

## Triennial Wellness Program Assessment (Fall 2019)

The Triennial Assessment of the FRSD Wellness policy will include:

1. The extent to which schools under the jurisdiction of the district are in compliance with the policy.
2. The extent to which the district's policy compares to model wellness policy; and
3. A description of the progress made in attaining the goals of the district's policy.

This Assessment was done in the Fall of 2019, and the findings in each area of the policy are summarized below:

### A. **The extent to which schools under the jurisdiction of the district are in compliance with the policy: See below:**

1. **Implementation of the plan:** The FRSD plan is in place. We have adopted board policy, and it is annually reviewed by administrators for compliance, as well as annually by our District Wellness Committee, that meets throughout the school year.
2. **Record Keeping:** Agendas and Minutes are kept for our District Wellness Committee. In addition, at the FRSD District Office, a folder is maintained for public review that hold documents and information such as: Our policy, the triennial report, and other monitoring, accountability and community engagement information.
3. **Annual Notification of the policy:** The policy is addressed in our student/parent handbook that is updated annually. In addition, each Fall, a post occurs on our District website informing students and community about the district wellness policy, as well as ways they can get involved in being a part of the committee on this topic. Finally, the triennial report is published on the District webpage under the District and State report link from the main page.
4. **Triennial Progress Assessments:** Completed every three years in consultation with building administrators and appropriate staff.
5. **Revisions and Updating the Policy:** At a minimum, the policy is reviewed annually by the District wellness committee and any policy change recommendations are reviewed. This is done in conjunction with OSBA recommendations and consultation.
6. **Community Involvement, Outreach and Communications:** The topic of wellness (both staff and student) is addressed at the building level ESSA teams. These teams are at each building (as well as a District team)...and contain parents. In addition, we have a District level Wellness committee and food advisory committee (that includes parents)-- that reviews all aspects of our district practices. In recent years, the District has engaged in community activities through providing a health fair, and a "fun-run" using funds from a CATCH grant. When opportunities arise, the district actively communicates them in a manner appropriate for the district or a particular school's usual communication methods. To assist with chronic absenteeism, in the Fall of 2019 we will have

our 2nd annual community flu shot clinic. We do this in conjunction with the staff flu show clinic. The organization that does this for us, stays through the evening and we invite in students, parents and community members to participate.

7. **Nutrition Promotion and Nutrition Education:** The district understands it's responsibility to positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messaging. This is done in conjunction with our food service provider, Chartwells. Encouraging participation in our school meal programs is an important part of this, and is done intensively at school registration, as well as periodically throughout the school year. Various nutrition and food issues are discussed in our food advisory committee.
8. **School Meals:** All schools within the District participate in the U.S. Department of Agriculture (USDA) child nutrition programs. The District maintains a food advisory committee. Most recently, in 18-19, this committee recommended two changes that will take place in the Fall of 2019. First, we are eliminating chocolate milk as an offering at one of the elementary schools. We will track whether overall milk consumption and or waste changes. The goal is to reduce the amount of sugar intake. Secondly, we will be going away from packages of utensil "packets," instead, students will not have a straw, napkins will be optional, and plastic flatware will be chosen out of a container. We will evaluate this later in the Fall of 19'
9. **Staff Qualifications and Professional Development:** All of the school nutrition program directors, managers and staff meet or exceed hiring and training requirements.
10. **Water:** Free, safe, unflavored, drinking water is available to all students throughout the school day and throughout every campus. The district maintains its own water system for 3 of our buildings. We follow all appropriate testing protocols. The 4th building, Veneta Elementary, is on city water. In the recently completed HASS plan approved by ODE, we have a water faucet testing plan established for the years to come.
11. **Competitive Foods and Beverages:**
  - a. VES-FRSD policy is followed. New water fountains were added in the cafeteria and the gym fall of 2019
  - b. EES- FRSD policy is followed
  - c. FRMS- FRSD policy is followed
  - d. EHS-FRSD policy is followed
12. **Celebrations and Rewards:**
  - a. VES-FRSD policy is followed
  - b. EES- FRSD policy is followed
  - c. FRMS- FRSD policy is followed
  - d. EHS-FRSD policy is followed
13. **Fund Raising:**
  - a. VES-FRSD policy is followed
  - b. EES- FRSD policy is followed

