



Wellness Committee Update

2020-21 School Year
June 2021



Year at a Glance

WellSat 3.0 Assessment Tool Analysis

Policy alignment

Recommendations

Action planning

Committee members

Meeting Schedule 2021-22

WellSAT 3.0 ASSESSMENT TOOL

Provided by the Rudd Center for Food Policy and Obesity at the University of Connecticut (UConn)

Intended to assess the district's policy and program goals

Submitted as required September 2020

The tool provides a 'scorecard' for each section and directions to resources intended to improve the wellness policy

The scorecard is not intended to be a 'grade' but a measure to the level of comprehensiveness the subsets are covered by policy and strength score to describe how strongly the content is stated in the policy

WellSAT 3.0 ASSESSMENT TOOL SUBSECTIONS

Nutrition Education

Standards for USDA School Meals

Nutrition Standards

Physical Education and Physical Activity

Wellness Promotion and Marketing

Implementation, Evaluation and Communication

WellSAT 3.0 ASSESSMENT TOOL

Each section contains eight to sixteen 'elements' scored on a scale of 0-1-2

Comprehensive score shows how many topics addressed by the policy overall

Northmont: Comprehensive Score : 77 Strength Score: 54

National Avg: Comprehensive Score: 54 Strength Score: 33

ANALYSIS

District Wellness policy directly addresses 50 out of 67 items on the assessment

Federal requirements are met

Farm to School requirements are met. Farm to School is a US program through which schools buy and feature locally produced, farm-fresh foods

Federal standards for Comprehensive School Physical Activity Plan are addressed

Northmont's scores demonstrate most topics are addressed in the Wellness policy and reinforced with substantial language

ANALYSIS - Items not addressed by policy

Items not addressed by policy below have implications for the district and may be addressed by the committee in the future.

No food served at class parties or brought into classroom for celebrations

Advertising of any foods other than those that meet Smart Snacks standards on *all* district property (would include athletic venues)

Use of food or beverages as a reward (oversight)

Increasing the number of minutes per week for physical education at the elementary, middle and high school levels (requires restructuring of schedules and additional staffing)

Restricting marketing of incentive programs like BoxTops for Education (impacts fundraising)

Removing food advertising and logos from vending machines, containers, and educational materials (additional labor costs)

Committee Recommendation for 2021-22

Safe Routes to School

Safe Routes to School is a national program to make it safer for students to walk and bike to school and encourage more walking and biking where safety is not a barrier.

The program includes education, encouragement and engineering of physical environment to meet needs of the schools / neighborhoods / communities.

Committee members would collaborate with elementary school personnel and SROs to implement Safe Routes to School program.

Committee Recommendation for 2021-22

Explore offering families opportunity to participate in the Expanded Food and Nutrition Education Program through The Ohio State University.

This free program is offered as a series of 6-9 lessons designed to teach families with children about USDA recommendations using an interactive approach.

Lessons are provided virtually 45 minutes per week.

Each lesson contains research-based information on nutrition, stretching food dollars, physical activity, and parent tips, as well as recipes and food suggestions.

Committee Members

Food Service Director: Jordan Greve

Health and Physical Education Teacher: Jonathan Billups (NW/EE)

Mental Health and Social Services: Nikki Tinnerman (DS)

School Health Professional: Amy Phelps (KELC)

Member of Public: Lisa Nussman

School Administrator: Amy Sipes (CO)

Meeting Dates 2021-2022

Kleptz Early Learning Center Conference Room 1-3 pm

Wednesday, September 22, 2021

Thursday, November 18, 2021

Tuesday, January 18, 2022

Wednesday, February 23, 2022

