



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:

St. Mary's School

Month and year of current assessment: November 2022

Date of last Local Wellness Policy revision: October 2022

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

www.stmarysschoolbirdisland.com

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 1

Designated School Wellness Leader

Name	Job Title	Email Address
Tracy Bertrand Sigurdson	Principal	tsigurdson@stmarysbi.com

School Wellness Committee Members

Name	Job Title	Email Address
Stacey Lambrecht	Asst. Principal	slambrecht@stmarysbi.com
Karen Smith	Administrative Assistant	ksmith@stmarysbi.com
Jessica Aaseth	PE/Health Teacher	jaaseth@stmarysbi.com
Jamie Kubesh	Ed. Comm. Member/Parent	jamie.kubesh@yahoo.com
Sabrina Peterson	Parent	speterson@stmarysbi.com

Jean Athmann	Food Service Manager	jathmann@stmarysbi.com
Tori Dengerud	School Nurse	tori.dengerud@swsc.org
Leslie Henslin	Student Support	lhenslin@stmarysbi.com
Mara Strandberg	Student	
Charlotte Kaufenberg	Student	

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.

St. Mary’s School Wellness Policy is very concise and centered on the required components listed with the WellSAT 3.0 model policy language.

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
St. Mary's food service staff, teachers, and other school personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	X			St. Mary's School will continue to provide and promote nutrition education through the health curriculum taught in physical education/health classes and through educational nutrition posters hung throughout school.
St. Mary's School will make nutrition education a school-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	X			St. Mary's School will continue to integrate nutrition education into the physical education/Health curriculum.
St. Mary's will share educational nutrition information with families and the public to promote healthy nutrition		X		St. Mary's School will continue to provide and

choices and positively influence the health of students.				promote educational nutrition information with families and to the public to promote healthy nutrition choices.
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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>St. Mary's School promotes and provides meaningful physical activity in addition to physical education that connects to students' lives.</p> <p>St. Mary's School shall encourage parents to support their children's participation, be active role models, and include physical activity in family events.</p> <p>St. Mary's School shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</p>	<p>X</p> <p>X</p>	<p>X</p>		<p>St. Mary's School will continue to promote and provide meaningful physical activity and education that connects to students' lives.</p> <p>St. Mary's School will continue to encourage parents to support their children's participation in physical activity events by sending communication via email, text, phone call, school newsletter, social media posts sent by the school to the employees and family.</p> <p>St. Mary's School will continue to make appropriate before-school and after-school physical activity programs available and to encourage students to participate. St. Mary's School will continually monitor the availability of before-school and</p>

				after-school programs and offer guidance in setting up new programs to reach this physical activity goal.
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School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Child Nutrition programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.	X			St. Mary's School has school-based activities that promote wellness and meet all requirements.
St. Mary's School will promote and participate in the National School Lunch Program	X			St. Mary's School promote and participate in the National School lunch programs.

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
The nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all USDA's regulations and guidance and are designed to promote student health and reduce childhood obesity. At this time we do not sell or market any additional food or drinks.	x			St. Mary's School implements and follows the Smart Snack guidelines for meals and snacks.

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
If rewards and incentives are given, healthy choices are strongly recommended for rewards and incentives. When snacks are provided in classrooms healthy snacks are strongly encouraged for all grade levels.		x		St. Mary's School provides healthy choices and will require rewards, incentives, and snacks be a healthy snack.

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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
All Foods and beverages made available on campus during the school day are consistent with USDA Healthy Hunger Free Kids Act of 2010 and specifically the Smart Snacks Standards implemented in July 2014	x			Only foods and beverages meeting the Smart Snack guidelines are sold. There is no marketing or advertising of items not meeting these regulations

Include any additional notes, if necessary:

St. Mary's School Wellness Policy is posted on the school webpage. The triennial progress report will be posted on the District website as of December 2022.

Tracy Bertrand Sigurdson, Principal and Stacey Lambrecht, Assistant Principal, shall ensure compliance with the established school wide wellness policy.

St. Mary's School Wellness committee will meet 1 time a year, to review the Wellness policy.

An invite will be posted on our school website inviting members of the community to join a Wellness subcommittee. Parents, students, representatives of school food authority, PE school health professionals, the Education Committee,, school administrator(s) and the general public are invited to join the school wellness committee.

The St. Mary's School Wellness subcommittee members assist in the development, implementation, review and update of the Wellness Policy.

The Wellness committee shall conduct a quantitative assessment of policy implementation every three years using the WellSAT 3.0 tool.

The next triennial progress report will be posted on the District web site in December 2022.