



NEW HAMPSHIRE  
DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES

# Triennial Assessment Tracking Form

Date of Assessment: 5/10/2022

Name of School/District/SAU: Somersworth School District/SAU 56

Nutrition Education Goal(s)	Notes	Goal Status (select one): Completed Partially Completed In Progress Not Completed (click on "Choose an item" to show the drop down menu)
1. The district will ensure that all schools provide students with multiple opportunities for nutrition education each year.	The district, in conjunction wellness committee will review the current opportunities for nutrition education available each year in the schools and make recommendations as necessary.	In Progress
2. Nutrition education will be included in all health education classes.	Nutrition education goals are included in the district's health curriculum that is implemented in grades K-12.	Completed
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
Nutrition Promotion Goal(s)		

<p>1. The district will ensure that all schools provide students with multiple activities each year that include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities.</p>	<p>Various activities are currently being offered in grades K-8 such as taste testing, school gardens, farm visit and cooking demonstrations.</p> <p>The wellness committee will determine what activities are being offered for students in grades 9-12 and make any necessary recommendations.</p> <p>The Seacoast Area Mobile Market(MM) partnership that resulted from the USDA Planning grant is expanding. The MM Coordinator is growing the model to include year-round outreach at K-8 schools. MM visits to schools will include health and nutrition, community food-access resources, carbon-footprint of local vs. non-native food purchases, farming, and soil health. Participating students will take home a bag of local produce, and grade 5-8 may participate in field trips to a local farm that partners with Seacoast Eat Local.</p>	<p>Partially Completed</p>
<p>2. The district will ensure that school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other foods and nutrition-related community services are linked so that consistent nutrition promotion and education messages are provided to students.</p>	<p>There are some existing relationships between different partner groups such as Farm to School and Café Services. The school district works with the City of Somersworth’s Sustainability Committee on various initiatives.</p> <p>The wellness committee will engage other partners within the community.</p>	<p>Partially Completed</p>
<p>3.</p>		<p>Choose an item.</p>
<p>4.</p>		<p>Choose an item.</p>
<p>5.</p>		<p>Choose an item.</p>
<p>Marketing of Foods in Schools/RCCIs Goal(s)</p>		

1. The district will teach students how to make informed choices about nutrition, health and physical activity.	Students are taught how to make informed choices as part of the health curriculum implemented in grades K-12.	Completed
2. The district will promote student health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold that are consistent with the district's wellness policy.	Advertising and marketing of food and beverages complies with the district's wellness policy.	Completed
3. All existing relevant contracts will reflect the applicable marketing guidelines in the wellness policy.	The district will include the applicable marketing guidelines in the next round of RFPs for food service.	Completed
4.		Choose an item.
5.		Choose an item.
<b>Foods Sold to Students During the School Day</b> <b>Goal(s)</b>		
1. The school meals programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.	Café Services currently follows all USDA nutrition standards.	Completed
2. Food and beverages sold to students during the school day but served outside of the school meal programs will also meet the USDA Smart Snacks in Schools nutrition standards.	The district has worked with the Career Technical Center's Marketing program to ensure that all food and beverage products meet the USDA Smart Snacks in Schools nutrition standards starting in the 2019-20 school year.  The wellness committee, under the direction of the district will review the current food and beverages available outside of the school meal program and make recommendations as necessary.	Partially Completed
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
<b>Foods Provided but not Sold to Students During the School Day</b>		

1. The district will make drinking water available where school meals as served during mealtimes.	This is a requirement and is already being implemented throughout the district.	Completed
2. The district will make drinking water available throughout the school day.	This is a requirement and is already being implemented throughout the district.	Completed
3. All foods offered in the schools will meet or exceed the USDA Smart Snacks in Schools nutrition standards.,	The district will make available a list of healthy foods and snacks that meet the Smart Snacks nutrition standards.	In Progress
4. All schools will adhere to the guidelines for non-compliant food fundraisers outlined in the wellness policy.	The district will keep a log of all non-compliant food fundraisers to ensure that the schools do not exceed nine events per school per year.	Completed
5.		Choose an item.
<b>Physical Activity Goal(s)</b>		
1. The district will ensure that varied physical activity opportunities offered in the schools are in addition to, not as a substitute for, physical education.	Physical activity goals are included in the district's K-12 health curriculum.	Completed
2. The district will ensure that students are provided with short (3-5 minute) physical activity breaks at least three days per week.	The schools will ensure that students are provided with short physical activity breaks. Currently, Somersworth Middle School promotes physical activity during their advisory program.  The schools will work with the wellness committee will identify opportunity for short physical activity breaks to occur during the school day.	Partially Completed
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
<b>Other School-Based Activities that Promote School Wellness Goal(s)</b>		
1. The district will encourage the schools to implement at least one activity per school year that promotes student wellness throughout the school environment.	The wellness committee will work with the schools to implement at least one activity to promote student wellness during the school year.	In Progress

	The wellness committee is working on hosting a wellness fair possibly in the Spring of 2023.	
2. The district will develop relationships with community partners to support the implementation of the wellness policy.	The district currently has relationships with partners such as Farm to School, UNH, City of Somersworth Sustainability Committee, Somersworth Youth Connections, Seacoast Eat Local, Goodwin Community Health, Hilltop Mental Health & Wellness Commission and various local businesses.	Completed
3. The district will promote to families and the community the benefits of and approaches to healthy eating and physical activity throughout the school year.	The school district supports the efforts of the various partners to provide opportunities for the community to engage in activities that promote healthy eating such as the community dinners sponsored by Farm to School.  The district will create a page on our website for families and communities to access information on healthy eating and physical activity.	In Progress
4.		Choose an item.
5.		Choose an item.
<b>Wellness Policy Leadership/Accountability</b>		
1. The wellness committee will make recommendations to the superintendent or designee based on the results of the progress reports and triennial assessments on the practices and procedures put in place by the schools to meet the wellness policy goals.	The triennial assessment results will be shared with the wellness committee at an upcoming meeting. This assessment will serve as the basis for the committee's work over the next three years.	In Progress
2. The wellness committee will also make recommendations to the superintendent or designee on any possible language changes to the wellness policy.	The superintendent will bring back any recommended language changes to the policy committee for consideration.  The wellness committee is recommending a change to the language in the policy in regards to foods brought to school for rewards and celebrations.	In Progress
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.

<b>Wellness Committee Representation</b>		
1. At least one representative from each school in the district.	There are representatives currently on the committee. This is reviewed annually.	Completed
2. At least one parent and/or community member.	There is at least one parent who regularly attends these meetings.	Completed
3. At least one representative from the district's food service contracted provider.	A representative from Café Services is on the committee.	Completed
4. One school board member to act as liaison to school board.	One school board member has been designated to attend these meetings.	Completed
5. Superintendent or designee will attend.	Business Administrator will attend these meetings	Completed
<b>Notification of the Public</b>		
1. The district will inform families and the community each year on basic information about the wellness policy, the annual progress reports and, when appropriate, the triennial progress assessment.	The new wellness policy has been approved by the school board and is on the district's website for review.  The district will create a page on the district's website with wellness information such as the policy, the results of any assessments, etc.	Partially Completed
2. The district will publicize the name and contact information of the person coordinating the wellness committee and how the public can get involved with the wellness committee.	The district will create a page on the district's website with the name and contact information of the person coordinating the wellness committee and how the public can get involved.	In Progress
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
<b>Assessment of Wellness Policy Implementation</b>		
1. At least once every three years, the superintendent or designee will ensure that the district will conduct an assessment of the implementation of the practices and procedures the schools have put in place to attain the goals outlined in this policy.	The wellness committee will ensure that the triennial assessment is completed.	In Progress
2. The district will complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index.	The wellness committee will ensure that a school-level assessment based on the Centers for Disease Control and Prevention's School Health index is completed annually.	In Progress
3.		Choose an item.

4.		Choose an item.
5.		Choose an item.

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