

# School District of Niagara

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: March, 21, 2024

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 Nathaniel Burkland/District Administrator.

### Section 1: Policy Assessment

**Overall Rating:**  
**142**

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
<b>All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.</b>	3
<ul style="list-style-type: none"> <li><b>A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;</b></li> <li><b>B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits</b></li> </ul>	2
<b>promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;</b>	2
<b>provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;</b>	3
<ul style="list-style-type: none"> <li><b>A. promote the health and wellness of students and staff through other school-based activities.</b></li> </ul>	3

Nutrition Promotion	Rating
<b>All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.</b>	3
<b>The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall distribute information at the beginning of the school year to families of school children, and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.</b>	3

Nutrition Education	Rating
<b>A. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students</b>	2

Nutrition Education	Rating
with the knowledge, attitudes, and skills necessary to lead healthy lives.	
<b>B. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.</b>	3
<b>C. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.</b>	2
<b>D. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.</b>	3
<b>A. The standards and benchmarks for nutrition education shall be behavior focused.</b>	3
<b>B. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.</b>	3
<b>C. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.</b>	2
<b>D. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.</b>	3
<b>E. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.</b>	3
<b>A. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.</b>	2
<b>B. Nutrition education shall extend beyond the school by engaging and involving families and the community.</b>	2
<b>C. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.</b>	2
<b>D. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.</b>	2
<b>E. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products</b>	3
<b>Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.</b>	1
<b>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.</b>	1

<b>Nutrition Education</b>	<b>Rating</b>
Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.	1

<b>Physical Activity and Education</b>	<b>Rating</b>
1. 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
2. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	3
3. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.	3
1. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	3
2. 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
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
1. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.	3
2. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.	3
3. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.	3
1. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.	3
2. Professional development opportunities should focus on the physical education content area.	2
3. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation	3
1. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
2. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.	2
3. Planned instruction in physical education shall include cooperative as well as competitive games.	3
4. Planned instruction in physical education shall take into account gender and cultural differences.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
A. Physical activity should not be employed as a form of discipline or punishment.	3
B. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
C. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.	3
A. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	3
B. All students in grades 7 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.	3
C. All students in grades 7 - 12 shall have the opportunity to participate in interscholastic sports programs.	3
A. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	2
B. An organized wellness program shall be available to all staff.	3
C. The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.	3
D. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<p>The District Administrator will oversee development, implementation, and evaluation of the wellness procedures ( x) and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools..</p> <p>The District Administrator shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.</p>	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<p>Before the end of each school year the wellness committee shall submit to the District Administrator and Board their report in which they describe the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.</p> <p>The District Administrator or a designee of the wellness committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The District Administrator or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.</p>	3
<p>The program developed shall include the following items, along with any additional measures deemed appropriate:</p> <ul style="list-style-type: none"> <li>A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;</li> <li>B. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;</li> <li>C. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;</li> <li>D. describes the process and public involvement in the development of the wellness program and initiatives.</li> </ul>	3
<p>No foods or beverages, other than those associated with the District's food-service program, are to be sold during food-service hours. The District's food service program shall serve only food items and beverages determined by the Food Service Department to be in compliance with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs. Any competitive food items and beverages that are available for sale to students a la carte in the dining area between midnight and thirty (30) minutes following the end of the last lunch period shall also comply with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs and the USDA Smart Snacks in School nutrition guidelines. Foods and beverages unassociated with the food-service program may be vended in accordance with the rules and regulations set forth.</p>	3

## Section 2: Progress Update

As the school District of Niagara navigates through the obstacles of the 20-21 school year we have done a great job to maintain normalcy. For the 20-21 school year we have been able to maintain face to face learning all year round. These efforts have provided a safe place for our students to be socially active with their peers, be active throughout the school day, whether it be classroom activity, P.E. class, athletic participation, etc. We have also been able to continue to serve our students breakfast and lunch each day. We understand that we have things to work on and continue to educate our students and staff on healthy living.

### **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**

The strengths of our wellness policy are that it covers all areas of our district. What is also a strength is that it allows for key areas of our district to collaborate with one another for the greater good of the district. From our instructional staff, to cooks, to health and P.E. class, all the way up to the board who adopts policy such as our NEOLA Wellness policy. Our Wellness committee meets annually to see what improvements can be made to help benefit the wellness and care of our students' body. This year we discussed breakfast in the classroom which is something we will work to build for the 21-22 school year. We identify that many students do not have the time nor make the time to eat breakfast in the morning. We know that this meal is very important to keep the students energized and focused through the mid part of the day until our 11:30 lunch time.

#### **Areas for Local Wellness Policy Improvement**

Areas of wellness policy improvement is for our district to showcase the policy a bit more than it already has been. The importance of this policy being more visible to staff and students is for them to see the importance of a healthy lifestyle. We want our entire district to make healthy lifestyle choices that will lead to healthy living and successful futures.