- c. FRMS- FRSD policy is followed
- d. EHS-FRSD policy is followed

**14. Food and Beverage marketing in Schools:**

- a. VES-FRSD policy is followed
- b. EES- FRSD policy is followed
- c. FRMS- FRSD policy is followed
- d. EHS-FRSD policy is followed

**15. Physical Activity and Physical Education:** Physical activity is included in the school's daily education program. The district has not had elementary physical education specialists for over a decade. However, beginning in the Fall of 2019, they are coming back. To assist with funding of these, the District has applied for a PEEK grant. The district was notified we received 2 PEEK grants in September of 2019!

**16. Employee Wellness:** The district is currently in its 3rd year of receiving an OEA Choice Trust staff wellness grant. We have accomplished a tremendous amount with this grant to include fitness classes, cooking classes, a district committee that plans competitions between building and weekend or evening activities. We have an online provider (WellSteps) that tracks this for us and has many staff resources. At least twice a year we have district wide activities. This year will be the 3rd year we bring in a "blood testing" company that does assessments of any employee. We are currently looking into ways that we can make this program sustainable once the grant goes away.

**17. Other Activities that Promote Student Wellness:**

- a. VES- Annual jog-a-thon, track necklace incentive program, CATCH Fun Run, annual health screenings, new (spring of 2019) playground area funded by parent group
- b. EES- CATCH (Coordinated Approach to Child Health) Program, Annual Jog-a-thon, Social Emotional Learning Curriculum, SAFE Oregon, Dental Varnishing, Vision Screening, Family Fun Nights, PBIS assemblies, Bully Prevention, Brain/Movement breaks in the classroom, weekly Food Bags for our families in need
- c. FRMS- Implementing through Home Rooms a SEI curriculum "Creating a Culture of Kindness, Health Screenings, SAFE Oregon, Bullying Prevention Activities, Stress Management Class for 6th graders, ALICE trainings
- d. EHS-Elmira High School has a full slate of school sponsored, OSAA approved athletic programs that over 50% of our student body participates in. We also utilize SAFE Oregon, BIP Assemblies, ALICE training, and bullying awareness and prevention activities.
- e. District Activities: Community flu shots provided, applied for and received PEEK grants to assist in funding elementary PE teachers for both schools in 19-20. Radon

testing will take place in Fall of 2019, ongoing water systems testing.

18. **Food Standards:** Meet or exceed all regulations.

19. **Program Evaluation:** Triennial report done every 3 years by Superintendent, reviewed annually by Administrators, ESSA teams, and food advisory/wellness committee.

**B. The extent to which the district's policy compares to model wellness policy.**

1. The district wellness policy, policy EFA, is taken directly from OSBA recommendations.

**C. A description of the progress made in attaining the goals of the district's policy.**

1. There are no specific "goals" identified in the policy. However, there are guidelines in a wide range of areas that the District strives to attain and stay in compliance with. Below is a summary of those.
  - a. Oregon Smart Snacks standards, including beverages: In compliance
  - b. Nutrition Promotion and Nutrition Education: The FRSD program is consistent with state and local district health education standards. It is age appropriate.
  - c. Food and Beverage marketing: In compliance
  - d. Physical Activity: In compliance. In the Fall of 19-20, Elementary PE specialists were added at both elementary schools.
  - e. Nutrition Guidelines and Food Service Operation. In compliance. The food service director is also a member of the District Food Advisory Committee that meets twice a year.
  - f. Competitive food sales: In compliance
  - g. Employee wellness: The district maintains a wellness team made up of staff from each building. We meet monthly and plan a wide range of staff wellness activities.
  - h. Staff development: Through the activities of the District wellness team this is provided.
  - i. Family and Community Involvement: A wide range of activities are provided throughout the year.
  - j. The policy is reviewed annually at building ESSA teams, and through this triennial report.