

Gilmanton School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: May 2021

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 Kory Rud, District Principal.

Section 1: Policy Assessment

Overall Rating:

79

Ratings are based on a four-point scale to measure success in meeting/complying with each policy 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 |
|---|---------------|
| All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf). | 3 |
| As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA). | 3 |
| The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value. | 3 |
| The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well. | 3 |
| The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools. | 0 |
| All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. | 2 |
| The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. | 1 |
| Continuing professional development shall be provided for all staff of the food service program. | 2 |
| Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. | 3 |

| Nutrition Promotion | Rating |
|---|---------------|
| School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. | 0 |

| Nutrition Education | Rating |
|--|---------------|
| Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. | 3 |

| Nutrition Education | Rating |
|---|---------------|
| Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria. | 3 |
| Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate. | 3 |
| Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers. | 3 |
| The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom. | 2 |

| Physical Activity and Education | Rating |
|--|---------------|
| Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted. | 3 |
| Properly certificated, highly qualified teachers shall provide all instruction in physical education. | 3 |
| The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life. | 3 |
| Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity. | 3 |
| The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity. | 3 |
| A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State. | 3 |
| Physical activity should not be employed as a form of discipline or punishment. | 3 |
| All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs. | 3 |

| Other School-Based Wellness Activities | Rating |
|---|---------------|
| The schools shall provide at least thirty (30) minutes daily for students to eat. | 3 |
| The school shall provide attractive, clean environments in which the students eat. | 3 |
| Students at Gilmanton Elementary and Gilmanton Junior/Senior High School are permitted to have bottled water only in the classroom. | 3 |
| Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. | 3 |

| Policy Monitoring and Implementation | Rating |
|---|---------------|
| The Board designates the District Administrator as the individual charged with implementing and ensuring compliance with the policy by leading the review, update, and evaluation of the policy. | 3 |
| The District will invite a diverse group of stakeholders from the following to participate in the development, implementation, and periodic review and update of the policy: administration, teachers, food service staff, school nurse, community members, and/or students. | 2 |
| The District will evaluate compliance with the Wellness policy no less than once every three (3) years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the USDA. | 3 |
| The District will actively inform families and the public about the content of and any updates to the policy through the school website. | 1 |

Section 2: Progress Update

The School District wellness committee met and discussed the wellness policy and how it relates to the curriculum being taught in the classroom and what suggestions will be made to the Board of Education when updating the wellness policy.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

Nutrition Education is a strength. The committee discussed adding a reference to elementary, middle and high school grade levels in regards to which students receive nutrition education and also adding a reference to addressing agriculture and the food system, both of which are already done in the classroom but are not included in the wellness policy.

Nutrition Standards are a strength. While not listed in the wellness policy, the District's food service policy #8500 and the free and reduced meal policy #8510 does include the school meal standards regarding free and reduced meals and meal account balances.

Physical Education and Activity is a strength.

Areas for Local Wellness Policy Improvement

1. Nutrition Promotion: the committee discussed adding the following statements to the local wellness policy regarding nutrition promotion:

a) The school breakfast and lunch programs shall offer all students choices of two different vegetables and/or fruits daily.

b) Teachers shall integrate the importance of good nutrition into the health and other curriculum when applicable.

2. Nutrition Standards:

a) The committee discussed adding reference to free drinking water in the cafeteria, which is already being offered to students but is not listed in the wellness policy.

b) Nutrition standards for competitive food and beverages sold in ala carte, through fundraising, and after school could be added to the wellness policy.

3. Physical Education and Activity

- a) The committee discussed adding statements regarding the amount of phy-ed time provided and the amount of recess time to the wellness policy.

4. Other School-Based Wellness Activities is an area for improvement. The committee discussed adding the following statement to the local wellness policy regarding wellness activities at school:

- a) The District will take advantage of other school-based wellness programs offered by outside local sources as they are available.

