



# REPORT TO THE PUBLIC

District Wellness Policy  
Triennial Progress Assessment  
May 16, 2019

## Preamble of Wellness Policy

Nome Public Schools is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

## Triennial Progress Assessment

At least once every three years, the District is required to evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- ✚ The extent to which schools under the jurisdiction of the District comply with the wellness policy;
- ✚ The extent to which the District's wellness policy compares to the Alliance for a Healthier Generations' model wellness policy; and
- ✚ A description of the progress made in attaining the goals of the District's wellness policy.

During FY2019 the District solicited input from stakeholders and received feedback from several of the District Wellness Committee members. The District Wellness Committee members held a meeting and each individual present completed the School Wellness Policy Assessment Tool. The feedback is summarized in the following report.

### Public Involvement

#### Does the SFA have a Local Wellness Policy?

Yes, the District's Wellness Policy was last revised on May 19, 2019 and is posted to the District's website.

#### Does the SFA have a school Wellness Committee?

Yes, the committee is comprised of various stakeholders and is listed in the District's Wellness Policy. Committee members include school food service personnel, school administrators, and teachers.

#### Is there documentation that the sponsor has actively solicited participation from potential stakeholders to participate in the development, review, update, and implementation of the Local Wellness Policy?

No, however, stakeholders within the school system were solicited for involvement via email. The District will aim to solicit more public input in the future via parent/student invitation and will retain a copy of the invitation(s) as documentation.

#### Does the School Wellness Committee meet regularly?

The District's Wellness Policy requires 4 meetings per year. Over the course of the most recent year, 2 meetings were held.

## Nutrition Guidelines

Does the Local Wellness Policy include goals and priorities for nutrition guidelines?

Yes. Examples of goals and priorities in the policy include the following:

- ✓ Participation in both school breakfast and lunch programs
- ✓ Free water available at breakfast and lunch
- ✓ Self-service fruit and vegetable bars
- ✓ Offer multiple menu choices (available at NBHS which is an Offer vs. Serve site)
- ✓ Offer versus Serve: allow students to choose their meal (at NBHS)

All sites are meeting the guidelines for goals and priorities.

Do all food and beverages sold during the school day (midnight to ½ hour after school) comply with Smart Snack requirements, including: Vending Machines, School Stores, Snack bar, & Fundraisers?

Nome Elementary School did not have any food sold during the school day and therefore meets this requirement.

Nome-Beltz High School and Anvil City Science Academy need to review the food available to students during the "school day" and ensure it complies with Smart Snack requirements and the Local Wellness Policy nutrition guidelines.

Each year all sites need to review the food that is accessible to students during the school day and ensure they meet Smart Snack requirements. The District's Business Manager or Nana Management Services Food Service Manager can point administrators in the right direction and help with answering nutrition-related questions.

Does the Local Wellness Policy include nutrition guidelines for all food available for sale on the school campus & does it include guidelines for marketing only food that meets Smart Snack standards?

Yes. Needs improvement as noted in prior section.

## Nutrition Education

Does the District Wellness Policy include goals & priorities for nutrition education & promotion?

Yes, it does. Examples of goals include:

- ✓ Cafeteria bulletin boards & posters
- ✓ Staff training on positive feeding environments
- ✓ Publishing monthly school menu

- ✓ Taste testing, food samples of new products or recipes
- ✓ Periodic menu themes and special events

Nutrition education and promotion is being met by all sites.

## Nutrition Promotion

Does the District Wellness Policy include goals & priorities for nutrition promotion?

Yes. Examples of nutrition promotion goals that have been met include:

- ✓ Allow sufficient time for students to eat school meals (30 minutes at lunch and 20 minutes at breakfast)
- ✓ Food & beverages not used as rewards for student performance or behavior (needs reinforcement at the Jr./Sr. High School level)
- ✓ Evaluate lunchroom environment
- ✓ Implement Smarter Lunchroom strategies
- ✓ Feature & promote healthy foods
- ✓ Healthy classroom celebrations (will continue to work on providing *suggested* guidelines for parents providing celebratory food items)
- ✓ Non-food rewards & healthy food of non-food fundraisers

## Physical Activity

Does the District Wellness Policy include goals & priorities for physical activity?

Yes. Examples of physical activity goals met include:

- ✓ 20 minutes of recess per day (all but Nome Beltz-High School, which has PE and many voluntary extra-curricular activities)
- ✓ Physical activity will not be withheld as punishment
- ✓ Physical activity breaks in classes
- ✓ Access to school exercise facilities
- ✓ Safe walking routes to school
- ✓ Before/after school physical activity programs

## Public Notification

At least annually, is the public is informed or updated regarding content and implementation of the wellness policy, and progress toward goals and priorities?

Yes, wellness committee meeting agenda, minutes, and policy continuously available via District website.

## Monitoring & Evaluation

Has the School Food Authority assessed the implementation of the Local Wellness Policy in the last three years & is there documentation that the public has been informed?

Yes, and it is posted to the District website.

The District's Business Manager has been tasked with ensuring that a triennial review (once every 3 years) of the District's Wellness Policy occurs. After the report is finalized, it will be included in the Board of Education Board Packet and subsequently posted to the District's website.

This concludes the latest review of the District Wellness Policy.

Any questions may be directed to Genevieve Hollins, Business Manager, via email at [Genevieve.Hollins@akebs.com](mailto:Genevieve.Hollins@akebs.com) or via phone at (907) 230-2169.