

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: Culver School District

School Name: Culver Schools

Date of Evaluation:

Person(s) completing evaluation: Kara Nielsen and Kelli Keiski

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>Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:</p> <p>Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based strategies and techniques and nutrition messages and by creating food environments that support healthy nutrition choices. 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.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made towards achieving this goal or goals</p> <p>Messaging via Parent Square. I.e. Smart Snacks Post, USDA Food and Nutrition Services Nibbles for Health flyers.</p> <p>All school teach and promote healthy eating and activity in their grade level health and physical education classes. Also, our middle and high school level students have school year-round athletics that all can participate in.</p> <p>If goal(s) are partially met or not met describe barriers preventing achievement of this goal:</p>		

Policy Area 2: Nutrition Education Requirements		
<p>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</p> <p>Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based strategies and techniques and nutrition messages and by creating food environments that support healthy nutrition choices. 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.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals</p> <p>Messaging via Parent Square. I.e. Smart Snacks Post, USDA Food and Nutrition Services Nibbles for Health flyers.</p> <p>All school teach and promote healthy eating and activity in their grade level health and physical education classes. Also, our middle and high school level students have school year-round athletics that all can participate in. There is an annual community Health Fair for students.</p> <p>If goal (s) are partially met or not met, describe barriers preventing achievement of this goal:</p>		

**Policy Area 3:
Physical Activity Requirements**

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

In order to ensure students are afforded the opportunity to engage in physical education and physical activity in the school setting, the following goals are established: 1. Physical education will be a course of study that focuses on students' physical literacy and development of motor skills; 2. Staff encourages and provides support for parental involvement in their children's physical education 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. Instruction, provided by adequately prepared teachers, i.e. licensed or endorsed to teach physical education, will meet the state adopted academic content standards for physical education (Oregon Revised Statute (ORS) 329.045). Teachers of physical education shall regularly participate in professional development activities annually; 5. Every public-school student in [pre-]kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade [5][6] shall participate for at least 150 minutes during each school week, and students in grade [6][7] through 8 for at least 225 minutes per week; 6. 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; 7. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be used as a punishment or reward; 8. At least 50 percent of the weekly physical education class time in grades K through 8 shall be devoted to actual physical activity; 9. Physical activity is a planned part of all-school community events; 10. Materials promoting physical activity are sent home with students and published on the district website.

Yes

Partially

No

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

1, 3, 4, 5, 6 PE classes are required year-round for K-8 grades, taught by licensed physical education teachers. Each grade level receives the required minutes of physical education per week.

2 Elementary has a jog a thon yearly that parents and community are invited to. 6-12 has athletics that all parents and public are invited to.

7 Aside from PE classes all students have recess or class breaks to be active and move around out of class room setting.

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

Policy Area 4: Other School – Based Wellness Activities		
<p>Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:</p> <p>The district will provide the following activities and encourage the following practices which promote local wellness: 1. Nonfood-related fundraisers; 2. Use of alternates to food as rewards in the classroom; 3. Creation of connections between out-of-school time (OST) programs that involve staff members from OST programs, both school- and community-based, in school initiatives that address healthy eating, such as school wellness teams or wellness committees; 4. Integration of social, emotional and mental health supports into school programs (e.g., promote a positive school climate where respect is encouraged and students can seek help from trusted adults);</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals: The school district has many fundraisers, most if not all of which are not food related. I.e. flower sales, wreath sales, candle sales, holiday wrap sales, jog-a-thon. The elementary students have the Lexia Store, a reward system for their reading program that is not food related. Middle and High Schools participate in the Iron Chef program. There is also the after school athletics.</p> <p>If partially met or not met, describe barriers preventing achievement of this goal or goals:</p>		

Policy Area 5: Standards for All Food and Beverages		
Standards for All Foods and Beverages Sold		
<p>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</p> <p>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.</p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" 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		
Standards for All Beverages Provided, But Not Sold		
<p>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):</p> <p>The district controls the sale of all competitive foods. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed Smart Snacks Standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.</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:		

Policy Area 6: Food and Beverage Marketing		
<p>Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.</p> <p>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.</p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" type="checkbox"/> No food or beverage marketing
<p>If no, describe barriers preventing compliance with these standards:</p>		

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: _____Water_____		
<p>Our school meets the specific goals for _____ as outlined in the Local Wellness Policy: Free, safe, unflavored, drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p>There are free water refill stations in all buildings.</p>		
<p>If partially met or not met, describe barriers preventing achievement of this goal or goals:</p>		