

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

### **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: Eden Prairie Schools

Month and year of current assessment: April 2021

Date of last Local Wellness Policy revision: November 25, 2019

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

<https://resources.finalsite.net/images/v1580239195/edenprorg/h2tpm5ytfxcoip7lc9v/District-Policy-533-Wellness.pdf>

### Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 4-5

Designated School Wellness Leader

Name	Job Title	Email Address
Jason Mutzenberger	Executive Director of Business Services	jmutzenberger@edenpr.org

School Wellness Committee Members (at the time of the Assessment)

Name	Job Title	Email Address
Kristin Treptow	Child Nutrition Coordinator	ktreptow@edenpr.org
Roxann Roushar	Director of Child Nutrition	rroushar@edenpr.org
Hernan Moncado	EHSI Principal	
Amanda Nagy	Hennepin County Health Specialist	
Amy Antilla	Health Services	
Chuck Knuth	Community Member	
Emily Colaizy	Community Member	
Erin Gunelson	Community Member	
Jenn Krajacic	Community Member	
Mary Cryer	Health Services	
Norah Bracke	Student	
Summer Beecher	Community Member	

### 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

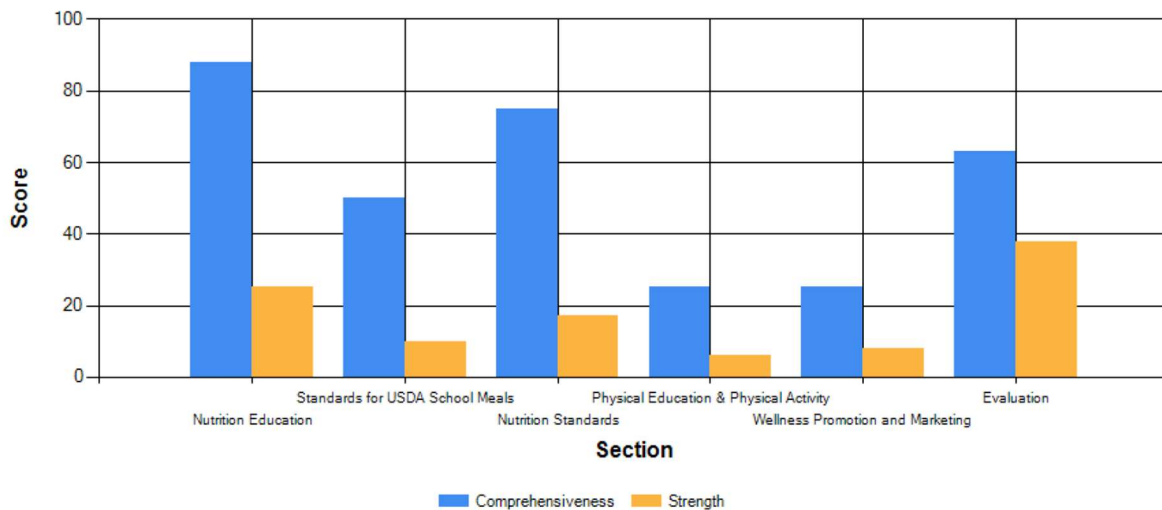
Other (please specify):

**Describe how your wellness policy compares to model wellness policies.**

2019 WELL SAT 3.0 Score Comprehensive 54 Strength 17

Version: 3.0

Policy Name: Assessment 2019



**Strength:** Our policy contains goals about nutrition education to promote student wellness and incorporates nutrition education into other areas beyond health education.

**Opportunity:** Based on the WellSat score, we plan to enhance language regarding the physical education curriculum. The PE curriculum will be assessed by the District within the next year.

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

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

- Specific goals for:
  - o Nutrition promotion and education
  - o Physical activity
  - o 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>The school district will encourage all students to make age appropriate, healthy selections of foods and beverages.</p> <p>Overall we encourage healthy selections.</p> <p>(NE) on WellSAT document Comprehensiveness score 88 Strength Score 25</p>	X			<ol style="list-style-type: none"> <li>1. Add a section in policy regarding Farm to School (FTS) products we are promoting. We provide fresh salads and homemade soups and sauces at all sites.</li> <li>2. We place monthly promotional signs and posters at the serving lines and in the cafeterias. We plan to continue to make our FTS promotions more prevalent on our web page.</li> <li>3. We purchase local products for our meal programs. Local products are indicated on our menus in our nutrition software by using a MN local icon.</li> </ol>

				<p>4. We were awarded the 2021 AGRI Farm to School Full Tray Grant where we will buy local agricultural products that we will promote on our menu for the coming year.</p> <p>The nutrition department meets with the Careers class</p> <ol style="list-style-type: none"> <li>1. We teach about the job market</li> <li>2. Nutrition standard requirements</li> <li>3. Menu planning</li> </ol>
--	--	--	--	--

Physical Activity Goal (s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.</p> <p>(PEP) on WellSat document Comprehensive Score 25 Strength 6</p>	X			<p>In 2019-2020, 25 elementary school staff and six social workers completed yoga calm training and certification.</p> <p>Elementary school social workers team taught with classroom teachers to implement mindful movement within the classroom setting</p> <p>The Wellness Committee completed a Mindful Movement summary <u>document</u> to share with the school community</p>

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>The District will provide information about school-based physical activity options and support parent's efforts to provide their children with opportunities to be physically active outside of school.</p> <p>(SM on WellSat document) Comprehensive Score 50 Strength Score 10</p>		X		<p>The Wellness Committee created and shared a <u>document</u> on Mindful movement exercises and shared with the entire school community (staff, students, parents) through the District website.</p> <p>The District is also in the process of creating walking paths around three school sites (Eden Lake Elementary, Forest Hills Elementary and Central Middle School). Maps will be created showcasing the walking paths and shared on the district website for teachers to utilize during the school day and parents/students to access after the school day.</p>

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>The child nutrition department enters the Classroom and engages through the entrepreneur classes and creates a dialogue with students regarding wellness.</p>	X			<p>The nutrition department engages with students in the entrepreneur classes.</p> <ol style="list-style-type: none"> <li>1. We teach about nutrition standards allowed in schools (smart snacks)</li> <li>2. We teach about food safety</li> </ol>

(NS) on WellSat document Comprehensiveness 75 Strength 17				
--	--	--	--	--

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 is a consideration for celebration, classroom snacks, rewards and fundraising.</p> <p>(NS) on WellSat Document Comprehensiveness 75 Strength 17</p>	X			<p>New since assessment: The district has created a document and is posted on the wellness tab called Wellness Nutrition Summary. It addresses:</p> <ol style="list-style-type: none"> <li>1. Smart snack criteria</li> <li>2. Celebrations</li> <li>3. Choosing non food recognition</li> <li>4. Choosing non food school day fundraising ideas.</li> </ol> <p>located:</p> <p><a href="https://www.edenpr.org/experience/departments/child-nutrition">https://www.edenpr.org/experience/departments/child-nutrition</a></p> <p>This document has been shared at Sites.</p> <p>In 2019/2020, school champions were implemented at each elementary site to provide resources to classroom teachers on nonfood rewards and celebrations.</p>

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>Our marketing is consistent with Nutrition Education and Smart Snack Nutrition Standards to promote healthy choices.</p> <p>(WPM) on WellSat Document Comprehensiveness 25 Strength 8</p>	X			<p>Mosaic software is the district chosen promotional food and beverage marketing tool and is currently utilized in the schools.</p> <p>Smarter lunchroom strategies are utilized in our schools.</p>

Include any additional notes, if necessary