

Wellness Policy Assessment

In accordance with Wellness Policy 8510, the Wellness Policy Committee met on February 21, 2024 in the Indian Lake Board of Education conference room to conduct the triennial Wellness Policy assessment.

Committee Members:

Gabe Wickline (board/parent), Pam Scarpella (EL Principal), Kyle Wagner (HS Principal/parent), Mike Pequignot (PE Teacher), Kourtney Thompson (Nurse), Brenda Oda (Food Service Director), Rob Underwood (Superintendent)

- 1) Review Wellness Policy 8510 (required every 3 years). “The District shall assess the Wellness Policy at least once every three years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the District website.”
- 2) The Wellness Committee Reviewed Policy Content Requirements
 - a. Specific goals for promoting school wellness
 - b. Standards and nutrition guidelines for all foods and beverages sold to students
 - c. Standards and nutrition guidelines for all foods and beverages provided, but not sold to students
 - d. Policy for food and beverages marketing
 - e. Description of public involvement, public updates, policy leadership, and evaluation plan
 - i. The opportunity for public involvement on the Wellness Committee is announced at a Board meeting. The foodservice director provides an annual update to the Board of Education during a regularly held public meeting. The Wellness Policy and program assessment is posted on the Indian Lake website. Building principals are charged with operational responsibility for measuring and evaluating the District’s implementation and progress under the Wellness Policy. School level health advisory teams assist in the planning and implementation. The plan is evaluated every 3 years by the District Wellness Policy Committee. Additionally, the superintendent, building principals, curriculum director, health and physical education teachers, foodservice director, and nurse review the plan annually to make necessary changes and to ensure compliance.
- 3) The Wellness Committee Reviewed Policy Leadership Requirements
 - a. Districts must establish wellness policy leadership to ensure each school complies
 - i. Building principals are charged with operational responsibility for measuring and evaluating the District’s implementation and progress under the Wellness Policy. School level health advisory teams assist in the planning and implementation.
- 4) Local Wellness Policy Triennial Assessment Requirements
 - a. Conduct every 3 years – the last assessment was completed on February 24, 2021
 - b. Assess compliance with the policy – the committee determined that the District is in compliance.
 - c. Assess how the local wellness policy compares to model policies
 - i. Madison Local Schools Model Policy

- d. Assess progress made in attaining goals
 - i. One area of concern is that candy is often used as a reward throughout the district. The principals stated that this practice occurs on rare occasions and it is not a major issue. The nurse verified that students with strict dietary needs receive an appropriate alternative.
- 5) Local Wellness Policy Documentation Requirements
 - a. A copy of the Wellness Policy 8510 and accompanying policies are available on the District website.
 - b. This policy assessment is available to the public on the District website.
 - c. The most recent assessment of the policy implementation occurred on February 24, 2021.
 - d. The superintendent maintains records showing policy review and updates and who was involved in the process.
 - e. Stakeholders were made aware of their ability to participate; it was announced at the February 12, 2024 Board of Education meeting.
- 6) Local Wellness Policy Public Updates Requirements
 - a. At a minimum, the food service director provides an annual update at a Board meeting. The most recent update occurred on November 20, 2023.
 - b. A triennial assessment is conducted to evaluate progress toward meeting the goals of the policy.
- 7) Certification of Standards Governing Types of Foods and Beverages Sold on School Premises – triennial assessment due June 30, 2024
- 8) Other services we provide to support student wellness:
 - a. Lake Effect, R-Factor Lessons, K-12 PBIS Program, RTI Program, elementary SEL course, Health curriculum in the MS & HS that satisfies all state requirements, staff is trained in Mental Health First Aid, juniors are trained in Teen Mental Health First Aid, Emotional Support Dogs, CHWP School-Based Health Clinic, CHWP Mental Health Services, TCN Mental Health Services, I-see Program, Mobile Dentist, Clothes Pantry in each building, Warm Coats for Kids, School Supplies Drive (United Way), Feminine Hygiene Products, Weekend Meal Packages, Family and Children First Council and Ohio Rise Services
- 9) Policy Evaluation
 - a. Mr. Pequignot verified that the District curriculum satisfies the physical activity and nutrition education goals of the policy.
 - b. Mrs. Oda verified that the district is in compliance with policy nutrition standards.
 - c. Mrs. Thompson verified that staff is trained and plans are in place to care for students who have chronic health conditions. Student seizure plans are also implemented.
 - d. Mr. Wagner and Mrs. Scarpella verified that the District health curriculum covers all state requirements. Additionally, staff receives all required training in suicide awareness and prevention, sex abuse prevention, safety and assault prevention, trafficking, AED, blood borne pathogens, mental health, emergency drills (including active shooter), and other trainings required by law and local policy.
- 10) Mrs. Ross will include a record of this meeting on the district website and/or in the *Laker Lore*

