



*Working Together for Student Success*

## **Local School Wellness Policy: Triennial Assessment Template**

### **Background Information**

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

### **Purpose**

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.

### **Results**

The copy of the assessment, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

### **Recordkeeping**

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

## Section 1: General Information

School(s) included in the assessment: WLES, WLIS, Jr/Sr High School

Month and year of current assessment: March 2023

Date of last wellness policy revision: April 4, 2022

Website address for the wellness policy and/or information on how the public can access a copy:

<http://www.wl.k12.in.us/services/food-service/food-service-info-policies>

## Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion
  - Nutrition education
  - Physical activity
  - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages *sold* to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- 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).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Wellness Coordinator:</b> Has identified at least one person as responsible for facilitating the wellness policy upkeep  Name person responsible for facilitating the upkeep: <u>Courtney FitzSimons</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Wellness committee meets at a minimum of every 3 years to revise the policy or as needed as requirements and specific needs change.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Stakeholder Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We have participation from multiple stakeholders, however we'd like more student input in the future. We discussed having a freshman and senior representative on the committee to provide input throughout their time at WL. We'd also like to post future meeting times in the Red Devil Newsletter and have them announced at Board meetings.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>USDA Requirements for School Meals:</b> Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: The Food Service Department is reviewed triennially by the IDOE to ensure compliance with requirements. Committee will update grain requirements in the policy to reflect current standards of 80%.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: WL follows Smart Snack Guidelines as set forth by the USDA			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Per the policy WL encourages alternative rewards and discourages sweets. Promoting student health and well-being will continue to be a top consideration when serving students.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Committee would like to add "only food and beverages that meet the smart snack nutrition standards will be advertised.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Education:</b> Has at least 2 goals for nutrition education List goals: Nutrition education will be age appropriate & culturally relevant as well as behavior focused. 1. Cafeterias will serve as a learning lab for students 2.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Nutrition education benchmarks and standards also include a focus on media literacy as it relates to food marketing strategies. Total of 4 goals that will continue to be implemented.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Promotion:</b> Has at least 2 goals for nutrition promotion List goals: Encourage healthy food consumption and require a fruit or vegetable as part of reimbursable meal. 1. Create an environment that reinforces healthy eating habit and free from any trans fat. 2.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Also encourage alternative rewards. Total of 5 goals that will continue to be implemented. Committee will update statement about whole grain products to reflect current requirement of 80%			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Physical Activity:</b> Has at least 2 goals for physical activity List goals: Will provide curriculum and opportunities to learn and practice healthy enhancing physical activity. 1. Will provide an environment free of embarrassment and humiliation. 2.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Emphasises the importance of remaining physical active for life. Total of 4 goals that will continue to be implemented.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <p>Will provide a clean environment for student to eat and will utilize nondisposable tableware and dishes</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol> <p>Students will utilize an electronic identification and payment system to protect their privacy</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: Total of 3 goals that will continue to be implemented.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Evaluation:</b> Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> <li>• to what extent the LEA is in compliance with the school wellness policy</li> <li>• the extent to which the local wellness policy compares to model school wellness policies</li> <li>• the progress made in attaining the goals of the school wellness policy</li> </ul> <p>Name person responsible for monitoring the policy: <u>Courtney FitzSimons</u></p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: The revisions will be taken to the Board for approval. Then the website will be updated. The Red Devil Pen will include information about the Wellness Policy to increase visibility to the public in the future.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: The Food Service Department sends the policy out at the beginning of each school year. The policy will continue to be housed on the website as policy 8510 with updates and meeting dates disclosed in the Red Devil Pen.			

Include any additional notes, if necessary:

The Wellness Coordinator will periodically check in with the Committee to see if any changes need to be made between Triennial Assessments.

### Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

- Alliance for a Healthier Generation: Model Policy
- Upgrade Sample Language
- Other (please specify): Neola Policy and other Corps such as TSC, IPS, Caramal Clay, and North Mont

Describe how the school wellness policy compares to model wellness policies.

After the revisions, the current WL policy is comparable to other policies and includes everything needed for a successful Wellness Policy