to related programs such as employee assistance programs, emergency care and programs that help employees balance work life and family life;

Yes

Partially

No

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

Implemented a virtual mental and physical health wellness challenge with staff and neighboring school district.

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

### Policy Area 8:

**Our school meets the specific goals for Staff Development as outlined in the Local Wellness Policy:**

Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food service personnel will receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. The principal is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;
6. Customer service and student and family involvement;
7. Marketing healthy meals;



Policy Area 8:		
<p><b>8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies; and</b>  <b>9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.</b></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>  <b>Food Service and Education Employees participate in annual trainings and continuing education.</b></p> <p><b>If partially met or not met, describe barriers preventing achievement of this goal or goals:</b></p>		

Policy Area 9:		
<p><b>Our school meets the specific goals for Family and Community Involvement as outlined in the Local Wellness Policy:</b></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>  <b>Nutrition education materials are sent home with students;</b>  <b>Cafeteria menus are available online</b>  <b>Parents are encouraged to send healthy snacks/meals to school;</b>  <b>Parents and other family members are invited to periodically eat with their student in the cafeteria;</b>  <b>Families are invited to attend exhibitions of student nutrition projects or health fairs;</b>  <b>Nutrition education workshops and screening services are offered;</b>  <b>Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);</b>  <b>Staff are encouraged to cooperate within at their own school and with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;</b>  <b>Staff encourages and provides support for parental involvement in their children’s physical ed</b></p>		