



Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 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

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): the Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	St. Rose of Lima Catholic School - Denison Community School District -Sioux City Diocese
Date Triennial Assessment was Completed	Feb. 25, 2023
Date of Last Wellness Policy Review	Feb. 24, 2023
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://www.stroselimacatholic.org/parents/breakfast___lunch_menus
How often does the school wellness committee meet? Date of last meeting?	<i>Annually</i> 2/24/23

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Angela Stangl	Principal	astangl@stroseoflimaschools.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Dawn Ruskell	Food Service Director	druskell@stroseoflimaschools.org
Tracey Schechinger	Physical Education Teacher	tschechinger@stroseoflimaschools.org
Lisa Reisz	School Secretary/Nurse	lreis@stroseoflimaschools.org
Angie Stangl	PK-5 Principal	astangl@stroseoflimaschools.org

Local Wellness Policy: Triennial Assessment



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- ☒ Nutrition promotion and education,
- ☒ Physical activity, and
- ☒ Other school based activities that promote student wellness.
- ☒ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- ☒ 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 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. (We don't offer Smart Snacks, nor do we have vending machines)
- ☒ Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none">*Promoting fruits and vegetables*Student surveys and taste tests*Promoting healthy celebrations and parties*Promoting physical activity and healthy lifestyle*Provide nutrition education*Provide recess recommendations and promote classroom activity breaks*Active transportation*Promote staff wellness	<ul style="list-style-type: none">*Include some sort of public involvement*Public updates*Add Triennial progress assessment*Include impossible shot to promote eating*Share Table*Farm to Table - Ribs/Sausage/Yogurt*Include "Will provide student access to hand washing or hand sanitizing before they eat"*Include "Permit students to bring and carry water bottles filled with water throughout the day"*Include "Offer and encourage wellness screening annually"*Include "Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated"

Optional Resource:

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.
- **Section 4: Progress Towards Goals** Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

[*St. Rose School Wellness Policy Progress Report](#)



February 24, 2023 @ 1:40 pm

St. Rose of Lima Wellness Meeting Minutes

Members present: Tracey Shechinger, Lisa Reisz, Dawn Ruskell, Angie Stangl

1. Angie Introduce and explain the triennial assessment
 - a. One of the corrective actions from our state visit stated we need a triennial assessment. Within that is the wellness policy progress and a compare/contrast of a model policy
2. Read through current Wellness policy that was approved in the fall of 2022
3. Read through model wellness policy
 - a. compare/contrast the 2, what is similar & what can we add to ours
 - i. findings are listed in Section 3 above
4. Wellness policy progress
 - a. read through each goal and mark our current state
 - i. findings are listed on [School Wellness Policy Progress Report](#)
5. Angie will update policy with recommendations and present at the next school board meeting for approval.

Meeting adjourned at 2:45 pm