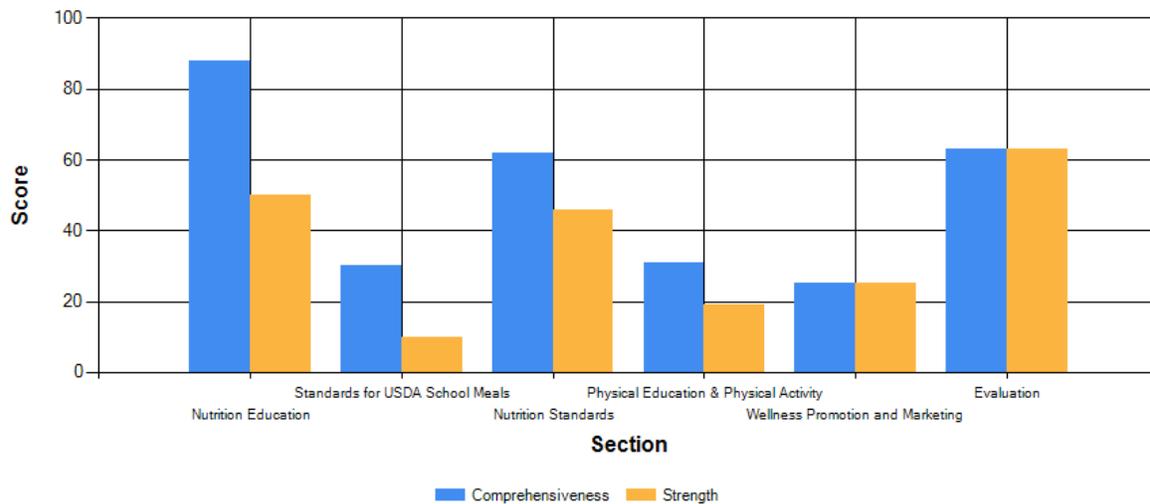


WELLSAT 3.0 Triennial Review – Recap and Recommendations

The Twinsburg City School District Wellness team has completed our required 3-year Triennial review of our wellness policy. We first completed the WELLSAT 3.0 Triennial Review back in 2019-20 and with the help of this tool we were able to see the deficiencies in our original wellness policy. Subsequently, recommendations and changes were submitted and adopted by our Board of Education that strengthened our policy.

Upon completion of our 2nd WELLSAT 3.0 Triennial Evaluation, we are happy to report that our district’s wellness policy has been strengthened significantly. Below is the scoring graph and overall score for our 2019-20 Triennial Review and below that is the scoring graph and overall score of our 2023-24 Triennial Review.

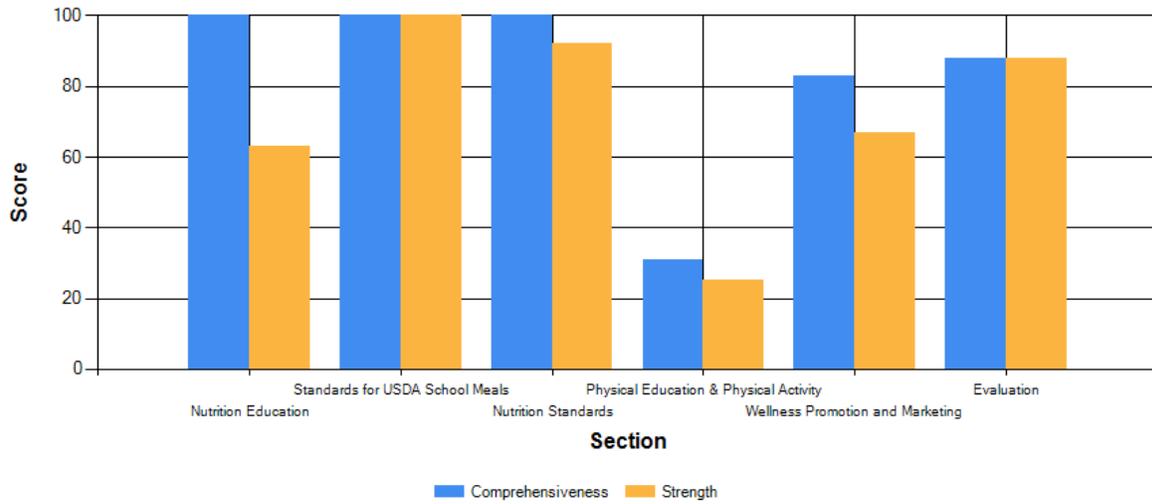
Twinsburg Wellness Policy Triennial Review 2019-20



Overall District Policy Score

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 50</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 36</p>

Twinsburg Wellness Policy Triennial Review 2023



Overall District Policy Score

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 84</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 73</p>

This improvement in our Twinsburg City School District Wellness policy is impressive, however, from the work in our review session, we know that there is still definitely room for improvement. The following are our easy to add recommendations for additions to our wellness policy that we are already doing in Twinsburg. These additions to our current wellness policy to further strengthen it and to improve overall wellness in our school district.

Recommendation #1 is to add the following highlighted sentence to our current wellness policy:

- A. With regard to nutrition education, the District shall:
 1. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. All elementary, middle and high school students shall receive sequential and comprehensive nutrition education.

Recommendation #2 is to add the following highlighted sentence to our current wellness policy:

- B. With regard to physical activity, the District shall:
 1. **Physical Education**

- i. There will be no substitutions allowed for the physical education time requirement. Unless otherwise exempted, all students will be required to engage in the District's physical education program.

Recommendation #3 is to add the following highlighted sentence to our current wellness policy:

2. Physical Activity

- d. All Elementary Schools should provide students with opportunities for play (recess) when weather permits.

Recommendation #4 is to add the following highlighted sentence to our current wellness policy:

The Superintendent shall appoint a District-Wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation, and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually. School level health advisory teams may assist in the planning and implementation of these Wellness initiatives. At a minimum, the Wellness Committee will meet semi-annually each school year.

Additionally, as a Wellness Committee, we feel our wellness policy falls short when addressing Physical Education, as can be seen on the two graphs in the fourth set of bars (Physical Education & Physical Activity) as well as in the overall Comprehensiveness Score and Strength Score in this area.

Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	31
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	25

The following are some items that we feel very strongly about that are important and should be added to our wellness policy:

B. With regard to physical activity, the District shall:

1. Physical Education

- j. Physical education for grades K-12 should be taught by a certified /licensed physical education teacher.
- k. The school district shall provide all physical education teachers with the opportunity for annual professional development that is focused on physical education/physical activity topics and competencies specifically for physical education teachers.

The Twinsburg Wellness Committee is grateful for the opportunity to play such an important role in the guidance of our district's wellness policy as well as in the health of our students and staff. Health and wellness is an extremely important life skill for our students and staff and when we work together, our actions in the Twinsburg City School District can make an impact for a lifetime for our students.