

School Level Triennial Assessment Tool

Compliance with Local School Wellness Policy

District Name: Riddle School District

School Name: Riddle High School

Date of Evaluation: January 24, 2024

Person(s) completing evaluation: Riddle School District Wellness Committee

Select all grade levels in your school or select N/A if ungraded:

☐ N/A

☐ Pre-K

☐ K

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☒ 7

☒ 8

☒ 9

☒ 10

☒ 11

☒ 12

Policy Area 1:

Nutrition Education Requirements

Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:

- 1. Students and staff will receive consistent nutrition messages throughout the school environment;**
- 2. Nutrition education is provided throughout the student's school years as part of the district's ageappropriate, comprehensive nutrition program and is aligned and coordinated with the Oregon Health Education Standards and school health education programs;**
- 3. Nutrition education will include culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with the Oregon Health Education Standards and school health education programs;**
- 4. Teachers will receive curriculum-specific training;**
- 5. Parents and families are encouraged through school communications to send healthy snacks/meals and reusable water bottles with their student to school;**
- 6. Families and community organizations are involved, to the extent practicable, in nutrition education**
- 7. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes);**
- 8. Materials on how to assess one's personal eating habits, set goals for improvement and achieve those goals.**

☐ Yes

☒ Partially

☐ No

Describe progress that has been made towards achieving this goal or goals

All Goals 1-8 are being done in grades 7-12 as they are done through Health Education Classes that are required at all of those grade levels.

If goal(s) are partially met or not met describe barriers preventing achievement of this goal:

Goals 5,6, &7. Parents are often difficult to engage with students in health education topics at the 7-12 grade levels. While some of these topics are assigned for students to do with family participation, many parents & families prefer to let their students participate without their involvement.

Goals 2,3 &8. While some of these goals are also done in 11th and 12th grade, their implementation is not as consistent as they are not required to take health education classes at those grade levels.

Policy Area 2:

Nutrition Education Requirements

Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:

- 1. Information about available meal programs is distributed prior to or at the beginning of the school year and at other times throughout the school year;*
- 2. Information about availability and location of a Summer Food Service Program (SFSP) is distributed;*
- 3. Nutrition promotion materials are sent home with students, published on the district website, and distributed at parent-teacher conferences;*
- 4. Families are invited to attend exhibitions of student nutrition projects or health fairs;*
- 5. Physical activity is a planned part of all school-community events.*

☐ Yes

☒ Partially

☐ No

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

Goals 1-3 are being done consistently for students at the Junior High/ High School.

If goal (s) are partially met or not met, describe barriers preventing achievement of this goal:

Goal 4. The school has not had exhibitions of student health projects for parents to attend.

Goal 5. While some events involve physical activity, not all community events have a physical activity component.

Policy Area 3:

Physical Activity Requirements

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

- 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 kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade 6 shall participate for a least 150 minutes during each school week, and students in grades 7 through 8 for at least 225 minutes per school 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 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 a 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:

Goals 1,3,4,5,&8 are being done well at the Junior High/ High School.

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

Goal 2. Parents are often difficult to engage with students in physical education topics at the 7-12 grade levels. While some of these topics are assigned for students to do with family participation, many parents & families prefer to let their students participate without their involvement. While some of these goals are also done in 11th and 12th grade, their implementation is not as consistent as they are not required to take health education classes at those grade levels.

Goal 6. While some classes have integrated physical activity into their curriculum, some have not.
Goal 7. At the Junior High/ High School physical activity is often used as a reward for classes active participation and or success.

Goal 9. While some events involve physical activity, not all community events have a physical activity component.

Goal 10. Materials promoting physical activity are sent home with students but are generally not published on the district website.

Policy Area 4:

Other School – Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:

- 1. Physically active family and community engagement activities for families to learn about healthy eating or to practice being active together (e.g., skate night, fun run, dance night);**
- 2. Nonfood-related fund raisers;**
- 3. Physical activity energizers during transitions from one subject to another;**
- 4. Assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how students and staff can incorporate 60 minutes of physical activity into their day;**
- 5. Use of alternates to food as rewards in the classroom;**
- 6. 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);**
- 7. Communication between classroom teachers and nutrition staff, so that menus and nutrition promotion can be tied into classroom learning and coursework;**
- 8. Include wellness as a standing agenda item for school-based meetings (e.g., staff meetings, site council meetings, PTO).**

☐ Yes

☒ Partially

☐ No

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

Goals 2, 5 & 6 Are consistently being met.

