

# 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: Yamhill-Carlton SD

School Name: Yamhill-Carlton High School

Date of Evaluation: 6/7/2022

Person(s) completing evaluation: Joe Johnson

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

- |                                |                            |  |
|--------------------------------|----------------------------|--|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                            |  |
| <input type="checkbox"/> 3     |                            |  |
| <input type="checkbox"/> 4     |                            |  |

**Policy Area 1:****Nutrition Education Requirements**

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

**GOALS FOR NUTRITION EDUCATION**

**Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices. The district will teach, model, encourage and support healthy eating and physical activity among students. Schools will provide nutrition and physical activity education integrated into other subjects, as part of health education and/or offer standalone classes at each grade level. To the extent possible:**

1. Nutrition and physical activity education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the developmentally-appropriate essential healthy eating and physical activity topics (Appendix A).
2. The curricula used are consistent with the CDC's Characteristics of an Effective Health Education Curriculum.
3. Staff and teachers who provide nutrition education shall have appropriate training.
4. Nutrition and physical activity education shall be a part of the health education and core curricula (e.g. math, science, language arts).
5. Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
6. Schools shall encourage parents and guardians to support healthy eating and physical activity behaviors.

Policy Area 1: Nutrition Education Requirements		
<p>7. Schools shall strive to conduct nutrition and physical education activities that involve families, students and the community.</p> <p>8. The district shall strive to develop a farm to school program to provide fresh, wholesome, local and sustainably grown foods.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p><b>Describe progress that has been made towards achieving this goal or goals</b></p> <ul style="list-style-type: none"> <li>- Meeting with local farmers, purchasing apples and pears to provide for meal service</li> <li>- Vocabulary, such as nutrients, calorie, nutrient dense and hunger/appetite are taught in health class, along with the functions of the six nutrients and what they provide to the body.</li> <li>- Home Economics and nutrition staff work together to make sure food prepared meet nutritional standards.</li> </ul> <p><b>If goal(s) are partially met or not met describe barriers preventing achievement of this goal:</b></p>		

Policy Area 2: Nutrition Education Requirements
<p><b>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</b></p> <p><b>GOALS FOR NUTRITION PROMOTION</b></p> <p><b>The district and all schools will ensure that students and staff receive consistent nutrition messages and promote healthy food and beverage choices for all students across the school campus during the school day and during the</b></p>

**Policy Area 2:****Nutrition Education Requirements**

extended school day (including during out-of-school time and before and after school) and will encourage participation in school meal programs. To the extent possible:

The district will ensure the promotion of healthy food and beverage choices through:

- school announcements, newsletters and website postings
- implementation of the evidence-based marketing and merchandising techniques (see School Meals section of this document)

**1. Competitive Foods and Beverages**

Competitive Foods and Beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.

The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day, will, at minimum, meet Oregon Smart Snacks standards. 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, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

**0. Food and Beverage Marketing**

Health and wellness efforts are weakened when students are subjected to advertising on district property that promotes unhealthy foods and beverages.<sup>6</sup> The district is committed to teaching students to make informed choices about nutrition, health and physical activity and to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors.

All foods and beverages marketed or promoted to students on the school campus during the school day and during extended school day (including during out-of-school time and before and after school) will meet or exceed Oregon Smart Snacks standards.

The marketing of products that do not meet Oregon Smart Snacks standards, in any and all of the following ways, is prohibited:

**Policy Area 2:  
Nutrition Education Requirements**

- a. brand names, trademarks, logos or tags, including on cups used for beverage dispensing; menu boards; coolers; trash cans; vending machines and other foodservice equipment; posters; book covers; pupil assignment books or school supplies; uniforms; school buses and other vehicles; athletic fields or school equipment, such as marquees; message boards; scoreboards and backboards displayed distributed, offered or sold by the district;**
  - b. advertisements in school publications and school mailings; during broadcasts on school radio stations and in-school television; through digital media, such as computer screensavers; school-operated or school-sponsored websites and servers; or through the school public announcement system;**
  - c. free samples, taste tests or coupons for products;**
  - d. educational incentive programs (such as contests that use foods or beverages as a reward) including the promotion of programs that provide schools with supplies or funds when caregivers or participants purchase specific food products;**
  - e. Note: Immediate replacement of these items is not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance.**
- 0. Nutrition Guidelines for All Foods Available on Campus During the School Day**  
Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The district requires that all foods and beverages served and offered on the school campus outside of the school meal programs during the school day and during the extended school day (including during out-of-school time and before and after school) will, at minimum meet Oregon Smart Snacks Standards.
- a. Foods and beverages sold on school campuses 30 minutes after the end of the school day are not subject to the Oregon Smart Snacks Standards**

**Policy Area 2:****Nutrition Education Requirements**

- b. Foods and beverages served as class snacks shall meet Oregon Smart Snacks Standards.**
- c. Classroom parties and celebrations are considered a “special event” and are not subject to the Oregon Smart Snacks Standards however;**

