## School Level Triennial Assessment Tool

## Compliance with Local School Wellness Policy

***This tool is intended to help schools track their degree of compliance and progress towards attaining the goals of the District’s Local School Wellness Policy.***

***Complete this tool at the school level by entering the requested information and selecting “Yes”, “Partial” or “No” in the Policy Areas Below.***

District Name: **Bethel School DIstrict #52**

School Name: **Prairie Mountain School**

Date of Evaluation: March 24, 2023

Person(s) completing evaluation: Jaime Noack

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

☐ N/A

☐ Pre-K

☐ K

☐ 1

☐ 5

☐ 6

☐ 7

☐ 8

☐ 9

☐ 10

☐ 11

☐ 12

☐ 2

☐ 3

☐ 4

| Policy Area 1:  Nutrition Education Requirements | | |
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| Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:  Nutrition education topics shall be integrated with consistency throughout the school environment and within the sequential, comprehensive health education program taught at every grade level, prekindergarten through grade 12, and coordinated with the District’s nutrition and food services. | | |
| ☐ Yes | **☐ Partially** | **☐ No** |
| Describe progress that has been made towards achieving this goal or goals  Teachers use the CATCH program to teach nutrition education in grades K-5. In grades 6-8 teachers use the ETR Health Smart curriculum for nutrition education.  If goal(s) are partially met or not met describe barriers preventing achievement of this goal: | | |

| Policy Area 2:  Nutrition Education Requirements | | |
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| Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:  Nutrition promotion includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff, teachers, parents, students and the community. | | |
| ☐ Yes | **☐ Partially** | **☐ No** |
| Describe progress that has been made toward achieving this goal or goals  Our school (and District) provides free breakfast and lunch for all students and many choose to eat school meals each day.  Our nutrition services program promotes eating a balanced meal for breakfast and lunch. Signage is posted throughout the kitchen/cafeteria demonstrating the components of balanced meals.  Nutrition Services promoted National School Breakfast & Lunch weeks, encouraging students to eat and ensuring that their meals are well balanced.  If goal (s) are partially met or not met, describe barriers preventing achievement of this goal: | | |
| Policy Area 3:  Physical Activity Requirements | | |
| Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:  Physical activity should be included in the school’s daily education program for grades pre-K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess. The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. The District will develop and assess student performance standards in order to meet the ODE’s physical education content standards and state law. | | |
| ☐ Yes | **☐ Partially** | **☐ No** |
| Describe progress that has been made toward achieving this goal or goals:  K-5 students participate in PE classes three times a week for a total of 90 minutes. For K-2 students all classes are taught by a licensed PE teacher and for 3-5 students, two classes are taught by a licensed PE teacher and one is taught by the classroom teacher. In addition, teachers implement a minimum of 6 minutes per day of required classroom movement breaks using Go Noodle or YouTube movement videos. 6-8 students have 45 minutes a day of PE by a licensed PE teacher for at least two of the three trimesters.  K-5 students have two recesses each day for a total of 30 minutes per day. 6-8 students have one recess per day for a total of 15 minutes.  If partially met or not met, describe barriers preventing achievement of this goal or goals: | | |

| Policy Area 4:  Other School – Based Wellness Activities | | |
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| Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:  The district will integrate wellness activities throughout the entire school environment districtwide, not just in the cafeterias, other food and beverage venues and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes. Educational workshops, screenings and literature related to healthy food choices and physical activity may be offered to families. | | |
| ☐ Yes | **☐ Partially** | **☐ No** |
| Describe progress that has been made toward achieving this goal or goals:  We have signage throughout our kitchen & cafeteria areas that emphasize healthy food choices as well as brochures at the front of the school that elaborate on healthy foods and healthy physical activity.  We collaborate with our Safe Routes to School Coordinator to promote two Walk and Bike to School events. In addition, second grade students participate in Pedestrian Safety in coordination with the CIty of Eugene.  Bethel is providing an after school track program for students in grades 3rd - 8th grade, starting in March for middle school and April for Elementary school of this year.  If partially met or not met, describe barriers preventing achievement of this goal or goals: | | |

| Policy Area 5: Standards for All Food and Beverages | | |
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| 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.  Competitive Foods and Beverages.  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 the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. 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 and snack or food carts. | | |
| ☐ Yes | **☐ No** | **☐ No foods or beverages sold** |
| If no, describe barriers preventing compliance with these standards: | | |
| Policy Area 5: Standards for All Food and Beverages/ Celebrations and Rewards | | |
| 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.  All foods 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, classroom snacks brought by parents, rewards and incentives. | | |
| ☐ Yes | **☐ No** | **☐ No foods are beverages provided** |
| If no, describe barriers preventing compliance with these standards:  We are working with grade level teams and families regarding guidance of nutritional snacks provided during classroom celebrations and parties. | | |

| Policy Area 6: Food and Beverage Marketing | | |
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| Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.  Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. “Food and beverage marketing” is defined as advertising and other promotion in schools. Food and beverage marketing often includes an oral, written or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. | | |
| ☐ Yes | **☐ No** | **☐ No food or beverage marketing** |
| If no, describe barriers preventing compliance with these standards: | | |

| Policy Area 7:  Water | | |
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| Our school meets the specific goals for Water as outlined in the Local Wellness Policy:  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. | | |
| ☐ Yes | **☐ Partially** | **☐ No** |
| Describe progress that has been made toward achieving this goal or goals:  There are drinking fountains and water filling stations throughout the building. During meal times cups of water are available for all students.  If partially met or not met, describe barriers preventing achievement of this goal or goals: | | |