

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: Ontario School District 8C

School Name: Ontario Elementary/ Middle/ High

Date of Evaluation: 06/13/2024

Person(s) completing evaluation: Pam Suyematsu

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 at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn: 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; 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 3. How to assess one's personal eating habits, set goals for improvement and achieve those goals.		
☒ Yes	☐ Partially	☐ No
Describe progress that has been made towards achieving this goal or goals All goals above are addressed in health and P.E. Classes. If goal(s) are partially met or not met describe barriers preventing achievement of this goal:		

Policy Area 2: Nutrition Education Requirements		
Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy: 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.		
☒ Yes	☐ Partially	☐ 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**

Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:

- 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;**
- 2. Physical education will be a course of study that focuses on students' physical literacy and development of motor skills;**
- 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;**
- 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);**
- 5. Daily recess period(s) will be provided that will not be used as a punishment or a reward**

☒ **Yes**
☐ **Partially**
☐ **No**

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

SCHOOL NAME	# OF PE MINUTES REQUIRED	SCHOOL PLAN TO MEET THE REQUIREMENT
MAY ROB	120 Minutes per week for the entire school year	PE 2X/week @ 45 minutes each = 90 minutes 2 structured recesses/week @ 15 minutes each - 30 minutes Total: 120 minutes/week
AIKEN	120 Minutes per week for the entire school year	PE 2X/week @ 45 minutes each = 90 minutes 2 structured recesses/week @ 15 minutes each - 30 minutes Total: 120 minutes/week
ALAMEDA	120 Minutes per week for the entire school year	PE twice a week @ 45 minutes each (90 minutes) and 4 structured recess per week @ 15 minutes per day (60) totalling 150 Minutes per week.
OMS (6-8)	120 Minutes per week AVERAGED over the year	
OHS	1 credit of PE for diploma requirement	

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

**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:

1. Scoliosis screenings;
2. Intramural sports;
3. Foodless fund raisers;
4. Monthly/Weekly school walks;
5. Assemblies which focus on wellness issues such as obesity and obesity-related diseases, healthy eating and the benefits of physical exercise;
6. The use of alternates to food as rewards in the classroom.

☒ Yes

☐ Partially

☐ No

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

All of the above are offered with the exception of scoliosis screenings. In additions, dental screenings, vision screenings and hearing screenings are offered.

Revise policy to include dental, vision and hearing screenings and remove scoliosis screenings.

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

Policy Area 5: Standards for All Food and Beverages		
Standards for All Foods and Beverages Sold		
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 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		
☒ Yes	☐ No	☐ No Foods or Beverages Sold
If no, describe barriers preventing compliance with these standards:		
Policy Area 5: Standards for All Food and Beverages		
Standards for All Beverages Provided, But Not Sold		
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): 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.		
☒ Yes	☐ No	☐ No foods are beverages provided
If no, describe barriers preventing compliance with these standards:		

Policy Area 6: Food and Beverage Marketing		
Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards. 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. This term includes, but is not limited to, the following: 1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container; 2. Displays, such as on vending machine exteriors; 3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards; 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; 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; 5. Advertisements in school publications or school mailings; 6. Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.		
☒ Yes	☐ No	☐ No food or beverage marketing
If no, describe barriers preventing compliance with these standards: Note to Wellness committee: Simplify working in policy to state: "Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards."		

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. Took advantage of Employee wellness grants to implement employee wellness room.

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;

Policy Area 8:

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;
 8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies; and
 9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

☒ Yes☐ Partially☐ No

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

Food Service and Education Employees participate in annual trainings and continuing education.

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

Policy Area 9:

Our school meets the specific goals for Family and Community Involvement as outlined in the Local Wellness Policy:

☒ Yes☐ Partially☐ No

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

Nutrition education materials are sent home with students;
 Cafeteria menus are available online
 Parents are encouraged to send healthy snacks/meals to school;
 Parents and other family members are invited to periodically eat with their student in the cafeteria;
 Families are invited to attend exhibitions of student nutrition projects or health fairs;
 Nutrition education workshops and screening services are offered;
 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.);
 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;
 Staff encourages and provides support for parental involvement in their children's physical education.

Policy Area 9:

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