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.

General Information
District Name: RSU 23
Names of schools included in this assessment: Jameson Elementary School, Loranger Memorial School, Old Orchard Beach HS
Date: May 21, 2025
The local wellness policy can be found online: https://drive.google.com/file/d/1gH79-MbcS2MnxE6dCTii9-tXxzhap1nX/view

Leadership	**Yes**	**No**	**NOTES**
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?	☒	☐	*The Superintendent is responsible for appointing one or more district employees to ensure each school complies. Currently, those are Food Service Director for the district, Katie Gagnon for Loranger, and Sarah Burnham for Jameson. We are in search of someone for the high school, but Cynthia Potenza serves on the committee and her office is at the high school.*

Public Involvement & Notification	Yes	No	In Progress	NOTES
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?	☐	☒	☐	Parent: multiple district employees on the committee are parents; goal*: add a parent to the committee that is not a RSU 23 employee* Student: *n/a- 2025/2026 goal: add a student to the committee* School Food Service: *Caroline Trinder* Physical Education Teacher: *no current member from PE* School Health Professional: *Katie Gagnon, Sarah Burnham* School Administrator: Eric Hanson, Cynthia Potenza School Board Member: *n/a- 2025/2026 goal: add a School Board member to the committee* General Public: *Alexa Christie, Let's Go* Other: Staff: *Bethany Rocheleau, Erin Joyce, Casie Levesque*
Annually, the public is informed about the content and implementation of the policy & the progress towards meeting the goals.	☐	☐	☒	*The Wellness Policy is always available on the district website. If any changes are to be made, they are presented publicly for the School Board to approve. Currently, there is no specific yearly communication regarding the policy. Pertinent information is sent to parents via weekly parent memos.*

Assessment: 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.

Nutrition Education Goals:	Meet	Partially Meet	Do Not Meet	NOTES
Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Learning results.	☒	☐	☐	*Per the Curriculum Coordinator, Eric Hanson, nutrition education is happening at Jameson Elementary School and Loranger Memorial School. Per Curt Chretien, High School Health teacher, there is substantial nutrition education in health class.*

Students shall receive consistent nutrition messages based on the latest Dietary Guidelines for Americans throughout the school community, including classrooms, the cafeteria, and school-home communications.	☒	☐	☐	*Nutrition education is happening in the classroom, signage in the cafeteria, and then via social media channels on the district Food & Nutrition Facebook page where resources, fun facts, and other nutrition education is communicated.*
Nutrition Promotion Goals:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.	☐	☒	☐	*We do have some messaging happening, but in general we can do a better job to bring nutrition to the forefront all around. More guidance needs to be provided regarding food as reward and classroom celebrations. A 2025/2026 goal is to enhance guidance around non-food celebrations.*
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	☒	☐	☐	*The only foods and beverages offered on any school campus in RSU 23 come from Food & Nutrition Services or from water fountains/water bottle fill stations. Teachers across the district encourage students to participate in school meals. Menus are posted and read over the announcements.*
Physical Activity Goals:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
Physical education opportunities will include the components of a quality physical education program aligned with Federal statutes and State of Maine laws. Students	☒	☐	☐	*All students receive physical education from certified PE teachers. A curriculum following national and state standards is used. Students are not given PE exemptions so they may participate in other subjects during that time. In high school, there is no PE exemption for student-atheletes.*

will receive physical education at every grade K-8 and one year at high school.				
Students may be offered an opportunity for physical activity before, during or after school, when possible.	☒	☐	☐	*Students have opportunities to participate in physical education throughout their days. During school days, in addition to PE class, movement breaks are provided in many classrooms (walks around school, GoNoodle, etc). Students are encouraged to participate in sports teams and intramural sports. There is also a Rec program after school that provides physical activities.*
Other school-based activities that promote student wellness Goals:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities.	☒	☐	☐	*Students throughout the district are offered movement breaks in forms of walks, GoNoodle videos, etc. Students also go on field trips that promote movement (for example, beach walks). The Fresh Fruit and Vegetable program is provided for all students Pre-K through 8 which provides healthy fruits and vegetables, as well as nutrition education around them, in the classroom.*
The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being,	☒	☐	☐	*Our district works hard to promote physical education, nutrition, and wellness as a whole. There are lots of fun things happening, such as movement breaks, class walks, or outside classes when the weather is nice that allow for movement. Our district also is very good about supporting each child's mental health needs in the classroom and through our guidance staff.*

optimal development, and strong educational outcomes.				
Nutrition Standards for foods SOLD to students:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
The foods and beverages sold outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.	☒	☐	☐	*The only foods sold on campus are a la carte foods at Loranger Memorial School and Old Orchard Beach HS (5^{th}-12^{th} grade). These foods are sold by Food & Nutrition Services and all meet or exceed Smart Snack standards. There are no food-based fundraisers at any school.*
Nutrition standards for foods NOT SOLD/provided during the school day:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.	☐	☒	☐	*Many foods offered do follow Smart Snacks, but there are classroom celebrations and treats provided that do not meet smart snacks. After school concession stands at Loranger put on by the Student Council offers a fruit option. We'd like to add a PTO member to our Wellness Committee.*
Food & Beverage Marketing:	**Meet**	**Partially Meet**	**Do Not Meet**	**NOTES**
Does the policy only permit the marketing of food and beverage that meet federal smart snack guidelines?	☒	☐	☐	*Yes and this is being followed. The only food being marketed is signage in the cafeterias that showcases the food the school nutrition program serves.*
Triennial Assessment:	**Yes**	**No**	**NOTES**	

Every three years the policy has been evaluated for compliance	☒	☐	
The policy has been compared to model policies (i.e. Alliance for a Healthier Generation, Rudd Center's WellSAT 3.0)	☒	☐	*Yes. The policy has been compared with WellSAT 3.0 and has been reviewed by our wellness team members.*
A copy of the assessment is made available to the public.	☒	☐	*Yes. This assessment will be made public on RSU 23's Food and Nutrition Services website.*

Comments:

The findings of this Triennial Assessment were presented and reviewed by every member of the Wellness Committee. As a committee, there is a goal to provide support around more consistent nutrition messaging throughout the schools and work to provide healthier classroom celebrations. We would also like to provide more support on not using food as rewards. We are happy that our goal in 2021 for more staff wellness opportunities has been met and is exceeding everyone's expectations!

Overall, we feel that the district does a lot to promote wellness and we want to help continue to support that.