



Local Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish. The results of the assessment must be made available to the public.

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 must be made available to the public. How the assessment is made available is the decision of the LEA. Many LEA's choose to post the results on their district website. The triennial assessment summary and the assessment details (e.g. WellSAT 3.0 report) must be shared.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. This will be needed when you have a School Nutrition Program administrative review.

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Menahga Public School

Month and year of current assessment: 3/21/24

Date of last Local Wellness Policy revision: 1/2018 / 2022

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

<https://assets-rst7.rschooldtoday.com/rst7files/uploads/sites/266/2023/10/09140721/533mL-Wellness-Policy.pdf>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 2-4

Designated School Wellness Leader

Name	Job Title	Email Address
Stephanie Ness	School Nurse	sness@menahga.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Tanya Crook	Food Service Superviosr/ Head Cook	tcrook@menahga.k12.mn.us
Amanda Roiko	Food Service Supervisor	aroiko@menahga.k12.mn.us
Katie Smith	Physical Education Teacher	ksmith@menahga.k12.mn.us
Colleen Niska	Elementary Health Aide	cniska@menahga.k12.mn.us
Donna Anderson	Public Health	ande8387@umn.edu
Jason Kjos	Superintendent	jkjos@menahga.k12.mn.us

Section 3. Comparison to Model School Wellness Policies

Complete the [WellsAT3.0 assessment tool](#) and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellsAT 3.0 example policy language
- Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

Our Wellness Policy 533 compares very similarly to most wellness policies for public schools in Minnesota.

Section 4. Compliance with the Wellness Policy and Progress towards Goals

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

- Specific goals for:
 - Nutrition promotion and 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 public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district 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.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Nutrition Promotion and Education</p> <p>1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:</p> <p>a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;</p> <p>b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and</p> <p>c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.</p>		X		

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television.</p> <p>533-3</p> <p>2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and</p> <p>3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.</p>	X X X			Continue to incorporate physical activity into other subjects as appropriate.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>1. The school district recognizes that parents and guardians have a primary role in promoting their children ' s health and well-being.</p> <p>2. The school district will support parents ' efforts to provide a healthy diet and daily physical activity for their children.</p> <p>3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.</p> <p>4. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents ' efforts to provide their children with opportunities to be physically active outside of school.</p>	X X X			

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.</p>	X			Continue to ensure that all food and beverages that are for sale meet Smart Snack Guidelines. Continue to collaborate with the Menahga school Store and any fundraising activities that are meant for consumption during the school day to ensure compliance.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:</p> <p>a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.</p> <p>[Note: Healthy party ideas are available from the USDA.]</p> <p>b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.</p> <p>2. Rewards and incentives. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student ' s individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.</p> <p>3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.</p>		X		Provide a list of healthy party ideas along with a list of food and beverages that meet smart snack guidelines to parents and teachers per policy.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>School-based marketing will be consistent with nutrition education and health promotion.</p> <p>2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.</p>	X			

Include any additional notes, if necessary: