

# WORKSHEET 4: SUMMARY OF FINDINGS



## SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

Nettle Creek School District is in full compliance with the following in our policy and fully implementing practices that align with the policy-

**Nutrition Education-** Goals for nutrition education are designed to promote student wellness. Nutrition education teaches skills that are behavior focused, interactive and/or participatory. All students receive sequential and comprehensive nutrition education, nutrition education is integrated into other subjects beyond health education.

**Standards for USDA Child Nutrition Programs and School Meals-** Assures compliance with USDA nutrition standards for reimbursable school meals. District takes steps to protect the privacy of students who qualifies for free or reduced priced meals. Addresses purchasing local foods for the school meals program.

**Nutrition Standards for Competitive and other Foods and Beverages-** Addresses compliance with USDA nutrition standards for all food and beverages sold to students during the school day. Regulates food and beverages sold in a la carte, vending machines and school stores.

**Physical Education and Physical Activity-** There is a written physical education curriculum for grades K-12 and is aligned with the national and/or state physical education standards. Physical education promotes a physically active lifestyle. Addresses family and community engagement in physical activity opportunities at all schools. Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.

Addresses recess for all elementary school students.

**Wellness Promotion and Marketing-** Specifies marketing to promote healthy food and beverage choices. Restricts marketing on school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

**Implementation, Evaluation and Communication-** Identifies the officials responsible for the implementation and compliance of the local wellness policy. Addresses making the wellness policy available to the public. Addresses the assessment of district implementation of the local wellness policy at least once every three years.



## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

We have identified through our assessment that our policy of integrating nutrition education with the school food environment is fully in compliance with all the of the federal requirements.



## SECTION 3: UPDATE POLICIES

We identified through our assessment that there are 33 areas where we are fully implementing wellness practices in our schools that are either (a) not mentioned in our wellness policy (b) are vaguely mentioned in our policy. Four of these items are federal requirements. To remedy this, our wellness committee will work during the 2023-24 school year to update our wellness policy. We will draft new language in September and October then present it before the Board of Education at their November meeting for a vote.

This effort will be led by Emily Schaeffer and Amber Rushton.



## SECTION 4: OPPORTUNITIES FOR GROWTH

Overall, our Local School Wellness Policy compared favorably to the model policies as measured by the WellStat 3.0. However, there are several best practices that we have not yet implemented in our practice or written in our policy. These include addressing time per week of physical education instruction for all middle and high school students, addresses physical education exemption requirements for all students, addresses physical education substitution for all students, active transport for all K-12 students who live with in walkable/bikeable distance, and addressed the establishment of an ongoing district wellness committee. Two

federal requirements best practices are (a) the results of the Triennial assessment will be made available to the public and will include: WellStat 3.0 scorecard, identifying connections between policy and practices with any federal requirements (b) addressing a plan for updating policy based on results of the triennial assessment.