

Step #3 - Extent of Compliance for All Schools with the LSWP

| Policy Area (Write the requirements included in your LSWP in the column below) | Not Met (Number of Schools) | Partial Compliance (Number of Schools) | Full Compliance (Number of Schools) |
|--|--------------------------------|---|--|
| <p>Nutrition Education Requirements(s) The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> ▪ Is designed to provide students with the knowledge and skills necessary to promote and protect their health; ▪ Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects; ▪ Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens; ▪ Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods; ▪ Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise); ▪ Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services; ▪ Teach media literacy with an emphasis on food and beverage marketing; ▪ Include nutrition education training for teachers and other staff. | | | 1/1 |
| <p>Nutrition Promotion Requirements(s)</p> <ul style="list-style-type: none"> ▪ Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and ▪ | | | 1/1 |

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| <ul style="list-style-type: none"> ▪ Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks. | | | |
| <p>Physical Activity Requirement(s)</p> <ul style="list-style-type: none"> • The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “<i>Essential Physical Activity Topics in Health Education</i>” subsection). • All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. • All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. (All Elementary classes receive 3 days of PE with 25 minutes per day in addition to daily recesses.) • All [District] secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. (All 7-8th grade students are required to take a full year of PE class. All 9-12 grade students are | | | 1/1 |

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| <p>required to take 2 full years of PE/health classes.)</p> <ul style="list-style-type: none"> The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student. | | | |
| <p>Other Student Wellness Requirements(s)</p> <ul style="list-style-type: none"> Spring “Track and Field Day” is held every spring for elementary students. Red Ribbon Week activities are held every October. NENPHD offers yearly teeth cleaning and sealing free of charge to students. Students participate in Kids’ Heart Challenge every year through the PE program. CPR Classes are offered to senior PE students who can then receive CPR certification. | | | 1/1 |
| <p>Federal/State Meal Standards</p> <ul style="list-style-type: none"> Are accessible to all students; Are appealing and attractive to children; Are served in clean and pleasant settings; Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.) Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques: <ul style="list-style-type: none"> Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans) Sliced or cut fruit is available daily Daily fruit options are displayed in a location in the line of sight and reach of students All available vegetable options have been given creative or descriptive names | | | 1/1 |

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| <ul style="list-style-type: none"> - Daily vegetable options are bundled into all grab and go meals available to students - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal - White milk is placed in front of other beverages in all coolers - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas - Student artwork is displayed in the service and/or dining areas - Daily announcements are used to promote and market menu options - Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients. - School meals are administered by a team of child nutrition professionals. - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school. | | | |
| <p style="text-align: center;">Foods Offered but Not Sold Standards</p> <ul style="list-style-type: none"> • To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are <u>sold</u> to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, | | | 1/1 |

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| which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. | | | |
| Food and Beverage Marketing <ul style="list-style-type: none"> Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards. | | | 1/1 |

| District LSWP Components | For the components below, indicate whether the district is in compliance. |
|-----------------------------|---|
| Public Involvement | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Public Notification | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Triennial Assessment | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |