

# Does Your Wellness Policy Measure Up?

## Local Wellness Policy Triennial Assessment

A local school wellness policy is a written plan that includes methods to promote student health and wellness. This optional assessment form can be used to complete the assessment of the policy, which must be conducted at least once every three years.

The required components of the assessment include:

- I. Compliance with the local school wellness policy;
- II. How the local school wellness policy compares to model local school wellness policies; and
- III. Progress made in attaining the goals of the local school wellness policy.

<b>General Information</b>				
District Name: MSAD No. 75				
Names of schools included in this assessment: Bowdoin Central School; Bowdoinham Community School; Harpswell Community School; Williams-Cone School; Woodside Elementary School; Mt. Ararat Middle School; Mt. Ararat High School				
Date: May 2021				
The local wellness policy can be found online: <a href="http://www.link75.org">www.link75.org</a>				
Leadership				
Does the policy identify at least one school official with the authority and responsibility to ensure that each school within the district complies with the policy?	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	<i>(Robert Lucy, Interim Superintendent; Ryan Keith, Principal BCS; Chris Lajoie, Principal BHM; Anita Hopkins, Principal HCS; Randa Rineer, Principal WCS; Rick Dedek, Principal WES; Megan Hayes Teague, Principal MAMS; Donna Brunette, Principal MTA)</i>	
Public Involvement & Notification	Yes	No	In Progress	NOTES

<p>Does the policy allow parents, students, school food Service, Teachers of Physical Education, School Health Professionals, School Administrators, School Board Members, and the General Public to participate in the development, implementation and evaluation of the policy?</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p><i>(Insert names of Wellness Committee Members)</i>  Parent: Jennah Godo  Student: Abby Bisson  School Food Service: Katy DiCara  Physical Education Teacher: Bruce Jones; Ann Martin, Julie Petrie  School Health Professional: Doreen Swanholm, Haven and Julie Petrie  School Administrator: Amanda Hersey, Jessica Factor, Mary Booth  School Board Member: Dorothy Gardner  General Public: Jessie Chalmers  Other: Sarah Ackerly, Rick Dedek, Christine DelRossi, Kim Emerson, Sharon Fowler, Alison Hawkes, Bob Lucy, Kristen McAuley, Catherine Meier, Lyndsey Patton, Gina Perow, Jessica Theberge</p>
<p>Annually, the public is informed about the content and implementation of the policy &amp; the progress towards meeting the goals.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>An oral report is delivered to the School Board each June. These meetings are televised and broadcast to the greater Midcoast community. Recordings of the meetings are available on-line.</p> <p>A written report is available on the Health and Wellness section of the District website at: <a href="http://www.link75.org">www.link75.org</a></p>
<p><b>Assessment:</b> Enter the goals from the LWP below. Indicate if they are being met, partially met, or not being met. Use the 'notes' section to indicate how the goals are being met and additional work that is needed.</p>				
<p><b>Nutrition Education Goals:</b></p>	<p><b>Meet</b></p>	<p><b>Partially Meet</b></p>	<p><b>Do Not Meet</b></p>	<p><b>NOTES</b></p>
<p>Conduct a survey to determine what is actually taught within each school as compared to the curriculum map</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>This work continues as MDOE works on revising the health education Parameters for Essential Learning. When the revised standards are released during the 2021-22 school year, we will continue to work on revision our local curriculum.</p>

				Results of the curriculum map can be found in the Health and Wellness section of the District webpage at: <a href="http://www.link75.org">www.link75.org</a>
Provide parents with health education information via a variety of methods.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nutrition information is posted on menus and website – Harvest of the Month also contains nutrition education information.
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Nutrition Promotion Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
Communicate nutrition guidelines for food and beverages outside the school meal program during the school day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We need to continue with this effort once things quiet down with the pandemic; currently all vending in the District are compliant and run by SFS. We will continue to talk to students, PTOs, and booster clubs.
Study lunch service to determine if students have enough time to eat their meal.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Determined lunch times were adequate and students also had enough time to both eat and socialize. The study is available on the Health and Wellness section of the District website at: <a href="http://www.link75.org">www.link75.org</a>
Promoted local agricultural products by incorporating into school menus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Used area meat products (Bisson Farm), vegetables (Crystal Springs Farm) and fruit (Greenwood Orchard, and Willow Pond Orchard).
Strived for 5-2-1-0 Let's Go, Silver or Gold Standards in every school cafeteria	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Achieved Gold Level recognition in six of seven schools, and Silver Level recognition in the seventh school. Both the cafeteria and the entire school received awards.
<b>Physical Activity Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
Set annual 5-2-1-0 Let's Go action plans in each school that include daily physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All schools encourage and in some cases schedule in daily motor (or walking) breaks. Walking trails are

				available around schools. Some schools have walking story books. Some schools have outdoor classrooms.
<b>Other school-based activities that promote student wellness Goals:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
Expose and immerse high school students to different aspects of wellness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Held wellness fair for students at Mt. Ararat High School. Will become an annual event once we are post pandemic.
Support exploration by newly formed District Mental Health Committee to research social/emotional curricula.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The new District Mental Health Committee plans to spend time over the summer and make recommendations for social/emotional curricula suited for our District to address health and wellness (mental health is one of the six dimensions of overall health).
<b>Nutrition Standards for foods SOLD to students:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
All food sold will meet National School Lunch Program criteria.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Certified per every Maine DOE review.
<b>Nutrition standards for foods NOT SOLD/provided during the school day:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>
Encourage National School Lunch Program criteria to be followed.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Working on providing education and communication to families. Will continue this work once pandemic quiets down.
<b>Food &amp; Beverage Marketing:</b>	<b>Meet</b>	<b>Partially Meet</b>	<b>Do Not Meet</b>	<b>NOTES</b>

Does the policy only permit the marketing of food and beverage that meet federal smart snack guidelines?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes and that includes our signage on sports fields and all vending machines with student access.
<b>Triennial Assessment:</b>	<b>Yes</b>	<b>No</b>	<b>NOTES</b>	
Every three years the policy has been evaluated for compliance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district Wellness Policy was established in June of 2018, so we are conducting our first Triennial Assessment in June of 2021 as required by law.	
The policy has been compared to model policies (i.e. Alliance for a Healthier Generation, Rudd Center's WellSAT 3.0)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The District Health and Wellness Committee used both the Alliance for a Healthier Generation, Rudd Center's WellSAT, when making recommendations to the School Board as they revised the District's Wellness Policy in 2018. At that time the Board made revisions to the recommendations resulting in the current MSAD No. 75 Wellness Policy. The District Health and Wellness Committee will continue to make recommendations that will align with the model.	
A copy of the assessment is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>Will be posted on the District website after the School Board reviews.</i>	

Comments:

During the 2021-22 school year, it is recommended no **shared** food items or beverage items during the school day (i.e. food items brought in to be consumed in a group setting). The District will continue to follow MDOE guidelines until otherwise advised.

