

Wellness Policy Implementation Assessment 2013-2014 by Kelsey Beecher

The wellness policy adopted by Nome Public School District as of June 2003 was updated in 2006 to comply with the Healthy Hunger Free Kids Act of 2006. The nutrition standards for school lunches are properly upheld by the food production manager and administrators in all schools and regularly checked by the USDA. Healthy snacks during school parties are encouraged in the policy, but it has not been determined what standards snacks must comply with or how this part of the policy is to be implemented. The after-school sports program in all schools supports the Physical Activity Standards since the initiation of track in the elementary school in the fall of 2013. The school district also provides transportation to after-school sports programs at the recreation center provided by Nome Eskimo Community Center. This program gives students the opportunity for an extra 60 minutes of daily activity through a structured sport. Nome Eskimo Community Center is also partnering with the state of Alaska's Safe Routes to School grant, the City of Nome and the school district to develop a safer environment for students to walk and bike to school to encourage them to be more active. Physical education class lengths are upheld by the physical education teachers at all schools and recess is provided for an adequate length of time by teachers and aides in the elementary school. As of November 2013, a Wellness Team has been re-established to provide annual reports of implementation of this wellness policy and provide updates as needed to the school board. The Nome Community Center has partnered with NPS and the State of Alaska's Obesity Prevention and Control Program to provide a Youth Obesity Prevention Advocate to lead this team. The team will meet monthly to assess the compliance of our policy with the Healthy Hunger Free Kids Act of 2010 and USDA Healthy Snack Guidelines of 2014-2015 school year. The WellSAT assessment created by the Rudd Center for Food Policy and Obesity has been conducted on the current policy and scores will be presented to the school board soon along with suggestions for improvement.