

Wabasha-Kellogg Wellness Policy: Triennial Assessment 2020

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.

<https://education.mn.gov/MDE/dse/FNS/SNP/gen/well/>

Wabasha-Kellogg Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

[Wabasha Kellogg Public School](#)

Month and year of current assessment:

[November 2020](#)

Date of last Local Wellness Policy revision:

[May 16, 2018](#)

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

[Wellness policy -533 https://www.wabasha-kellogg.k12.mn.us/sites/wabasha-kellogg.k12.mn.us/files/files/Private_User/jfreihammer/WK533_3.pdf](#)

Section 2: Wellness Committee Information

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

[7-9 times per school year](#)

School Wellness Committee Members

Name	Job Title	Email Address
Jim Freihammer	Superintendent	jfreihammer@wkfalcons.org
Stacy Schultz	Principal	sschultz@wkfalcons.org
Ashley Scheel	Physical Education Teacher	ascheel@wkfalcons.org
Kristi Kropp	Food Service Director for Taher	kkropp@wkfalcons.org

<https://education.mn.gov/MDE/dse/FNS/SNP/gen/well/>

Laura Strobush	School Nurse	nurse@wkfalcons.org
Lori Dunagan	Community Education Director	ldunagan@wkfalcons.org
Danielle Lombardo	5th grade teacher	dlombardo@wkfalcons.org
Chrysti Sartain	Falcon Nest Coordinator/Parent	csartain@wkfalcons.org

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.

W-Ks wellness policy is very comparable and similar to other small schools around our area. According to the WellSAT 3.0 W-K's wellness policy had a total comprehensiveness score of 63 and a total strength score of 40 out of 100. Keep in mind when the WellSat 3.0 tool was tested in 2018 using a sample of 50 districts around the country the average comprehensive score was 54 and the average strength score was 33. Here is a breakdown for each category:

Nutrition Education: Comprehensiveness 75/Strength 13

Standards for USDA Child Nutrition Programs and School Meals:

Comprehensiveness 100/Strength 80

Nutrition standards for competitive and other foods and beverages: Comprehensiveness 85/Strength 46

<https://education.mn.gov/MDE/dse/FNS/SNP/gen/well/>

Physical Education: Comprehensiveness 24/Strength 6

Wellness promotion and marketing: Comprehensiveness 17/Strength 17

Implementation, evaluation & communication: Comprehensiveness 75/Strength 75

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
1. The School District will encourage and support healthy eating by students and engage in nutrition promotion that is:				
a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;		X		Solidify a plan for the elementary Programming loss due to 5210 instructors new job assignment at St. Elizabeth's.
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		X		Solidify a plan for the elementary
c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.			X	Programming loss due to 5210 instructors new job assignment at St. Elizabeth's.
2. The School District will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores.	X			Vending machine changes, utilization of the smart snack calculator. More progress could be made by improving concession stand selections.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
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;	X			
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate	X			
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	X			Utilizing GoNoodle and other movement resources

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
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.	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
1 The School District shall designate an appropriate person to be responsible for the School District's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA guidelines.	X			
2. As part of the School District's responsibility to operate a food service program, the School District will provide continuing professional development for all food service personnel in schools.	X			
2. 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.		X		

<p>3. Before and Aftercare (child care) programs must also comply with the School District's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.</p>		<p>X</p>		<p>Looked for more nutritious snacks when possible, increase in availability</p>
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<p>Guidelines for other foods and beverages available on the school campus, but not sold</p>	<p>Meeting Goal</p>	<p>Partially Meeting Goal</p>	<p>Not Meeting Goal</p>	<p>Describe progress and next steps</p>
<p>1. 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>X</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>X</p>			
<p>2. Rewards and incentives. Schools will not use foods or beverages as rewards for academic performance or good behavior</p>		<p>X</p>		

(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.				
3. Fundraising. The School District will make available to parents and teachers a list of suggested healthy fundraising ideas.		X		

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
School-based marketing will be consistent with nutrition education and health promotion.	X			
Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	X			

Include any additional notes, if necessary:

THE ASSESSMENT TOOL

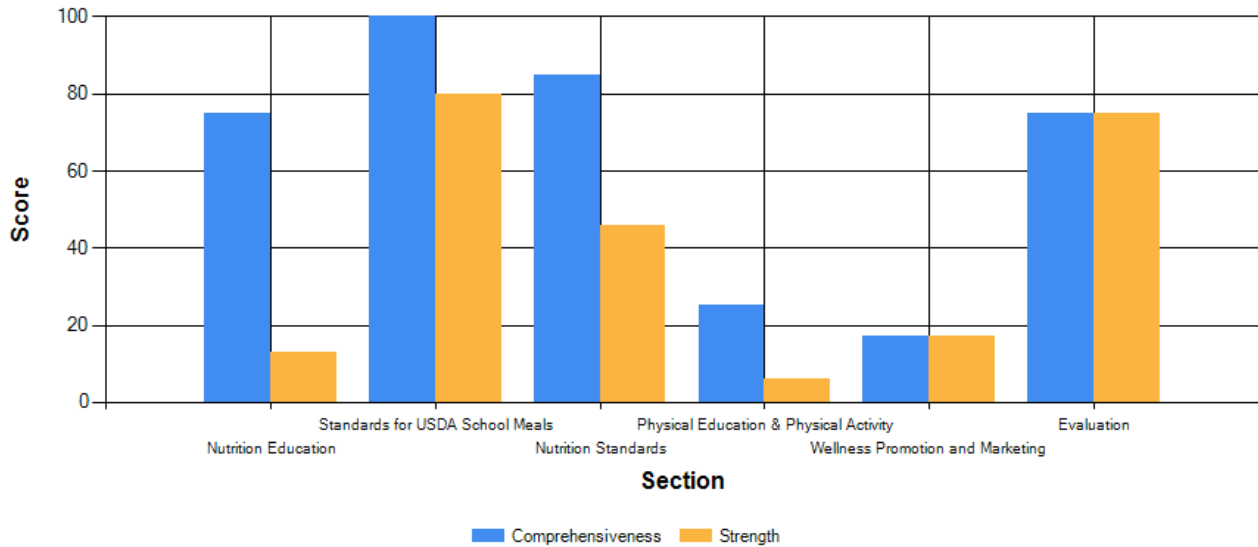
Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0


Policy Name: Wabasha-Kellogg 2020-2021



Section 1. Nutrition Education

Rating






Item ID	Description	Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	0
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	1

NE7	Links nutrition education with the school food environment.	1
NE8	 Nutrition education addresses agriculture and the food system.	0
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	13

[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals


Rating






SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	1
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	80

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating


NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	1
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NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	1
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	1
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	0
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."	85
	Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	46

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0

PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0
PEPA13	Addresses recess for all elementary school students.	0
PEPA14	 Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating is "0."	25
	Strength Score: Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	6

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating







WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0
WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate	0

	incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	17
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	17

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	0
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	75

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 63
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 40



Thank you for completing the WellSAT!

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