

School Level Triennial Assessment Tool

Compliance with Local School Wellness Policy

This tool is intended to help schools track their degree of compliance and progress towards attaining the goals of the District's Local School Wellness Policy.

Complete this tool at the school level by entering the requested information and selecting "Yes", "Partial" or "No" in the Policy Areas Below.

District Name: Dallas School District/Luckiamute Valley Charter Schools

School Name: Luckiamute Valley Charter Schools Bridgeport and Pedee Campus'

Date of Evaluation: February 10, 2026

Person(s) completing evaluation: Debra Jepson

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|---------------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9 |
| <input type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K | <input checked="" type="checkbox"/> 7 | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1 | <input checked="" type="checkbox"/> 8 | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2 | | |
| <input checked="" type="checkbox"/> 3 | | |
| <input checked="" type="checkbox"/> 4 | | |

Policy Area 1: Nutrition Education Requirements		
<p>Our school meets the specific goals for nutrition education as outlined in the Local Wellness Policy:</p> <ol style="list-style-type: none"> 1. Students and staff will receive consistent nutrition messages throughout the school environment. 2. Nutrition education will include culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with Oregon Health Education Standards and school health education programs. 3. Parents and families are encouraged through school communications to send healthy snacks/meals, and reusable water bottles with their students to school. 4. Families and community organizations are involved, to the extent practicable, in nutrition education. 		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made towards achieving this goal or goals: There are several health, nutrition and wellness posters hung throughout both schools. The importance of trying new things and healthy eating is discussed often, but in a classroom setting, and conversationally in the cafeteria during mealtimes. Students are encouraged to bring healthy snacks, through newsletters and parent square messages, and most students bring reusable water bottles to school, with some classroom teachers providing one to each student. We could work on including culturally relevant, participatory activities.</p>		

Policy Area 2: Nutrition Education Requirements
<p>Our school meets the specific goals for nutrition promotion as outlined in the Local Wellness Policy:</p> <ol style="list-style-type: none"> 1. Information about available meal programs is distributed prior to or at the beginning of the school year and at other times throughout the school year. 2. Information about availability and location of a Summer Food Service Program (SFSP) is distributed. 3. Nutrition promotion materials are sent home with students, published on the school website, and distributed at parent-teacher conferences. 4. Families are invited to attend exhibitions of student nutrition projects or health fairs.

Policy Area 2: Nutrition Education Requirements		
5. Physical activity is a planned part of all school-community events.		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals</p> <p>Information is sent home prior to the school year, via Parent Square, social media, and physical copies available, about our meal program, menus, and information on either free and reduced meal applications, or the CEP program. SFSP information is provided in the same manner. The school nutrition manager also sends out menus, recipes, and other material throughout the year, and is available for outreach at our many after-hours school events.</p> <p>Families are invited to help and explore our school garden which ties in with our nutrition program and healthy eating outlook.</p> <p>All community events are planned outdoors, and physical activities are planned and encouraged.</p> <p>If goal (s) are partially met or not met, describe barriers preventing achievement of this goal:</p>		

Policy Area 3: Physical Activity Requirements
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Our school meets the specific goals for physical activity as outlined in the Local Wellness Policy:

1. Physical education will be a course of study that focuses on students’ physical literacy and development of motor skills.
2. Staff encourages and provides support for parental involvement in their children’s physical education.
3. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate knowledge, skills and confidence to become physically literate.
4. Instruction, provided by adequately prepared teachers, i.e., licensed or endorsed to teach physical education, will meet the state adopted academic content standards for physical education (Oregon Revised Statute (O.R.S.) 329.045). Teachers of physical education shall regularly participate in professional development activities annually.
5. Every student in kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade 5 shall participate for at least 150 minutes during each school week, and students in grades 6 through 8 for at least an average of 150 minutes during each school week, as calculated over the duration of a school year.
6. Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of all classes or courses as part of a well-rounded education.
7. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be used as a punishment or a reward.
8. At least 50 percent of the weekly physical education class time in grades K through 8 shall be devoted to actual physical activity.

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
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Describe progress that has been made toward achieving this goal or goals:
 Both campuses provide daily Physical Education classes to each grade level. Instruction is provided by a licensed PE teacher and meets or exceeds weekly minimum minutes. Physical activities are planned by classroom teachers throughout the course of the day, in multiple forms, including dance breaks, walking breaks, recess, and hands on learning activities. These activities are not used as rewards, or punishments, only as physical activity worked into the day.