**.Refreshments served at these gatherings must be purchased from commercial, licensed, and inspected establishments, such as grocery stores, bakeries, restaurants and farmers markets.**

- ii. Planners of these functions are strongly encouraged to consider the nutritional impact of all refreshments served. When minimally nutritious items are served, planners shall also provide nutritious alternatives.**
- iii. Planners are strongly encouraged to schedule these functions so as not to continually disrupt instructional time. To the extent possible, these functions should not take place prior to the lunch period and should seek to limit commercial influence.**
- d. The district requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy and pizza sales and market days during the school day and during the extended school day (including during out-of-school time and before and after school) sell only non-food items or foods and beverages that meet or exceed Oregon Smart Snacks Standards.**

**.The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs).**

**0. Water**

**Access to safe, free drinking water helps to increase students’ overall water consumption, maintain hydration and reduce energy intake when substituted for sugar-sweetened beverages. In addition, adequate hydration may improve cognitive function among children and adolescents, which is important for learning.<sup>7</sup>**

- a. Free, safe and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time and before and after school),**
  
- b. Students can bring and carry approved water bottles filled with water before, during and after the school day across the school campus**
  
- c. All water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.**

<input checked="" type="checkbox"/> <b>Yes</b>	<input type="checkbox"/> <b>Partially</b>	<input type="checkbox"/> <b>No</b>
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**Describe progress that has been made toward achieving this goal or goals**

- Provided healthy meals for out-of-school events, containing all required meal components. These meals ranged from sandwiches on whole grain bread to whole-grain rich pizza.
- updated water fountains with filters for clean water.
- Non-perishable food boxes were available.

**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:**

**GOALS FOR PHYSICAL ACTIVITY**

**The primary goals for physical activity are to:**

- 1. Build knowledge and skills through physical education (PE) programs that enable all students to participate in a variety of lifetime physical activities**

**0. Promote safe and appropriate physical activity opportunities for all students;**

**0. Increase the amount of movement for all students throughout the day at school and which also has the potential to carry over into the student's home environment**

**0. Decrease sedentary time**

**0. Promote a physically active lifestyle for all community members, including staff, families and students.**

**To the extent possible, the district will:**

**1. Ensure that physical activity is included in the daily education program for grades K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess.**

**0. Ensure that physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason**

**0. Ensure that at least 50% of the weekly physical education class time shall be devoted to actual physical activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education (Oregon Revised Statute (ORS) 329.045).**

**0. Develop and assess student performance standards (and program minute requirements<sup>7</sup>) in order to meet the ODE's physical education content standards and state law<sup>8</sup>. 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<sup>9</sup> shall participate for at least 150<sup>10</sup> minutes during each school week, and students in grades 6-8 for at least 225<sup>11</sup> minutes per school week.**

**0. Ensure that teachers of physical education shall regularly participate in professional development activities<sup>12</sup>.**



**0. Encourage families to support their children’s participation in physical activity, to be physically active role models and to include physical activity in family events.**

**0. Ensure that a student with a disability shall have suitably adapted physical education incorporated as part of their individualized education program (IEP) developed under ORS 343.151. A student who does not have an IEP but has a chronic health problem, other disabling conditions or other special needs that preclude them from participating in regular physical education instruction, shall have suitably adapted physical education incorporated as part of the individualized health plan, developed by the district<sup>13</sup>.**

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
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**Describe progress that has been made toward achieving this goal or goals:**

- PE required for all freshmen.
- PE electives such as weight training, court and net sports are open to all students.
- Daily access to the track and gymnasium for exercise during lunch period, before, and after school.
- Interscholastic and club athletics are open to students.
- Drama classes that encourage movement and physicality
- Athletic facilities remain open and promoted for use during high school lunch.

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

**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:**

**OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

## Policy Area 4:

## Other School – Based Wellness Activities

To the extent possible the district will provide the following activities and encourage the following practices which promote local wellness:

1. Scoliosis screenings;
0. Safe Routes to Schools program;
0. Physically active community engagement (e.g. skate night, fun run, dance night);
0. Nonfood-related fundraisers;
0. Physical activity brain breaks during transitions from one subject to another;
0. Intramural sports;
0. Monthly/weekly school walks;
0. 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;
- (9) The use of alternates to food as rewards in the classroom;
- (10) Support groups for overweight and underweight students, and those students who struggle with nutrition and physical activity
- (11) Communication between classroom teachers and nutrition staff, so that menus and nutrition promotion can be tied into classroom learning and coursework;
- (12) Include wellness as a standing agenda item for school-based meetings (e.g. staff meetings, site council meetings, PTO).

 Yes Partially No

<b>Policy Area 4: Other School – Based Wellness Activities</b>
<b>Describe progress that has been made toward achieving this goal or goals:</b>  -club offerings such as poetry and rocketry.  - <b>Health 1 mandatory for 9th graders</b> - <b>Health 2</b> offered for 10th grade and beyond. -Fall of 2022, Food Science class was offered as an elective.
<b>If partially met or not met, describe barriers preventing achievement of this goal or goals:</b>

<b>Policy Area 5: Standards for All Food and Beverages</b>
<b>Standards for All Foods and Beverages Sold</b>
<b>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</b>  <b>Competitive Foods and Beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.</b>  <b>The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day, will, at minimum,</b>

**meet Oregon Smart Snacks standards. 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, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.**

Yes

No

No foods or beverages sold

If no, describe barriers preventing compliance with these standards:

Cafeteria offers several healthy beverage options. Choc./ Vanilla Milk. some bottled water options.

### 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):**

**1. Nutrition Guidelines for All Foods Available on Campus During the School Day**

**Student’s lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The district requires that all foods and beverages served and offered on the school campus outside of the school meal programs during the school day and during the extended school day (including during out-of-school time and before and after school) will, at minimum meet Oregon Smart Snacks Standards.**

**a. Foods and beverages sold on school campuses 30 minutes after the end of the school day are not subject to the Oregon Smart Snacks Standards**

**b. Foods and beverages served as class snacks shall meet Oregon Smart Snacks Standards.**

- c. **Classroom parties and celebrations are considered a “special event” and are not subject to the Oregon Smart Snacks Standards however;**

**.Refreshments served at these gatherings must be purchased from commercial, licensed, and inspected establishments, such as grocery stores, bakeries, restaurants and farmers markets.**

- ii. **Planners of these functions are strongly encouraged to consider the nutritional impact of all refreshments served. When minimally nutritious items are served, planners shall also provide nutritious alternatives.**
- iii. **Planners are strongly encouraged to schedule these functions so as not to continually disrupt instructional time. To the extent possible, these functions should not take place prior to the lunch period and should seek to limit commercial influence.**

- d. **The district requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy and pizza sales and market days during the school day and during the extended school day (including during out-out-of-school time and before and after school) sell only non-food items or foods and beverages that meet or exceed Oregon Smart Snacks Standards.**

**.The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs).**

Yes	<input checked="" type="checkbox"/> No	<input type="checkbox"/> No foods or beverages provided
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**If no, describe barriers preventing compliance with these standards:**

**Barriers- time, participation numbers, interscholastic fundraising activities.**

**Policy Area 6:****Food and Beverage Marketing**

**Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.**

**Health and wellness efforts are weakened when students are subjected to advertising on district property that promotes unhealthy foods and beverages.<sup>6</sup> The district is committed to teaching students to make informed choices about nutrition, health and physical activity and to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors.**

**All foods and beverages marketed or promoted to students on the school campus during the school day and during extended school day (including during out-of-school time and before and after school) will meet or exceed Oregon Smart Snacks standards.**

**The marketing of products that do not meet Oregon Smart Snacks standards, in any and all of the following ways, is prohibited:**

- a. brand names, trademarks, logos or tags, including on cups used for beverage dispensing; menu boards; coolers; trash cans; vending machines and other foodservice equipment; posters; book covers; pupil assignment books or school supplies; uniforms; school buses and other vehicles; athletic fields or school equipment, such as marquees; message boards; scoreboards and backboards displayed distributed, offered or sold by the district;**
- b. advertisements in school publications and school mailings; during broadcasts on school radio stations and in-school television; through digital media, such as computer screensavers; school-operated or school-sponsored websites and servers; or through the school public announcement system;**
- c. free samples, taste tests or coupons for products;**
- d. educational incentive programs (such as contests that use foods or beverages as a reward) including the promotion of programs that provide**

Policy Area 6: Food and Beverage Marketing		
<p><b>schools with supplies or funds when caregivers or participants purchase specific food products;</b></p> <p><b>e. Note: Immediate replacement of these items is not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance.</b></p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" type="checkbox"/> No food or beverage marketing
<p><b>If no, describe barriers preventing compliance with these standards:</b></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><b>Our school meets the specific goals for _____ as outlined in the Local Wellness Policy:</b>  <b>[Insert policies for _____ as described in the Local Wellness Policy]</b></p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p><b>Describe progress that has been made toward achieving this goal or goals:</b></p> <p><b>If partially met or not met, describe barriers preventing achievement of this goal or goals:</b></p>		

Policy Area 7:  
\_\_\_\_\_

Policy Area 8:  
\_\_\_\_\_

Our school meets the specific goals for \_\_\_\_\_ as outlined in the Local Wellness Policy:  
**[Insert policies for \_\_\_\_\_ as described in the Local Wellness Policy]**

Yes

Partially

No

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

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

Policy Area 9:  
\_\_\_\_\_

Our school meets the specific goals for \_\_\_\_\_ as outlined in the Local Wellness Policy:  
**[Insert policies for \_\_\_\_\_ as described in the Local Wellness Policy]**

Yes

Partially

No

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

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



<b>Policy Area 9:</b> <hr style="width: 20%; margin: 5px auto;"/>