

Lewiston Consolidated Schools Triennial Wellness Assessment Results 2023

Our district takes pride in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building. In order to support our students, the district conducts surveys and seeks input the following ways:

- NDE Parent Survey 2022-2023
- NDE Student Survey 2022-2023
- Written Input at Parent Teacher Conferences 2021-2022 / 2022-2023

Research indicates that initiatives focused on improving aspects of students' well-being in schools, such as addressing childhood obesity, preventing bullying, supporting students' mental health, and restricting schools' use of exclusionary discipline, have found to be successful in improving student success, and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our self-assessments.

- 2nd entrée offered during lunch.
- Addition of full salad bar
- Nutritional Items in vending machine that meet health snack guidelines.
- Beverages in vending machines that meet health snack guidelines.
- Enhanced curriculum awareness
- Posters in lunchroom identifying daily nutritional requirements.
- Wellness Policy reviewed and adopted June 2023.

Wellness Policy Goals

- The district will provide students with physical education, using an age – appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The district will link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and nutrition related community services whenever possible.
- The district will provide consistent nutrition messaging throughout the school, classrooms, and cafeteria.
- The district will integrate wellness activities across the entire school setting whenever possible.
- The school will promote the benefits of a healthy lifestyle for staff and students.