



## **Assessment of North Thurston Public Schools Local Wellness Policy**

Performed: July 10, 2020, 2020 by Alicia Neal, RD, Director of Food and Nutrition Services; and Monty Sabin, Assistant Superintendent of Operations

### **Findings:**

North Thurston Public Schools Policy 6700 – Nutrition, Health, and Physical Fitness, is in compliance with the United States Department of Agriculture Final Ruling on leadership, content, reviewing and reporting, and community engagement.

- The general public and school community, including parents, administrators, school food authority members, teachers and the school board are permitted to participate on the Wellness Committee.
- Monty Sabin, Assistant Superintendent of Operations; and Alicia Neal, Director of Food and Nutrition, lead and coordinate compliance to the policy.
- The district has updated the policy to meet the requirements outlined in the final rule. An assessment of the wellness policy will be conducted at least once every three years and be made available to the public.
- The district has set specific goals for nutrition promotion, education, and other school-based activities to promote wellness.
- The district has set standards for available foods and beverages consistent with federal regulations and Smart Snack standards.
- The district has set standards for quality physical education and nutrition education programs aligned to state learning standards.
- Marketing and advertising of foods and beverages are limited to only items meeting Smart Snack standards.

### **Acknowledgements & Awards:**

- Evergreen Forest Elementary School, National Healthy Schools Award Winner for 2020
- Mt. View Elementary School, National Healthy Schools Award Winner for 2020

Schools that receive the National Healthy Schools Award meet or exceed stringent standards established in Healthier Generations' Health Schools Program Assessment, version of the 2017 School Health Index from the Centers for Disease Control and Prevention.

### **Ongoing Work and Next Steps:**

The Wellness Committee will continue to meet and collaborate with Health Services, Instructional Services, Nutrition Services, Physical Education departments and community members to assess progress in attaining goals and ensuring that all standards set forth in the wellness policy are being enforced at the building levels.

The district will continue to partner and collaborate with the Alliance for a Healthier Generation Healthy Schools Program to create healthy learning environments that empower students to thrive physically, emotionally, and academically.