

## Triennial Wellness Program Assessment (Fall 2022)

The Triennial Assessment of the FRSD Wellness policy will include the following:

1. The extent to which schools under the district's jurisdiction comply 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.

FRSD conducted a wellness program assessment in the Fall of 2022. The findings in each area of the policy are summarized below:

**The extent to which schools under the jurisdiction of the district comply: See below:**

1. **Implementation of the plan:** The FRSD plan is in place. The district has adopted a board policy. Administrators and the District Wellness Committee, which meets throughout the school year, annually review the plan.
2. **Record Keeping:** District Wellness Committee keeps agendas and minutes in a shared Google Drive folder. In addition, an FRSD District Office maintains documents and information such as the Wellness Policy, the Triennial Wellness Report, and other monitoring, accountability, and community engagement information for public review.
3. **Annual Notification of the policy:** The policy is in our student/parent handbook, which is updated annually. In addition, each Fall, a post occurs on our District website informing students and the community about the district wellness policy and ways they can get involved as part of the committee. The District publishes the triennial report on its webpage under the main page's District and State report link.
4. **Triennial Progress Assessments:** The Triennial Progress Assessment is conducted every three years in consultation with building administrators and appropriate staff.
5. **Revisions and Updating the Policy:** At a minimum, the District Wellness Committee annually reviews the policy in conjunction with OSBA recommendations and consultation. The district considers all requests and implements feasible suggestions.
6. **Community, Involvement, Outreach, and Communications:** Building ESSA teams discuss the topic of staff and student wellness. District and building-level ESSA teams, including parents, meet throughout the year. There is also a District level Wellness committee and food advisory committee (that includes parents)-- that reviews all aspects of our district practices. The District has recently engaged in community activities by organizing events such as an annual "fun run" using funds from a CATCH grant. When opportunities arise, the district actively communicates them using Parent Square (a communication app), the District's website, and other district or school communication methods. An annual flu shot clinic is offered to staff and their families to promote wellness. Orchid, a community-based health clinic on the high school campus, works in partnership with the district.

7. **Nutrition Promotion and Nutrition Education:** The district understands its responsibility to influence lifelong positive eating behaviors using evidence-based techniques and nutrition messaging. Encouraging participation in our school meal programs is an integral part of this messaging and is done intensively at school registration and periodically throughout the school year. FRSD and Chartwells, our food service provider, work together. The food advisory committee discusses various food and nutrition issues.
8. **School Meals:** All schools within the District participate in the U.S. Department of Agriculture (USDA) child nutrition programs. The District's food advisory committee (part of the Wellness Committee) discussed the breakfast program to reduce processed food and packaging. Chartwell's management will look into possible changes.
9. **Staff Qualifications and Professional Development:** School nutrition program directors, managers, and staff meet or exceed hiring and training requirements.
10. **Water:** Free, safe, unflavored drinking water is available throughout the school day and on every campus. The district maintains its water system for three buildings and follows all testing protocols. Veneta Elementary is on city water. Through a HASS plan approved by the Oregon Department of Education, there is an ongoing water faucet testing plan. Every school has a water refill station. Hot and cold bottled water dispensers are in every staff lunch room.
11. **Competitive Foods and Beverages:**
  - a. VES-FRSD policy is followed.
  - a. EES- FRSD policy is followed
  - b. FRMS- FRSD policy is followed
  - c. EHS-FRSD policy is followed
2. **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
2. **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
2. **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
2. **Physical Activity and Physical Education:** Physical activity is part of every school's daily education program. Physical Education certified teachers provide classes to all students on all school days in elementary, middle, and high school.

3. **Employee Wellness:** FRSD received an OEA Choice Trust wellness grant for five years, ending in the 2020-21 school year. From its inception, the primary goal was to sustain the program after the grant and embed a system that fosters staff well-being. In its sixth year, the employee wellness program is an established part of FRSD. The District commits time, funding, and resources in addition to any grants. A representative Wellness Committee comprises certified members, classified members, and administrators that meet monthly to plan and execute the wellness program. WellSteps, an online wellness platform, provides employees with resources and a way to document wellness that the district rewards with prizes at the end of the year. Campaigns and activities directed by the Wellness Committee are organized and promoted through WellSteps. Mindfulness has been a part of staff wellness for the last few years. This year, a five thousand dollar grant was awarded to FRSD to continue the program. Some annual activities include Homecoming Family BBQ, flu shot clinic, monthly recipes, staff water dispensers, healthy snacks days, fitness classes, biometric screening, etc. Employee wellness is a highly valued part of FRSD.
4. **Other Activities that Promote Student Wellness:**
  - a. VES- Annual jog-a-thon or jump-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/jump-a-thon, Social Emotional Learning Curriculum, SAFE Oregon, Tooth Taxi, Dental Varnishing, Vision Screening, Family Fun Nights, PBIS assemblies, Bully Prevention, Brain/Movement breaks in the classroom, safe break spaces in classrooms, miles run necklace incentives - weekly runs
  - 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 training
  - 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: Radon testing labs occurred in the Fall of 2019, ongoing water systems testing.
2. **Food Standards:** Meet or exceed all regulations.
3. **Program Evaluation:** FRSD Superintendent, administrators, ESSA teams, and Wellness/Food Advisory Committee review and complete the triennial report every three years.

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

1. The district wellness 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 many areas that the District strives to attain and stay in compliance. Below is a summary of those.
  - a. Oregon Smart Snacks standards, including beverages: In compliance
  - b. Nutrition Promotion and 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, FRSD added Elementary PE specialists 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, which 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: This is provided through District Wellness Committee activities.
  - 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.