

## Newcomerstown Schools Wellness Standard Operating Procedure

### Triennial Assessment Report

April 5<sup>th</sup>, 2021

#### PURPOSE

At least once every three years, the District will evaluate compliance with the Student Wellness Standard operating procedure to assess the implementation of the plan and include:

\*The extent to which schools under the jurisdiction of the District are in compliance with the wellness operating procedure;

\*The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation model wellness policy; and

\*A description of the progress made in attaining the goals of the District's wellness standard operating procedure.

The wellness standard operating procedure and the triennial assessment report can be found on the school nutrition link on the districts home page [www.nctschools.org](http://www.nctschools.org)

#### **REVISIONS AND UPDATING THE POLICY**

The wellness plan will be updated or modify based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information and technology emerges; and new Federal or state guidance or standards are issued.

**The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

#### **GOAL**

**5 – Implemented; doing well**

**3 – Implemented; not consistent**

**0 – Not Implemented**

- 1) Record Keeping – all records updated and on file – **5**  
**Comments:** Records are kept on file for the current year plus the past 3 years
- 2) Annual Notification – all requirement met – **5**  
**Comment:** Wellness Standard Operating Procedure and Triennial assessment report available online at [www.nctschools.org](http://www.nctschools.org) (school nutrition page)
- 3) Nutrition: School Meals – **5**  
**Comment:** Meals meet USDA requirements, confirmed during Administrative Review of the school meals program by the Ohio Department of Education in 2016-17 school year.

- 4) The Newcomerstown Food Service Department will promote fresh fruit and vegetable consumption - **5**  
**Comment:** Fresh produce is offered daily in the middle school and high school. Fresh produce is offered weekly in the elementary schools. The Food service department participates in the USDA Department of Defense (DOD) fresh produce program.
- 5) All school nutrition program directors, managers and staff will meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition professionals – **5**  
**Comments:** Food service staff has met the required hours of annual training each year.
- 6) Promotes healthy food and beverage choices. – **5**  
**Comments:** The food service department offers fresh fruits and vegetables to the MS/HS students on a daily basis and in the elementary schools at least once a week. The 2021-22 school year the elementary school students had a fresh vegetable almost every day. The food service staff encourages the children to try the fresh fruit and vegetables offered.
- 7) To promote hydration, drinking water will be available to all students throughout the school day. The district will make drinking water available in the cafeteria where school meals are served during meal times - **5**  
**Comment:** Water fountains are throughout the buildings. Fountains or pitchers of water and cups are available during meal periods. **NOTE:** For the 2020-21 school year, due to COVID, all water fountains were shut off. Students were permitted to bring in their own water bottles.
- 8) All foods sold to students on campus during the school day will meet Smart Snack standards - **5**  
**Comment:** All food items sold during meal periods are in compliance. Food Service Director issued regular reminders to teachers and staff throughout the year of the fundraiser approval process.
- 9) Celebration and parties: The district will provide a list of healthy party ideas to teachers, including non-food celebration ideas. The teachers may share these healthy snack ideas with parents. – **3**  
**Comments:** The Alliance for a Healthier Generation smart snack tool link will be provided to teachers and staff. The link is also posted on the district website on the school nutrition page. Teachers and staff are not consistent making sure classroom celebration snacks meet smart snack requirements.  
Regarding rewards and incentives – **3**
- 10) Fundraising – Food and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school campus during the school day. -**5**
- 11) Nutrition promotion: Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks requirements in school nutrition standards - **5**  
**Comment:** Food Service Department has met the standards during lunch time and throughout the school day.
- 12) Nutrition Education: Is designed to provide students with the knowledge and skills necessary to promote and protect their health. Promotes fruits, vegetables, whole grain products, low fat products and healthy food preparation methods. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise). -**5**  
**Comment:** Promote in the Family and Consumer Science courses as well as the school nutrition page on the district website.
- 13) Food and Beverage Marketing: schools will promote and advertise food and beverage products that meet the nutrition standards for meals or for food and beverages sold individually. – **5**

**Comments:** Coca Cola, and Domino's are outside food providers. Products promoted and offered during the school day do meet the marketing guidelines.

- 14) Physical Activity: To the extent practicable, the district will ensure that its ground and facilities are safe and that equipment is available to students to be active. The district (maintenance department) will conduct necessary inspections and repairs. All students will be provided equal opportunity to participate in physical education classes. - **5**

**Comments:** Playgrounds, basketball courts, gym, weight room with variety of equipment, balls, etc. available for student activity. No one is limited in or held from PE by district staff, but are encouraged to fully participate if possible.

- 15) Recess: All elementary schools offer at least 20 minutes of recess on all days during the school year. - **5**

**Comment:** Recess compliments, not substitute physical education class.

- 16) Physical Activity and punishment: Teachers and other school or community personnel will not use physical activity or withhold opportunities for physical activity as punishment. - **3**

**Comment:** Have witnessed teachers threatening to withhold some recess time for misbehavior.

- 17) Safe Routes to School: the district will support active transport to and from school, such as walking or biking. - **5**

**Comments:** Crossing guards and crosswalks are implemented.

- 18) MONITORING: The Food Service Director will ensure compliance with established district-wide nutrition and physical activity Wellness Standard Operating Procedure. - **5**.

**Comments:** The Food Service Director will continue to monitor and report activity concerning all health and student activity and report to the superintendent his findings.

This triennial report was prepared by the Newcomerstown Schools Food Service Director. The Food Service Director was able to compile his findings by his observations while visiting the buildings during the school year and communicating with teachers and staff responsible for enforcing the Wellness Procedures.

**Report started: March 21<sup>st</sup>, 2021**

**Completed: April 5<sup>th</sup>, 2021**