

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Winona Area Public Schools

Month and year of current assessment: 2/2020

Date of last Local Wellness Policy revision: February 18, 2021

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

<https://go.boarddocs.com/mn/winona/Board.nsf/public#>

Section 2: Wellness Committee Information

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

Designated School Wellness Leader

Name	Job Title	Email Address
Jennifer Walters	SN Director	jennifer.walters@winona.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Linda Jacobs	Adult Enrichments & Project COMPASS Coordinato	linda.jacobs@winona.k12.mn.us
Deb McClellan	Live Well Winona Coordinator	deb.mcclellan@livewellwinona.org
Cristen Schultz	MS PE Teacher	cristen.schultz@winona.k12.mn.us
Kelsey Ocello	Winona SHIP Coordinator	kocello@co.winona.mn.us
Stephanie Smith	WAPS School Board Member	stephanie.smith@winona.k12.mn.us
Emily Solheid	WAPS HR Director	Emily.solheid@winona.k12.mn.us
Jacqueline Henderson	Covid Coordinator	jacqueline.henderson@winona.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): MSBA 533

Describe how your wellness policy compares to model wellness policies.

Our Wellness policy follows the model of the MSBA 522 policy and guidelines of the Alliance for a Healthier Generation Model.

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
The school district will ensure that students in K through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles	X			The district will continue to provide education regarding nutrition and healthy lifestyles to the students.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Students in kindergarten through grade 8 will receive scheduled, developmentally appropriate physical education. Students in grades 9 through 12 will have required and elective physical education opportunities. Recess will complement, not substitute, physical education class. The district will not withhold recess for punishment or a time to complete schoolwork.		X		This is addressed in the Wellness Policy and staff are told that recess is not to be withheld for schoolwork or punishment.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The district offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The district will encourage students to be physically active before and after the school day through clubs, sports, physical activity in Key Kids, walk/bike to school, open gym and/or playground time.	X			Families in the district receive community flyers notifying them of activities available. Teachers are encouraged to have active classrooms.

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
Foods and beverages sold individually during the school day (i.e. foods sold outside reimbursable school meals, such as vending machines, a la carte, school stores, etc) will be consistent with current USDA Guidelines for Americans.	X			Will continue to be apart of the USDA meal programs and follow the guidelines.

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
Households have opportunities to provide both suggestions for school meals and other foods and beverages sold, served, and offered on school campus and feedback on the meal programs and other foods and beverages.		X		Yes, both students and family members have opportunities to provide either suggestions for school meals or feedback on the meal program. Survey will be distributed via email to families with feedback.

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
The district will only market food and beverage products that meet Smart Snacks. No contracts will be made with companies selling non-smart snack products.	X			The school district will continue to have no contracts with companies selling non-smart snacks products.

Include any additional notes, if necessary: