

# **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 2025

Date of last Local Wellness Policy revision: April 2021

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

<https://www.edenpr.org/fs/resource-manager/view/25d07443-a948-400a-9286-0beded8ff143>

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## Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 2-3 meetings planned per year

Designated School Wellness Leader

Name	Job Title	Email Address
Andrew Adams	Executive Director of Business Services	aadams@edenpr.org

School Wellness Committee Members

Name	Job Title	Email Address
Brenda Boehm	Director of Food and Nutrition Services	bboehm@edenpr.org
Patricia Newell	Child Nutrition Coordinator	pnewell@edenpr.org
Hernan Moncado	EHSI Principal	
Amanda Nagy	Hennepin County Health Specialist	
Amy Antilla	Health Services	
Jenn Krajacic	Community Member	
Emily Colaizy	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.

The purpose of the Triennial Assessment Report is to evaluate the district's wellness policy language as written, not the full scope of wellness practices occurring throughout the school community. This assessment provides the Wellness Committee with a valuable opportunity to align future policy updates with best practices and the district's Wellbeing strategy.

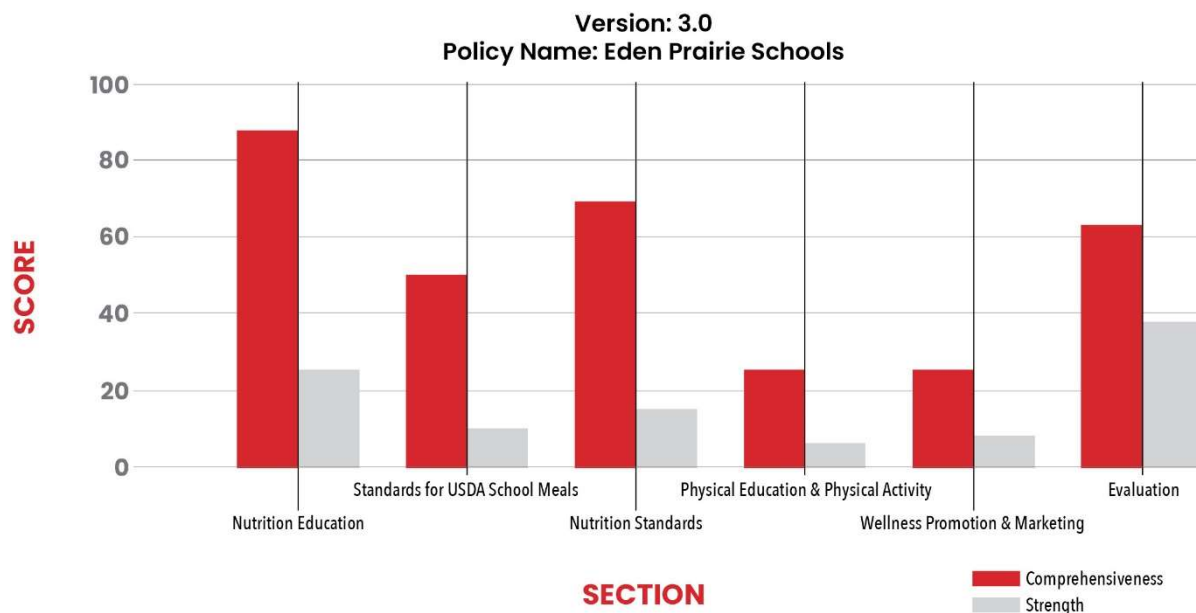
Eden Prairie Schools' wellness policy is based on the model developed by the Minnesota School Boards Association (MSBA), which reflects compliance with the National School Lunch Program and federal regulations. To assess how the district's policy compares to model wellness policies, the committee utilized the WELLSAT 3.0 tool. This tool evaluates both the comprehensiveness (topics addressed by the policy) and strength (specificity) of policy language, not how well it is implemented or operationalized.

In 2025, Eden Prairie Schools received:

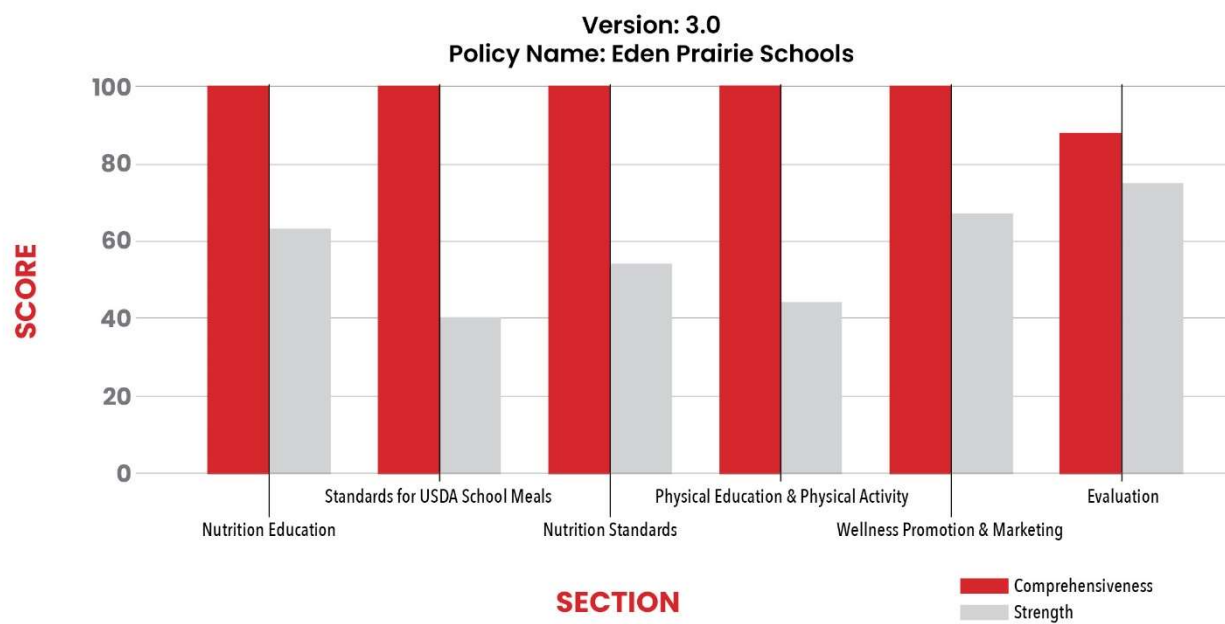
- A **Comprehensive Score of 53**, reflecting that most key content areas are included in policy.
- A **Strength Score of 17**, indicating that while topics are addressed, many are stated in general terms rather than in specificity.

For example:

- **General policy:** Free drinking water is available during mealtimes.
- **Stronger policy:** Water fountains and bottle filling stations are available free of charge to all students at every school site.



While written policy is essential for providing direction and accountability, the true impact on student and staff wellbeing comes from the consistent, intentional practices carried out at the school level each day. Across our district, many wellness-related efforts exceed what is codified in policy. School buildings incorporate wellness into their culture – through inclusive meal programs, physical activity, social-emotional supports, and staff-led initiatives that respond to real-time needs. If the district answered the WELLSAT 3.0 tool using current practices, the graph would look as follows:



This distinction is intentional. Codifying every practice in policy can limit flexibility and responsiveness. Eden Prairie Schools values having strong policy foundations while empowering staff and students with the autonomy to adapt wellness initiatives in ways that are responsive to their unique individual needs. This balance supports the creation of safe, healthy, and thriving learning environments that inspire each student, every day.

**Current strengths** of the policy include clear goals for nutrition education, promotion of student wellness, and integration of nutrition topics across subjects.

Areas for enhancement could include the specificity of language related to physical education, marketing, and wellness promotion. The Wellness Committee plans to collaborate with the Wellbeing Strategic Priority team to explore opportunities for strengthening policy in these areas while continuing to promote flexible, impactful site-level implementation.

## 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>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			<p>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.</p> <p>2. We place FTS 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.</p> <p>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.</p> <p>The nutrition department meets with the Careers classes:</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 to enhance focus and wellbeing in the learning environment, as appropriate.</p> <p>(PEP) on WellSat document: Comprehensive score 25 Strength score 6</p>	X			<p>Elementary school social workers team taught with classroom teachers to implement mindful movement within the classroom setting.</p> <p>The Wellness Committee maintains a Mindful Movement summary document 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 document on Mindful Movement and related exercises. This was shared with the school community (staff, students, parents) through the District website and communications.</p> <p>The District also encourages use of outdoor learning spaces, walking paths, and green spaces for activity during weather appropriate times of year.</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 Nutrition Services department enters the classroom and engages through the entrepreneur classes and creates learning opportunities for students. This dialogue enhances learning experiences for students and provides direct lines of learning about wellness from a nutritional lens.</p> <p>(NS) on WellSat document: Comprehensiveness score 69 Strength score 15</p>	X			<p>The Nutrition Services department engages with students in entrepreneur classes:</p> <ol style="list-style-type: none"> <li>1. Staff teach about nutrition standards allowed in schools (Smart Snacks)</li> <li>2. Staff enhance learning in classrooms by providing training on food safety</li> <li>3. Staff collaborates regularly with building leadership, students, and staff around educating on Smart Snack compliance and health offerings outside of the breakfast and lunch room during the school day.</li> </ol>

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 score 69 Strength score 15</p>	X			<p>Since the assessment was conducted, the District has continued to enhance documents posted the Wellness Nutrition Summary for all students, sites, and staff on the website:</p> <ol style="list-style-type: none"> <li>1. Smar 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>

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>The Nutrition Services marketing is consistent with Nutrition Education and Smart Snack standards to promote healthy choices.</p> <p>(WPM) on WellSat document: Comprehensiveness score 25 Strength score 8</p>	X			<p>Mosaic software is the district chosen promotional tool for food and beverage marketing used by the schools.</p> <p>Smarter lunchroom strategies are utilized at all school sites in Eden Prairie.</p>