



Date: 5/20/2022
To: Board of Education
Cc: Brandon Knecht
From: Jordan Greve
RE: Wellness Report 2021-2022

Review

- The purpose of the Wellness Committee is to help create a healthy school environment and promote student's learning, growth and healthy choices.
- School District's Wellness Policy includes:
 - Health and Nutrition Education
 - Physical Education and Activity
 - School-based Activities
 - Nutrition Services and Promotion
 - Family and Community Involvement
- Two major areas of focus:
 - Healthier Eating Habits
 - Increased Physical Activity

Wellness Committee Members

- Food Service Director: Jordan Greve (SC)
- Health and Physical Education Teacher: Jonathan Billups (NW/EE)
- Mental Health and Social Services: Nikki Tinnerman (DS)
- School Health Professional: Mandi Turpin (MS/NW)
- Member of Public: Lisa Nussman
- School Administrator: Amy Sipes (CO)

2021-2022 Meetings

- Thursday, November 11, 2021
- Tuesday, January 18, 2022
- Wednesday, February 23, 2022

WellSAT 3.0 Assessment Tool

- Continuing to use results from the assessment from September 2020 for policy alignment and for tracking growth.
- Federal requirements are still being met in regards to food service and physical activity.

Food Service Standards

- USDA - National School Lunch Program
 - Federal Funding and Auditing
 - Nutritional Guidelines
- 5 Major Components to a School Lunch
 - 1. Protein
 - 2. Whole Grain
 - 3. Fruit
 - 4. Vegetable
 - 5. Milk
 - ***Must take 3 full components. 1 component must be a fruit or vegetable
- Ingredient Standards
 - Portion Sizes (K-8, 9-12)
 - Min/Max Calorie Limits
 - Fat Content
 - Sodium Levels
 - Milk Restrictions
 - Vegetable Categories Weekly
 - Dark Green
 - Red/Orange
 - Beans
 - Starch
 - Other
- Smart Snack Compliance
 - USDA program
 - All food sold within the district during school hours must meet smart snack nutritional requirements
 - The number one ingredient must be one of the 5 major components
 - Reduced Fat
 - Low Calorie
 - Whole Grain

School Meals for 2022-2023

- During the COVID-19 pandemic, the United States Department of Agriculture (USDA) issued waivers to child nutrition programs across the country allowing schools to offer free meals to students. For the past two years, Northmont Schools has been able to take advantage of these waivers and provide free breakfast and lunch to all of our students.
- **These waivers will expire on June 30, 2022.** As a result, child nutrition programs nationwide will be returning to pre-pandemic operations. Northmont families will once again be asked to complete and submit a Free/Reduced Meal Application in order to qualify for assistance for the 2022-23 school year.
- Announcements to families regarding this change have already begun

- There will be no price increase for student meals for the 2022-2023 school year.

Expanded Food and Nutrition Education Program

- A free program through the Ohio State University that offers a series of 6-9 lessons designed to teach families with children about USDA recommendations using an interactive approach.
- Each lesson contains research-based information on nutrition, stretching food dollars, physical activity, and parent tips, as well as recipes and food suggestions.
- Covid effects limited our involvement with this program so far, but we plan to pursue bringing the program in for the school year 2022-2023.

Safe Routes to School Update

- 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 initiative we started last year to explore opportunities for safer routes to schools hit a few roadblocks along the way. We were unable to proceed any further at this time due to the involvement of multiple organizations and jurisdictions required and the financial constraints.

Meeting Dates for 2022-2023

- September 28
- December 7
- January 25
- March 15