

Bend-La Pine School District

Wellness Policy Triennial Assessment

As a sponsor participating in the in the National School Lunch Program and School Breakfast Program Bend-La Pine School District is required to develop a local school wellness policy that promotes the health of students and addresses the problem of childhood obesity. Wellness policies are tailored to the unique needs of each district and present an opportunity to improve the health of each community.

The Bend-La Pine School District Wellness Policy (Local School Wellness Policy: LSWP) was first developed in June of 2008 by the district Wellness Committee comprised of administration, school staff, parents, guardians, students and community partners. Since 2008 the LSWP has been reviewed annually by the Wellness Committee. The existing LSWP was adopted by the school board on February 11, 2019 and reviewed by leadership council February 18, 2019. The recent review of the LSWP was held on May 17, 2022 which made no revisions to the LSWP.

Triennial assessment requirements:

The regulations found at [7 CFR 210.31\(e\)](#) require sponsors, at least once every three years, to assess compliance with the policy and make the assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:

- The extent to which schools under the jurisdiction of the sponsor are in compliance with the local school wellness policy;
- The extent to which the sponsor’s school wellness policy compares to the [model local school wellness policies](#); and
- A description of the progress made in attaining the goals of the local school wellness policy.

Bend-La Pine School District conducted a Triennial Assessment of the Local School Wellness Policy in May 2022.

Step 1

The first step a sponsor must take in conducting their Triennial Assessment is to compare their written LSWP to a model policy. The purpose of comparing a sponsor’s school wellness policy to a model policy is to identify areas of strength, opportunities for improvement, and to identify where the sponsor might adopt language to make their wellness policy stronger. Bend-La Pine School District’s LSWP was compared to the OSBA Sample Policy.

Areas of strength were determined in the following areas:

Nutrition Guidelines are being met with nutritious food offerings during meal service and whenever food is served and sold on district property, following Oregon Smart Snacks guidelines.

Evidence -based techniques and nutrition messages are offered in food environments. Nutrition Education is being offered at all grade levels.

Physical Activity is offered in the school's daily education program for K-12 in either instructional physical education or co-curricular activities including recess.

Opportunities for Improvement:

Employee wellness is not specified in current the Wellness Policy. Discussion is ongoing as to how to address this across the district. Including the Employee Wellness as a topic in the LSWP will strengthen the current LSWP.

Step 2

The second component of the Triennial Assessment is identifying the extent to which schools within the district are compliant with the LSWP as it is written. The purpose of this is to determine whether schools within the district are following the LSWP. This helps identify where to provide additional support to reach the requirements included in the LSWP.

The following policy areas were assessed for compliance in LSWP: All 32 schools K-12 in the Bend-La Pine School District were found to be complying with:

Nutrition Education Requirements

Nutrition Guidelines

Other School-Based Activities

School Meals

The following policy areas were assessed for compliance in LSWP: The following policy areas are specific to 6-12 grade levels. All 13 secondary schools in the district were found to be complying with:

Competitive Foods and Beverages

Food and Beverage Marketing in Schools

The following policy area was assessed for compliance in LSWP: 19 K-5 schools complied; 13 secondary 6-12 schools are in partial compliance. Partial compliance was too due to COVID restrictions in place for social distancing.

Physical Activity

Step 3

The third component of the Triennial Assessment is to assess and document progress made in reaching the goals outlined in the LSWP. The purpose of assessing and documenting progress is to demonstrate that the LSWP is being implemented. This is an important step in ensuring the policy is moving from paper to practice.

The Final Rule requires LEAs to provide a “description of the plan for measuring LSWP implementation”. To meet this requirement, LEAs are encouraged to develop an action plan for implementing their LSWP.

Nutrition Education and Physical Activity goals met for all 32 K-12 schools. District curriculum follows state mandated ODE curriculum standards which are monitored by district administration.

Nutrition Promotion met for all 32 K-12 schools. Nutrition Services promotes participation in the school meal program by offering food environment’s that are inviting, and include fresh and healthy choices.

Achievement of this goal can be defined by monthly menus, daily school announcements, kitchen bulletin boards promoting nutrition. Goal achievement is measured by completed daily production records and following production specs.

Other Student Wellness is ongoing with OSU Extension Food Hero and Commute Options as community partners that focus on the health and well-being of students. These organizations participate on the district Wellness Committee. Monitoring and promotion of student wellness is ongoing with school site visits, meeting with district administration and presenting to local PTO and PTA organizations.

Step 4

Once the Triennial Assessment has been completed, the final step is to share results with the public. The purpose of this step is to ensure the school community is aware of the LSWP work.

Students, staff, parents and community will be advised of the LSWP by posting to the district website, sharing on social media and adding to school communication to parents and guardians.