

Wellness Policy Assessment

Conducted 10/21/21

NFSD District Wellness Council

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On 10/21/21, the Wellness Program Council for North Franklin School District met to review and update the current NFSD Wellness Policy and assess compliance and progress attaining its goals. Wellness policies need to be implemented and be effective. USDA states that school districts must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment is in place to determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. Information gathered through site visits to schools, formal and informal feedback and information shared by the Wellness Committee's most recent meeting, and school records, reports and schedules. The assessment tool used by NFSD is the Wellness Policy and Procedure itself, with each item analyzed, discussed, updated and progress assessed. What follows in red font reflects the current status of implementation and other notes from this assessment.

Wellness Policy

The North Franklin School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The board supports emphasis on nutrition as well as physical activity at all grade levels. Therefore, it is the policy of the board to:

- A. Provide students access to nutritious food
- B. Provide opportunities for physical activity and developmentally appropriate exercise
- C. Provide accurate and readily available information on wellness and nutrition
- D. Provide a mechanism for feedback on the Wellness Policy
- E. Maintain a district wellness council

Nutrition, health, and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12.

The district shall take a proactive effort to encourage students to make nutritious food choices.

The superintendent or designee shall ensure that:

- A. A variety of healthy food choices (including competitive foods) that comply with state and federal regulations are available for sale or service, whenever food is sold on district property during the school day
- B. Implementation and evaluation of the wellness policy occurs on a regular and ongoing basis
- C. Support is available to assist with policy implementation

Nutrition

Child Nutrition / Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs, providing wholesome and nutritious meals and appropriate nutritional education for children in the district's schools. The board authorizes the superintendent or designee to administer the Child Nutrition Program through the district Food Services program.

Free and Reduced-Price Food Services

The district shall provide free and reduced-price breakfast and lunch to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

Physical Education

Health and Fitness Curriculum

The district shall adopt and implement a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Cross References:	Board Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education-Grades 1-8
	28A.230.050	Physical Education in High Schools
	28A.235	Food Services
	28A.235.120	Meal Programs-Establishment and Operation-Personnel-Agreements
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit program for elderly-Authorized-Restrictions
	69.04	Intrastate Commerce in Food, Drugs and Cosmetics
	69.06.010	Food and beverage service worker's permit-Filing, duration-Minimum training requirements
	69.06.020	Permit exclusive and valid throughout state-Fee
	69.06.030	Diseased persons-May not work-Employer may not hire
	69.06.050	Permit to be secured within fourteen days from time of employment
	69.06.070	Limited duty permit
	WAC 392-410-135	Physical Education-Grade school and high school requirement
	WAC 392-410-136	Physical Education Requirement--Excuse
	7 CFR, Parts 210 and 220	
	7 CFR, Part 245.5	
	Reauthorization Act	Healthy Hunger Free Kids Act 2010

(HHFKA)

Management Resources: *Smart Snacks In School – "Nutrition Standards for all Foods Sold In School"*
"Local Wellness Policy Implementation" USDA Feb 2014
Policy News, December 2004 Nutrition and Physical Fitness Update
Policy News, February 2005 Nutrition and Physical Fitness Policy June 24, 2014

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Wellness Policy Procedures

Revised 09/2021

These Wellness Policy Procedures will be consistent with district educational and budgetary goals and are designed to optimize students' ability to make health-enhancing choices and fulfill the requirements of The Healthy, Hunger-Free Kids Act of 2010.

1. School Meals

All district Child Nutrition programs, including the National School Lunch Program, the School Breakfast Program, the Afterschool Snack Program, and the Summer Food Program will meet at a minimum, the nutritional requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Healthy, Hunger-Free Kids Act of 2010. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned by the district Food Services Supervisor.

Free and Reduced-price Food Services

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to their application for free or reduced-price food services to the superintendent or designee.

Assessment Notes: Due to the current COVID pandemic, the NFSD food service program is operating under the Seamless Summer Option (SSO). Allows us to receive a higher reimbursement for each meal served, and has the same food requirements as the National School Lunch Program and the School Breakfast Program.

2. USDA Foods

The district will use foods made available under the USDA-Food Program for school menus.

Assessment Notes: There have been some food quality problems with some food used through this commodity program, but we believe the lower quality was the result of procedures followed during the summer school program. Those procedures were modified, and current procedures to unwrap and open certain food items for spot checks have been implemented for quality control purposes.

3. Qualifications of Food Service Staff

1. Qualified Food Service staff shall administer the school meal programs.
2. Appropriate training shall be provided for all Food Service staff, including continuing education and certification training.

Assessment Notes: All food service staff currently meet all certification requirements, including substitutes. Ongoing training opportunities are provided to food service staff members to keep them up-to-date. However, some additional opportunities need to be offered during the 2021-

2022 school year. The Food Service Supervisor is arranging these opportunities and communicating them to food service staff members. The Civil Rights in Food Service training through Safe Schools has been posted as a requirement for all food service staff members as of October 1.

4. Nutritional Standards for Competitive Food & Beverages

All foods offered or sold in school from midnight through thirty minutes after school dismissal will conform the USDA Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger Free Kids Act of 2010, also designated as “Smart Snacks in Schools,” according to the “USDA Interim Rule for Competitive Foods” and the Competitive Food Rule of 2013.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches, with more fruits, vegetables, and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are being offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents, and the school community, all working hard to instill healthy habits in students.

Nutritional Standards for Foods

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items:< 200 calories
- Entree items:< 350 calories

Sodium limits

- Snack items:< 200 mg as of 2016
- Entree items:< 480 mg

Fat limits

- Total fat:< 35% of calories
- Saturated fat:< 10% of calories
- Trans fat: zero grams

Sugar limit:

- < 35% of weight from total sugars in foods

Assessment Notes: Following recent updates to the Wellness Policy to ensure compliance with current requirements, these guidelines are currently being implemented with fidelity.

Nutritional Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation)
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces
- No more than 12 ounce portions of beverages with < 40 calories per 8 fluid ounces, or <60 calories per 12 fluid ounces

Other Requirements

Fundraisers:

- Even though USDA does allow for infrequent fundraisers like class bake sales, Washington State does NOT allow for this.
- The sale of food items that **meet national and state nutritional** requirements at fundraisers, are not limited in any way under the standards.
- The standards do not apply during non-school hours, or on weekends or at off-campus fundraising events.

Accompaniments:

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

ASB, Vending Machine Sales and School-based Enterprises: School-based marketing will be

consistent with nutritional education and health promotion. Consistent with this goal, schools and Associated Student Bodies (ASB) will increase availability of nutritious foods and beverages that are available through vending machines, school stores, and other ASB-sponsored events to provide students with healthy choices. All food sold during the school day will comply with "Smart Snacks in Schools" as published by USDA. Training on "Smart Snacks in Schools" will be provided to those stocking vending machines, groups operating school stores, and other groups that request such training. Training will be provided by the Food Services Supervisor upon request.

Assessment Notes: At this time there are no vending machines for students in schools. There were water vending machines, but we have since installed water purification systems in the drinking fountains – which are now shut down due to COVID restrictions. Students bring their own water bottles from home, and OJH has sold water bottles for students. Occasionally there is a request from student groups at CHS to sell competitive, non-nutritious foods, but the Food Services Supervisor denies such requests. During the pandemic, we are experiencing significant food distribution disruptions resulting in scrambling to find replacement foods. However, with certain waivers in place (Offer vs. Serve, Whole Grains), we have been able to find healthy and nutritious last-minute replacements.

Erica Barragan, our district nurse, noted that some foods served at breakfast do not look healthy, such as cereal bars and pop tarts. Students love them, but they aren't all that great. All of these foods, while not ideal, do currently comply with all nutrition standards. More are served because, due to COVID, we need "grab and go" food to eat in the classroom. There is no time in the morning to heat foods for elementary and package meals for eating in classrooms. Nevertheless, the district will try to minimize these types of items as much as possible.

All in all, this area is in compliance with the Wellness Policy/Procedure.

5. Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

All North Franklin School kitchens shall be inspected two times per year by the Benton-Franklin Health Dept.

In accordance with The Healthy, Hunger-Free Kids Act of 2010 the district follows a food safety program for the preparation and service of school meals. Staff is offered training regularly through WSNA or OSPI workshops, trainings locally, or on-line trainings.

For students with known food allergies that may interfere with or limit their ability to participate in the school lunch program, the Food Service Dept. and school nurse will work with parents to provide reasonable accommodations in accordance with district policies and Federal law.

Assessment Notes: Warming ovens have been frequently breaking down, making it hard to keep

food warm as needed. We recently applied for and received iGrant 170, the Safe School Meals Grant for \$9,328, which is being used to purchase 4 new warming ovens for schools.

As mentioned above, food service personnel currently attend training opportunities for WSNA or OSPI workshops throughout the year. There don't seem to be as many training opportunities available as in "normal" years, but Sharon is checking on this.

Numerous modifications have been put in place, including many students eating in classrooms, cafeteria social distancing, disinfecting, and pre-filled trays, to provide for safety during COVID-19. All Benton Franklin Health Department requirements are in place regarding COVID restrictions, including those which apply to food service.

Food allergies are a concern as some of the doctors' requirements are not always specific. Erica Barragan works closely with the health care system to seek clarification and ensure it is communicated clearly to food service personnel.

6. Farm to School Program

When practical, Food Services will purchase fresh fruits and vegetables from local area farmers in order to serve the freshest produce and support the local economy.

Assessment Notes: We currently have dried cherries from a local grower that are approved for serving in schools. Other farmers find it difficult to navigate the paperwork and applications necessary to make serving their product in schools worthwhile. The cherries have to be shipped back east to be processed and packaged, and when they return the packages don't indicate they are grown locally, even though they are. If we have more farmers interested in serving their product in our schools, the district will provide support in seeking application to do so.

