

**Triennial Progress Assessment for Local Wellness Program
2022-2023**

How does the District’s Local Wellness Policy stack up?

The language in our Wellness Policy was very similar to the language in the model policy (Healthier Generation Healthy Schools Program). Wording such as, health education, nutrition promotion and education, physical activity and education, drinking water, competitive foods to include, classroom parties and celebrations, vending machines, fundraisers, and, food, snacks, and beverages from a la carte menus.

Progress towards attaining the goals of the District’s Local Wellness Policy.

Pendleton School District has made a lot of progress in “Attaining the Goals of the Wellness Policy”. The Wellness Committee has been very instrumental in this process.

- The committee met to discuss the goals of the Wellness Policy and its compliance. The committee also used the Adolescent and School Health index to assess the wellness of PSD.
- The Food Services Manager has been very productive in maintaining a safe and healthy eating environment for students and staff.
- All schools comply with the Smart Snacks final rule.
- The District has incorporated additional nutrition programs such as Farm to School and Future Chefs Challenge.
- The District has met the goal of having water available to students throughout the day.
- For physical activities and physical education, each school site has been in compliance in meeting the minimum PE minute requirements as set by the Oregon Department of Education.
- The District partners with the City of Pendleton and other youth organizations to promote youth activities outside of school such as volleyball, dance, basketball and baseball/softball.
- The District also has a celebrations committee that helps promote wellness activities specifically for staff.

School Level Assessment of Board Policy EFA.

The district will be evaluated using the following scores, based on each guideline area found in board policy EFA-AR – Local Wellness Program.

- 4 = Goals identified in policy EFA and EFA-AR are met.
- 3 = There is adequate progress towards reaching identified goals.
- 2 = Minimal progress shown towards reaching identified goals.
- 1 = No progress shown towards reaching identified goals.

Focus Area	Score	Comments
Nutrition Promotion & Education	4	
Food & Beverage Marketing	4	
Nutrition Guidelines & Food Service Operation	4	
Competitive Food Sales	4	
Other Food Sold	4	
Nutritional Staff Development	4	
Physical Activity & Physical Education	4	
Social-Emotional Learning	3	
Other Activities that Promote Wellness	3	
Family & Community Involvement	3	