

Local Wellness Policy
Assessment and Checklist

The attached checklist and assessment of the Local Wellness Policy is to be conducted yearly in the West Plains R-VII School District. The checklist is based off of the DESE assessment model, with district-specific components added to ensure the assessment is relevant and meaningful to the district.

Date of Assessment: **September 1, 2023**

- ☒ Policy Leadership - SFA's are required to identify the official responsible for the Local Wellness Policy oversight in the written policy. SFAs may elect to include the position/title of the individual instead of a specific name.

Matthew Orchard - Director of Human Resources and Student Services

Vanessa Doss - District Lead Nurse

Dr. Amy Ross - Assistant Superintendent

Dr. Wesley Davis - Superintendent

- ☒ Public Involvement - SFA's are required to include language related to permitting the public to participate in LWP development, implementation, and review in the written policy. The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

☒ ☒ Administrator ☒ School Nurse ☒ Classroom Teacher ☒ Community Member/Parent ☐ Physical Education Teacher ☐ Student ☐ SFA Representative ☐ Medical/Health Care Professional

- ☒ School Meals - SFAs are required to adhere to meal regulations and include language related to this in the written policy. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.

I. Nutrition Education

III. Healthy Foods on Campus - Goals 1-2, Action Steps 1-4

IV. Promoting Student/Staff Wellness

- ☒ Foods sold outside of school meals program - SFAs must adhere to Smart Snacks and include language related to this in the written policy.

I. Nutrition Education

III. Healthy Foods on Campus - Goal 1, Action Step 4

- ☒ Foods provided but not sold (e.g., class parties, class snacks, rewards)- USDA has not defined specific guidelines. The SFA is responsible for defining guidelines to include in their written policy. 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.

Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

IV. Promoting Student/Staff Wellness, Goals 1-3, Action Steps 1-6

- ☒ Food and Beverage Marketing - SFAs may only market products that adhere to Smart Snacks guidelines during the school day and include language related to this in the written policy. SFA's may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines. 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.

III. Healthy Foods on Campus - Goals 1 and 2, Action Step 4.

- ☒ Nutrition Education - SFA's must include, at minimum, one goal for Nutrition Education in the LWP. SFA's must explore the use of evidence-based strategies when identifying goals. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

I. Nutrition Education - Goals 1-5

- ☒ Nutrition Promotion - SFAs must include, at minimum, one goal for Nutrition Promotion in the LWP. SFA's must explore the use of evidenced based strategies when identifying goals. Specifically, SFAs must review and consider using "Smarter Lunchroom" tools and strategies. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. School nutrition services shall implement at least ten Smarter Lunchroom techniques at each school.

III. Healthy Foods on Campus - Goal 2, Action Steps 1-3

- Whole fruit options are displayed in attractive bowls or baskets
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- Vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas

- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options

- ☒ Physical Activity- SFA's must include, at minimum, one goal for Physical Activity in the LWP. SFAs must explore the use of evidence-based strategies when identifying goals. Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

II. Physical Activity, Goals 1-3, Action Steps 1-6

IV. Promoting Student/Staff Wellness, Goals 1, Action Steps 1-4.

- ☒ Other School-Based Strategies for Wellness - SFA's must include, at minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFA's must explore the use of evidence-based strategies when identifying goals. The district will offer 2 family-focused events supporting health promotion (e.g., health/air, nutrition/physical activity open house) each year.

I. Nutrition Education - Goals

III. Healthy Foods on Campus - Goal 2, Action Step 2-3

IV. Promoting Student/Staff Wellness - Goals 3-4, Action Steps 4-6

- ☒ Triennial Assessment - Local Wellness Policies must include language regarding the completion of a triennial assessment. The district will evaluate compliance with the Wellness Policy no less than once every three 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 U.S. Department of Agriculture.

V. Monitoring and Policy Review - Goals 1-2, Action Step 4

- ☒ Update/Inform the Public - the SFA is required to inform and update the public about the content and implementation of the policy. The written policy must include language specifying how the SFA will be in compliance with this requirement. The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

LWP: ...clearly communicate those changes to school staff, parents, students, and community members for the best possible outcome.

V. Monitoring and Policy Review - Goals 1-2, Action Steps 1-4

Signature and Role:

Gladys Muller-Parent
Signature

Parent
Title

M. N.
Signature

Director of Human Resources
Title

Vanessa
Signature

RN
Title

Am. Law
Signature

Assistant Superintendent
Title

Nicol Hci
Signature

Office Manager
Title

Guia Walker
Signature

Asst. Principal
Title

D. M.
Signature

Principal
Title

Rebecca Hualum
Signature

Principal
Title

W. H.
Signature

PE Teacher
Title

Signature

Title