

Richfield Residential Hall

Triennial Assessment of the Wellness Policy

May 23, 2024

Introduction

The purpose of this triennial assessment is to evaluate the implementation of the Wellness Policy at Richfield Residential Hall. This assessment measures how closely our practices align with the policy's objectives, ensuring compliance with requirements and effectively meeting the needs of our students.

Assessment conducted by:

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Objective 1: Ensure that physical activities are included in the Student Activity calendar and involve students in planning and carrying out these activities.

Assessment:

- Physical activities have been consistently scheduled in the RRH Monthly Activity calendar.
- Students and staff have been actively involved in selecting and organizing activities. ●
- Participation levels have remained steady, with opportunities for increased engagement.

Recommendations:

- Enhance student involvement by forming a student wellness committee in conjunction with the RRH Student Government.
- Introduce seasonal activities to encourage broader participation.

Objective 2: Ensure that meals are nutritious, made from scratch, and that healthy portions are served for each meal of the day. Include fresh fruits and vegetables each day. Make healthy snack options available.

Assessment:

- Meals are prepared from scratch with balanced nutrition with menus and recipes from student feedback.

- Fresh fruits and vegetables are provided daily with student access to the kitchen fridge daily.
- Healthy snack options are available and can be varied upon student request.

Recommendations:

- Continue meal quality monitoring with student feedback.
- Educate students on making healthy snack choices with monthly nutrition classes.
- Increase variety in fruit and vegetable offerings when possible.

Objective 3: Ensure that every student eats breakfast each morning before going to school.

Assessment:

- Breakfast participation rates are good, with the majority of students consuming a nutritious morning meal.
- Staff monitor breakfast attendance and encourage participation.

Recommendations:

- Implement a grab-and-go breakfast option for students who may skip due to time constraints or leave early for extracurricular activities.
- Offer more protein-rich breakfast choices to maintain energy levels.

Objective 4: Staff will model healthy lifestyles for students.

Assessment:

- Staff actively engage in wellness activities and encourage students to do the same.
- Some staff members participate in fitness activities alongside students including Richfield City Recreation volleyball, basketball, and pickleball.

Recommendations:

- Encourage staff wellness programs to reinforce healthy role modeling.
- Provide incentives for student/staff participation in wellness initiatives.

Objective 5: Students will receive education about nutrition, healthy food

practices, and healthy lifestyles throughout the year. Host or participate in a health fair.

Assessment:

- Regular nutrition education is incorporated into the residential program.
- A fitness challenge was hosted to promote fitness for students and staff with incentives for those that improved.

Recommendations:

- Increase interactive elements in nutrition education sessions.
- Continue fitness challenges with fitness games that encourage participation.

Objective 6: Work towards the President's Award for Healthy Schools.

Assessment:

- Progress has been made in meeting criteria for the award.
- More documentation and verification are required for completion.

Recommendations:

- Assign a staff member to oversee award-related initiatives.
- Increase awareness among students and staff about the award's significance.

Objective 7: Invite guest speakers to address health and fitness matters in conjunction with self-respect and healthy lifestyles themes.

Assessment:

- Several guest speakers, including staff and students shared how healthy eating and exercising have provided more energy for success and have presented on health and fitness topics.
- Students responded positively to motivational and health-related talks, especially when a healthy snack was served with the presentation.

Recommendations:

- Schedule guest speakers more frequently throughout the year.
- Seek diverse speakers to cover a range of wellness topics.

Objective 8: Provide relevant substance abuse prevention education for all students.

Assessment:

- Substance abuse education programs have been implemented with the help from our school counselor Ms. Bea Quitco.
- Student engagement in these programs has been high with positive incentives that include trips, monetary awards, and special meals.

Recommendations:

- Introduce peer-led discussions for better relatability.
- Partner with local organizations for enhanced support.

Conclusion

Overall, Richfield Residential Hall has made significant progress in implementing the Wellness Policy. While notable successes exist in all areas, continued improvements can further align our practices with our objectives. By strengthening student engagement, staff participation, and program variety, we will continue fostering a healthier environment for all students.