

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: **Sutherlin School District**

School Name: SUTHERLIN WEST ELEMENTARY

Date of Evaluation: 6/22/2022

Person(s) completing evaluation: LEAH MESSMER

All grade levels in your school: 3, 4, +5

Policy Area 1: NUTRITION EDUCATION REQUIREMENTS

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

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also 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

We educate the children on all the food being served in the Cafeteria. We encourage the children to try different foods to expand their pallet. We also educate the children on what the different types of food they need to promote a healthy body. (eyes, nails, skin, muscles, etc.)

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 2: NUTRITION EDUCATION REQUIREMENTS

Our school meets the specific goals for school meals as outlined in the Local Wellness Policy:

All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) Summer Food Service Program (SFSP), Supper programs or others. The district also operates additional nutrition-related programs and activities including Farm-to-School programs.

YES

PARTIALLY

NO

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

We serve a wide variety of fruits and vegetables to choose from. We lay the food out in an array of colors to look even more appetizing. There are two main entree's to choose from. The menu is completed by our supervisor in accordance to guidelines for our school.

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 school meals 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.

YES

PARTIALLY

NO

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

The children have multiple recesses every day. They also have a physical Education class that works with cardio, agility, and strength.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 4: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for competitive meal and beverages as outlined in the Local Wellness Policy:

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

PARTIALLY

NO

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

We do not have vending machines in our school. We also do not have a school store to buy food in. If snacks are ordered for a classroom during testing periods, they are within the nutritional guidelines.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 5: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for celebrations and rewards as outlined in the Local Wellness Policy:

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

PARTIALLY

NO

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

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

We had a group of new teachers, IA's, and principle this last year. Mistakes were made about pizza parties and Ice cream parties. The teachers thought they could serve any thing at any time of the day. I went over the rules and regulations with the priciple and she spoke with and educated the rest of the school. It is being taken care of now.

Policy Area 6: OTHER WELLNESS ACTIVITIES

Our school meets the specific goals for 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 complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

YES

PARTIALLY

NO

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

The FFA group from the high school grew vegetables for our school in the cafeteria eating area. It was a upright grow station with multiple vegetables. When it was ready to harvest the children had a presentation on the entire process from seed to table. They all got to try the food that they watched grow from seed.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

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District Name: Sutherlin School District

School Name: East School

Date of Evaluation: 6-20-22

Person(s) completing evaluation: Tomi Cooley

All grade levels in your school: Pre-school, K, 1st, 2nd



Policy Area 1: NUTRITION EDUCATION REQUIREMENTS

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

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also 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

We are fortunate to have access to wonderful fresh vegetables and fruits that our kids love. Also our new boss is great and helps us research wonderful new recipes. Every year we have classes available online

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

to us. Plus
Our new Boss has even had convention set up for our cooks w/ classes available.



Policy Area 2: NUTRITION EDUCATION REQUIREMENTS

Our school meets the specific goals for school meals as outlined in the Local Wellness Policy:

All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) Summer Food Service Program (SFSP), Supper programs or others. The district also operates additional nutrition-related programs and activities including Farm-to-School programs.

YES PARTIALLY NO

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

I believe Our school meets all requirements and we are always looking for new ways to better our kitchen meals so our students don't get bored. With our great communication within

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

our teams we all learn from each kitchen. Every year each of us has onlines classes that keeps us up to date

Policy Area 3: PHYSICAL ACTIVITY REQUIREMENTS

Our school meets the specific goals for school meals 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.

YES PARTIALLY NO

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

Everyday we have a great salad bar with salads, assorted fresh fruit and veggies along with multi main courses. I hope by us serving these fresh healthy options it will play into their home life &

YES

X PARTIALLY

NO

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

I know our Kitchen follows all guidelines but not sure how class b-days are set-up with parents bringing in items. I know they do follow store packaged guidelines but not 100% sure if update on all guidelines.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Do more research on what's expected at classroom party levels ~~are~~ and follow guidelines.

□

Policy Area 6: OTHER WELLNESS ACTIVITIES

Our school meets the specific goals for 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 complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

X YES

 PARTIALLY

 NO

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

I've worked as an IA before and have 1st hand knowledge on how much time kids get for recess and indoor recess in gym. Also they have a great routine in class to keep them moving in between sitting for any lengths of time. We also in the past pre-Covid have had Zumba classes and other activities that helped keep the kids active.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

into their overall well being and keep them energized and full to keep their minds & body going all day.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 4: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for competitive meal and beverages as outlined in the Local Wellness Policy:

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 PARTIALLY NO

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

We always have multi fresh fruit and veggies along with protein & grain. We do also multi milk choices for beverages.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 5: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for celebrations and rewards as outlined in the Local Wellness Policy:

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.

