

# Local School Wellness Policy Triennial Assessment

District/School Name: Centralia R-VI

Local Wellness Policy Contact: Marshall Gingrich

Date of Assessment: 5/25/23

Model Policy used for comparison: MCE Policy 2750

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all stakeholders of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. District encourages the faculty, staff and students to participate and purchase school meals from the current food service management company.	X			Communication to the stakeholders, parents, and students of the options. The FSMC sends out publications to inform the faculty and staff of the options available.	Use of the new website to promote the new menu program offered by the FSMC
2. District is committed to offering reimbursable meals- Starting an option of the " second chance breakfast"			X	Starting a program that gives the student a chance to eat a healthy breakfast after school starts.	High School- Start 9/23 of this service to students.
3. District has purchased new food service equipment to improve the healthy choices	X			New ice machine and coolers	
4. District has eliminated the sales and distribution of non compliant snacks during school operation hours.	X			Installation of new vending equipment that allows timers to be set during school operation.	
<b>Physical Education and Physical Activity Goals</b>					
1. Before and after school activities	X			District sends out information regularly in cooperation with the city recreation center on programs and activities taking place.	
2. Classroom physical activity breaks offered throughout the day.		X		Breaks given to students to stretch and move around. Implementing in Elementary settings	Expand to include grades 3-5

3. Active transport to and from school	X			Providing bike racks in areas so students can safely store bikes during the day. Provide crossing guards and structured sidewalks to encourage walking to and from school	
4. Staff and health promotion	X			Quarterly newsletter is sent out the staff advertising activities and challenges that can be completed to earn points for health insurance incentives.	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. OPAA!- Menu planning with the use of NutriSlice to allow students to make decisions on lunch choices	X			Monthly update. The menu shows nutritional information of the meals and snacks.	.
2. Promote fruits, vegetables, whole-grain products, and low-fat dairy foods		X		Signage indicating good health choices for school lunch. Offer vs serve.	Continue to encourage students to take/try new options. (Have taste testing or samples)
3. Water fountain replacement district wide to offer bottle filling station		X		Replacing old water fountains with new bottle filling stations to allow students water intake to increase	Moving towards a complete switch over in the next 3 years.
4. Centralia R-VI will continue to partner with OPAA! to apply for fruits and vegetable grants through the USDA DoD		X		Applying every year to maintain the current offering of fruits and vegetables	
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Active academics		X		Administration have been communication with building teachers	Set up classroom physical activities that teachers can share across lower grade levels.
2. Punishment does not take away physical activities	X			District administration has been guided to follow this standard when discipline is involved.	
3. Classroom breaks to allow stretching and physical movement.		X		Education teachers on the benefits for both students and teachers	Integrating class rotation and specials the extra time to create a mini physical activity
4.					
<b><i>Communication with Parents</i></b>					

1. Having publications available for parents in various locations in the community for information regarding student wellness guidelines		X		Currently the district website offers information regarding the Board of Education regulation.	Increase the public engagement of the student wellness policy.
2. Inform community stakeholders of the regular scheduled wellness committee meeting		X		Advertise through district website of the regular scheduled meetings	Coordinate with district web master and public relations director to publish in various locations
3.					
4.					
<b>Food Marketing in Schools</b>					
1. Administration will discuss the guidelines of healthy fundraisers to students and staffs within district organizations		X		Administration will keep track of fundraisers and products that are being sold	
2. Fundraisers that are not meeting the healthy guidelines will need to be sold outside of school hours		X		Administration will monitor and approve/reject based upon the wellness regulation	
3.					
<b>Staff Wellness</b>					
1. Teaming up with district health insurance provider to offer various healthy challenges	X			Detailed list of challenges and rewards for completing activities to encourage staff to participate.	
2.					