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

Goal 1. The school has not sponsored physically active family and community engagement activities for families to learn about healthy eating or to practice being active together.

Goal 3. Other than walking through the hallways, the school has not consistently promoted physical activity energizers during transitions from one subject to another.

Goal 4. The school has not provided assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how students and staff can incorporate 60 minutes of physical activity into their day;

Goal 7. There is little communication between classroom teachers and nutrition staff, so that menus and nutrition promotion can be tied into classroom learning and coursework;
Goal 8. While there are times that wellness is included as an agenda item for school-based meetings, it is not constantly done.

Policy Area 5:

Standards for All Food and Beverages

Standards for All Foods and Beverages Sold

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

School Meals: Schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition program(s), administered through the Oregon Department of Education (ODE) which may include the NSLP and the SBP, Summer Food Service Program (SFSP),

The district's available meal program(s) will operate to meet meal pattern requirements and dietary specifications in accordance with the Healthy, Hunger-Free Kids Act and applicable federal laws and regulations.

The principal will support nutrition and food services operation as addressed in Board policy EFAA – District Nutrition and Food Services and its accompanying administrative regulation EFAA-AR – Reimbursable Meals and Milk Programs.

Water: 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.

Competitive Foods and Beverages: 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 Standards¹. 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, snack or food carts and fund raising.

Fund Raising: Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fund raisers on the school campus during the school day. Such requests to conduct a fund raiser will be submitted to the principal for approval before starting.

☐ Yes

☒ No

☐ No foods or beverages sold

If no, describe barriers preventing compliance with these standards:

While most standards are adhered to most of the time, There are times when the school sells candy as a fund raiser.

Policy Area 5:

Standards for All Food and Beverages

Standards for All Beverages Provided, But Not Sold

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):

Celebrations and Rewards/Incentives: All foods and beverages offered on the school campus are encouraged to meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, and classroom snacks brought by parents.

☐ Yes☒ No☐ No foods or beverages provided

If no, describe barriers preventing compliance with these standards:

While generally beverages provided are only water and milk, during occasional celebrations and reward activities, other beverages are given to students such as soda.

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><i>Food and Beverage Marketing in Schools: Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards for competitive foods set by the USDA.</i></p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No food or beverage marketing
<p>If no, describe barriers preventing compliance with these standards:</p> <p>N/A</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:
<p>Our school meets the specific goals for Employee Wellness as outlined in the Local Wellness Policy:</p> <ol style="list-style-type: none"> <i>1. Health education and health promoting activities that focus on skill development and lifestyle behavior that change along with awareness building, information dissemination, access to facilities, and are preferably tailored to employees' needs and interests;</i> <i>2. Safe, supportive social and physical environments including organizational expectations about healthy behavior, and implementation of policy that promotes health and safety and reduces the risk of disease;</i> <i>3. Linkage to related programs such as employee assistance programs, emergency care and programs that help employees balance work life and family life;</i> <i>4. Education and resources to help employees make decisions about health care; and</i> <i>5. Nutrition and fitness educational opportunities that may include but are not limited to, the distribution of educational and informational materials, and the arrangement of presentations and workshops that focus on healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity related topics.</i>

<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p><i>The School has a nurse on site three days each week to answer questions or give health advice. The school also contracts for a counselor available for mental health awareness, education, and assistance with employee needs. The School has an insurance program that offers educational materials, programs and opportunities for staff wellness and preventative programs.</i></p> <p>If partially met or not met, describe barriers preventing achievement of this goal or goals:</p> <p><i>Goal 1. The school needs to include Health education and health promoting activities for staff.</i> <i>Goal 3. The district needs to offer linkage to programs such as employee assistance programs, emergency care and programs that help employees balance work life and family life;</i> <i>Goal 5. The school needs to offer Nutrition and fitness educational opportunities to staff.</i></p>		