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District Name: **Sutherlin School District**

School Name: SUTHERLIN HIGH SCHOOL

Date of Evaluation: 6/20/2022

Person(s) completing evaluation: **JULIA MURPHY**

All grade levels in your school: 9, 10, 11, 12

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District Name: **Sutherlin School District**

School Name:

Date of Evaluation:

Person(s) completing evaluation:

All grade levels in your school:

Policy Area 1: NUTRITION EDUCATION REQUIREMENTS

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

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also 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

If you take the time to go visit w/ the kitchen staff, they will share much about nutrition w/ you. They work on good health all their hours @ work & don't have extra time to email us food info!

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

The barriers are not enough hours in the day - short-staffed w/ staff wearing many hats!

Policy Area 2: NUTRITION EDUCATION REQUIREMENTS

Our school meets the specific goals for school meals as outlined in the Local Wellness Policy:

All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) Summer Food Service Program (SFSP), Supper programs or others. The district also operates additional nutrition-related programs and activities including Farm-to-School programs.

YES

PARTIALLY

NO

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

We serve whole-grain everything, plenty of attractive fruits & vegetables, & low-fat items.

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 school meals 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.

YES

PARTIALLY

NO

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

Our students are required to take a PE class 5 days a week. Some students take 2 PE classes/week!

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 4: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for competitive meal and beverages as outlined in the Local Wellness Policy:

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 **PARTIALLY** NO

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

We got rid of Soda & offer Gatorade. We have refill stations for water bottles in several places @ school.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

While Gatorade may not be low in sugar, it does hydrate the kids & replace their electrolytes. Kids are not going to consume salt tablets!

Policy Area 5: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for celebrations and rewards as outlined in the Local Wellness Policy:

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 **PARTIALLY** NO

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

Some snacks healthy

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Sometimes snacks are purchased

at cost in mind for the entire school - lower cost doesn't always mean healthier.

□

Policy Area 6: OTHER WELLNESS ACTIVITIES

Our school meets the specific goals for 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 complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

YES

PARTIALLY

NO

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

Our PE program is fantastic for kids. Staff walk during lunch / after sch. on Wed.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Adults at school have a limited amount of hours in the day. Only they can choose to devote some to health.

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District Name: **Sutherlin School District**

School Name: SUTHERLIN MIDDLE SCHOOL

Date of Evaluation: 06/20/2022

Person(s) completing evaluation: Kelly Wright, Office Manager/Registrar

All grade levels in your school: 6, 7, 8

Policy Area 1: NUTRITION EDUCATION REQUIREMENTS

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

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_X_YES _PARTIALLY _NO

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

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

n/a

Policy Area 2: NUTRITION EDUCATION REQUIREMENTS

Our school meets the specific goals for school meals as outlined in the Local Wellness Policy:

All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) Summer Food Service Program (SFSP), Supper programs or others. The district also operates additional nutrition-related programs and activities including Farm-to-School programs.

X YES

__PARTIALLY

__NO

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

District is part of the USDA Breakfast and Lunch programs, foods served adhere to the nutrition standards. District also participates in the Farm to School program.

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 school meals 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.

YES

PARTIALLY

NO

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

P.E. Required once a day, all year long for all students.

Many students also participate in sports and other physical activities after school.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

Policy Area 4: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for competitive meal and beverages as outlined in the Local Wellness Policy:

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

PARTIALLY

NO

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

Some PTOs (East/West) purchase smart snack compliant snacks for their schools.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

They may not be aware of the guidelines

Policy Area 5: STANDARDS FOR ALL FOOD AND BEVERAGES

Our school meets the specific goals for celebrations and rewards as outlined in the Local Wellness Policy:

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

PARTIALLY

NO

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

Some PTOs (East/West) purchase smart snack compliant snacks for their schools.
Most other schools do not comply with smart snack guidelines.

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal:

They may not be aware of the guidelines.

Policy Area 6: OTHER WELLNESS ACTIVITIES

Our school meets the specific goals for 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 complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

X YES **__ PARTIALLY** **__ NO**

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

Healthy eating and nutrition taught in class, including Culinary Club

If goal(s) are partially met or not met, describe barriers preventing achievement of this goal: