

Highland School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-24

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 Sharon Friederick, School Nurse.

Section 1: Policy Assessment

Overall Rating:

67

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
School Meals: Ensure that all children have access to adequate and healthy food choices at reasonable prices; assure confidentiality when offering free and reduced-priced meals to families that qualify.	3
School Meals: The School District will provide healthy and safe school meal programs that comply with Federal, State, and local statutes and regulations. All meals served will meet USDA nutrition regulations.	3
School Meals: Ensure that food service staff adheres to this policy to reinforce messages about healthy eating and to ensure that foods offered are handled and prepared properly to promote good nutrition, contributing to the development of life-long, healthy eating habits.	3
School Meals: Support and promote proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District nutrition guidelines. Foods should be served based on variety, appeal, taste, safety, preparation, and packaging to ensure high-quality meals with an emphasis on nutrient density per calorie.	3
School Meals: A clean, safe, and pleasant meal environment will be provided for all students. Students will eat in the cafeteria. School sites will make every effort to provide sufficient time for all students to eat during meal periods and will schedule meal periods at appropriate times during the school day.	3
Food as Reinforcement: The school will not use foods and beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's IEP, behavior intervention plan, or a 504 Individual Accommodation Plan).	3
Sharing Foods and Beverages: Students are not allowed to share food or beverages with one another during meal or snack times due to concerns about allergies and other dietary restrictions for some students.	3

Nutrition Promotion	Rating
Communications and Promotion: The school will involve family members and the community in supporting and reinforcing nutrition education and the	1

Nutrition Promotion	Rating
promotion of healthy eating and lifestyles.	
Nutrition Education	Rating
Wellness Education: Students will receive nutrition education, physical education, and health education that is consistent with State standards and guidelines.	2
Wellness Education: Teachers will be provided with ongoing professional development regarding current nutritional and physical education instructional strategies and skills. They will provide a comprehensive learning environment for developing and practicing life-long behaviors.	2
Physical Activity and Education	Rating
Physical Activity: The Highland School District is committed to providing opportunities for physical activity throughout the school day. Opportunities include, but are not limited to, daily recess periods, regular instructional physical education, co-curricular activities, and the integration of physical activity into the academic curriculum.	3
Physical Activity: Students are given opportunities for physical activity through a range of after-school programs including interscholastic activities at the middle school and high school levels, as well as through Cardinal Club at the elementary level.	3
Physical Activity: Recess should not be viewed as a reward, but as a vital educational support component. Every opportunity should be made to avoid eliminating recess time as a means of punishment or to make up work.	3
Physical Activity: Each school is encouraged to create a plan for opportunities for physical activity during inclement weather, when outdoor recess is limited.	3
Physical Activity: Joint physical activities will be encouraged for parents and students.	2
Physical Activity: Teachers at all levels are encouraged to offer their students brain breaks during class periods where students are sitting for long periods of time.	3

Other School-Based Wellness Activities	Rating
Staff Wellness: The Highland School District highly values the health and well-being of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.	3
Staff Wellness: The District will maintain a staff wellness committee that will develop, implement, and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from school staff.	3
Concession Stands: No homemade treats/snacks are allowed at any school-sponsored concession stand during the school day. (Note from USDA Smart Snack: The school day is defined as the midnight before to 30 minutes after the end of the school day. - Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy. - Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.)	3
Vending Machines: Vending machines accessible during the school day will only contain water, flavored water, 100% fruit juice, low-calorie sports drinks, and low-fat milk.	3
Fundraising: Ensure that fundraising food/beverage sales are not held during hours that will conflict with the breakfast and lunch programs.	3
Classroom Celebrations and school Parties: The school wellness committee will disseminate a copy of the "Classroom Celebrations" via the handbook to parents and teachers and will serve as a resource.	3
Classroom Celebrations and school Parties: Classroom parties will not be held during hours that will conflict or compete with the breakfast and lunch programs. The approved time for these is after the lunch hour.	3

Policy Monitoring and Implementation	Rating
Implementation and Monitoring: The school wellness committee will be maintained to plan, implement, and improve the School District’s nutrition and physical activity environment. Responsibilities include the establishment of policy goals, facilitating the implementation of the policy, and evaluating policy compliance.	3

Section 2: Progress Update

The Board of Education approved the latest updates to the School Wellness Policy on October 11, 2023.

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 Wellness Committee believes the policy is strong in Nutrition Standards and Other School Based Wellness Activities. The Committee will continue to remind faculty of the Classroom Celebrations resource for school parties.

Areas for Local Wellness Policy Improvement

Nutrition Promotion is an area for improvement. The Wellness Policy Committee discussed the possibility of sponsoring additional family fun nights that would include for example walking or biking activities. Also discussed the possibility of a Staff Wellness Assessment day.

WellSAT Scores:

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score:

93

Strength Score:

73

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