7. Educational Programs in Nutrition and Physical Fitness

The North Franklin School District will provide instruction to meet the state standards for Health and Fitness and promote skills to maintain an active and healthy life. Educational material showing students, the parts of the healthy meals available each day will be displayed at cafeterias. This is to educate students in how the different food groups make up our meals and to encourage them to include foods from all groups in their daily food consumption.

Education will also include communication of CBHA activities in which parents and students may participate. Instructional visits from CBHA staff regarding nutrition will also play a role in the NFSD educational programs.

Assessment Notes: PE classes are strong, follow state learning standards and exist in all schools. Educational materials displayed in cafeterias are inconsistent. The Food Services Supervisor will ensure these informational displays are exhibited in all schools. The communication of CBHA activities for parents and students, which was suggested by the Wellness Committee in spring, 2020, did not get off the ground, primarily due to the shutdown. More attention is needed in this area.

8. Parent Education:

Schools will provide information to parents to support and reinforce nutrition and physical fitness education at home. Information will be supplied by the District Wellness Committee.

Assessment Notes: Very little is being done in this area. A great opportunity would be to include this information on the back of menu's distributed monthly. There is a program that offers these articles for schools, and Sharon is looking into this.

9. Physical Activity

Schools will be encouraged to participate in regularly scheduled physical activities outside of the school day. The district will work collaboratively with community organizations to increase student awareness and promote family and community involvement in supporting and reinforcing activity/athletic programs in the schools, and student participation in community sports and activity programs.

Assessment Notes: This is an area of strength in our community, as many activities and athletic programs exist both within the school system and through community efforts. This includes elementary-age students.

10. Health and Fitness Curriculum

The district health and fitness curriculum meets state standards.

The goal for all students in grades one through eight will be to complete an average of one hundred instructional minutes per week of physical education.

In addition to required physical education, students at the elementary level may have the opportunity to participate daily in recess and physical activity. Daily recess is provided for elementary school students featuring time for supervised active play. School staff members are encouraged not to withhold physical activity as discipline. The district provides co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Assessment Notes: PE is offered at all schools, and follows state learning standards. Additionally, teachers instruct students in health and wellness in classrooms as integrated into other subjects. Health and wellness is particularly found in the social-emotional learning curricula used at all schools. Kindergarten through sixth grade use Mind Up, and grades seven through twelve use Character Strong.

11. Other School Based Activities to Promote Student Wellness

Fundraising Activities: Schools shall encourage fundraising activities that promote physical activity. During the school day, fundraising activities will comply with nutritional standards. After school fundraising activities are exempt.

12. Healthy School Environment

The District Wellness Committee will distribute information so staff members are aware of the Wellness Policy and Procedures and will post the policy and procedures on the district website. School staff members are encouraged to use non-food alternatives as incentives or rewards.

The district will encourage healthy celebrations and provide resources to schools and families through the Wellness Committee.

Assessment Notes: The policy and procedure are currently prominently displayed on the website. They were “elevated” from a more obscure section of the website.

A lot of wellness information is being distributed to staff through Human Resources (Jennifer Berry) as it relates to the SEBB health plan information and wellness activities/challenges. A recently-begun staff newsletter would be a great opportunity to include this information for additional information distribution from the Wellness Committee.

13. Coronavirus:

The District will continue to work with Benton Franklin Health District, and will follow required protocols.

14. Wellness Advisory Committee

The District Wellness Committee will meet periodically to assist in evaluation of the implementation of the wellness policy.

The committee may include school board members, building level administrators, food service staff, students, health and physical education staff, educators, parents/guardians, nutritionists, health care professionals, and other interested community members.

The Wellness Advisory Committee, as necessary, will revise the Wellness Policy and Procedures and develop work plans to facilitate the implementation. Reviews may be used to help determine policy compliance, assess progress and determine areas of improvement.

Assessment Notes: This committee, which included community members, parents, staff members and representatives from Columbia Basin Health Association, met on March 10, 2020, just before the COVID shut down. Numerous suggestions were incorporated into the Wellness Policy/Procedure.

15. Policy Monitoring, Reporting, Evaluation, and Policy Review

Implementation and Monitoring: The superintendent or designee provides oversight to the implementation of wellness policies. The principal or designee at each school provides oversight to the policies in their school and will report on the school's progress annually.

The district Food Service Supervisor will monitor and report as needed in compliance with nutrition policies within school food service areas. In addition, they will report on the OSPI review and recommendations. To assist with the initial implementation of the wellness policy, school assessments should be completed annually and submitted to the Wellness Committee.

Assessment Notes: Principals need to be reminded of their responsibilities to provide oversight to the implementation of wellness policies.

OSPI assessment will take place every three years as part of the Administrative Review.

NFSD welcomes parent and community input regarding this NFSD Wellness Policy. Please contact Pat Nunan at pnunan@nfsd.org with suggestions and comments that may help us improve the content and implementation of this Wellness Policy.