If partially met or not met, describe barriers preventing achievement of this goal or goals:

Policy Area 4: Other School – Based Wellness Activities		
<p>Our school meets specific goals for other school-based activities that promote student wellness as outlined in the Local Wellness Policy:</p> <ol style="list-style-type: none"> 1. Physically active family and community engagement activities for families to learn about healthy eating or to practice being active together (e.g., skate night, fun run, dance night). 2. Nonfood-related fundraisers. 3. Physical activity energizers during transitions from one subject to another. 4. Assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how students and staff can incorporate 60 minutes of physical activity into their day. 5. Use of alternates to food as rewards in the classroom. 6. Integration of social, emotional and mental health supports into school programs. (e.g., promote a positive school climate where respect is encouraged and students can seek help from trusted adults.) 		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p>We provide physically active activities, such as Wellness Bingo, school dances for our middle school, Pioneer night, and many of our field trips include a hike or some physical activity.</p> <p>Our fundraisers mostly focus on fun and activity, including a Jog-a-thon, carnival, and car washes.</p> <p>Teachers/IAs provide “brain breaks” and movement between transitions and a longer walking break during the day.</p> <p>Stickers, small toys, Pioneer tickets and positive affirmations are used as alternatives to food rewards in classrooms.</p> <p>We have a full-time school counselor who supports the social, emotional, and mental health of students. We also strive to have LVCS be a place where each student feels comfortable talking and seeking help from all staff.</p> <p>We need to work on having more assemblies to promote a healthy lifestyle. A barrier we face is space, especially on our Bridgeport campus.</p>		

Policy Area 5: Standards for All Food and Beverages		
Standards for All Foods and Beverages Sold		
<p>Our school meets or exceeds USDA and Oregon Smart Standards the standards and nutrition guidelines for all foods and beverages sold to students outside the reimbursable school meal program on the school campus</p> <p>[Insert standards and nutrition guidelines for all foods and beverages sold as described in your Wellness Policy.]</p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" type="checkbox"/> No foods or beverages sold
<p>If no, describe barriers preventing compliance with these standards:</p> 		
Policy Area 5: Standards for All Food and Beverages		
Standards for All Beverages Provided, But Not Sold		
<p>Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):</p> <p>The school controls the sale of all competitive foods. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed Smart Snacks Standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, snack or food carts and fund raising.</p> <p>Celebrations and Rewards/Incentives All foods and beverages offered on the school campus are encouraged to meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, and classroom snacks brought by parents. This information will be conveyed to staff and parents.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> No foods are beverages provided

**Policy Area 5:
Standards for All Food and Beverages**

We do not sell competitive food.

We encourage all foods sent from home for snacks or celebrations to be healthy choices, low in sugar and portion controlled. This information is given to parents by individual teachers.

Policy Area 6: Food and Beverage Marketing		
<p>Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.</p> <p>[Insert policies for food and beverage marketing as described in the Local Wellness Policy]</p>		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input checked="" type="checkbox"/> No food or beverage marketing
<p>If no, describe barriers preventing compliance with these standards:</p> 		

Additional policy areas, included in the district’s Local Wellness Policy, but not federally mandated should be included in this area.

Examples of such policy areas are employee wellness, water availability, meal time period duration, recess period, food as a reward, social emotional climate, and physical environment.

Policy Area 7:		
<p>Our school meets the specific goals for _____ as outlined in the Local Wellness Policy:</p>		
<p>Water Free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The public charter school will make drinking water available where school meals are served during mealtimes.</p>		
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
<p>Describe progress that has been made toward achieving this goal or goals:</p> <p>Water is available to students during the school day. Much of our student body has a personal, reusable water bottle, and some teachers provide those to their students at the beginning of the year. Drinking water is highly encouraged throughout the day. Water is also available in the school cafeterias during mealtimes.</p>		

Policy Area 7:

Policy Area 8:

Our school meets the specific goals for _____ as outlined in the Local Wellness Policy:

Employee Wellness

The charter school encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall wellness program. Many actions and conditions that affect the health of staff may also influence the health and learning of students. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. The charter school's Employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

Yes

Partially

No

Describe progress that has been made toward achieving this goal or goals:

The Employee Wellness Program encourages staff to stay home when they are sick, to follow the "work, life balance philosophy" and they are also provided with a Wellness Bingo game. We have a Wellness Committee to encourage improvement in physical and mental wellness and a Sunshine Committee to boost staff morale.

Policy Area 9: _____		
Our school meets the specific goals for _____ as outlined in the Local Wellness Policy: [Insert policies for _____ as described in the Local Wellness Policy]		
<input type="checkbox"/> Yes	<input type="checkbox"/> Partially	<input type="checkbox"/> No
Describe progress that has been made toward achieving this goal or goals:		
If partially met or not met, describe barriers preventing achievement of this goal or goals:		