

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:

Watertown Mayer Public Schools (ES, MS, & HS)

Month and year of current assessment: **May 2024**

Date of last Local Wellness Policy revision: revised 5/18/20 and reviewed 4/26/2021

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

<https://resources.finalsite.net/images/v1700566013/wmk12mnus/awmu6bi0b1ji28a6cwww/wmpolicy426reviewedwellnessdocx.pdf>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? **1-2**

Designated School Wellness Leader

Name	Job Title	Email Address
Nikki Magee	District Nurse	nikki.magee@wm.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Rachel Muchow	Parent/ES Building Nurse	rachel.muchow@wm.k12.mn.us
Nikki Hunkins	Parent/ES Admin Asst.	nichole.hunkins@wm.k12.mn.us
Erica Bossert	School Based Therapist (HS)	erica.bossert@wm.k12.mn.us
Holly Hokenson	FACS MS/HS Teacher & Parent	holly.hokenson@wm.k12.mn.us
Beth Bottenfield	Taher - Food Service Director	taher.manager@wm.k12.mn.us
Jenna Olson	MS Behavioral Interventionist	jenna.olson@wm.k12.mn.us
Emma Springer	MS Social Worker	emma.springer@wm.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): _____

Describe how your wellness policy compares to model wellness policies.

Upon completing the WellSat 3.0, a Wellness School Assessment Tool we learned out Wellness Policy: 533 has strengths in Wellness Policy Development, Implementation and Evaluation and nutrition standards and nutrition. The weakness as identified by the WellSAT 3.0 are in wellness promotion and marketing. Our wellness policy is quite broad and we learned we practice many things that are not written in our policy. As a district we utilize our policy as a guideline to develop our wellness goals for the students of our district.

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
Please see the attached Wellness Policy 533. Our district is partially meeting our goals for nutrition promotion and education. Our vending machines are not available during the before the school day and are not available until 30 minutes after the school day has ended. Vending machines were removed from the MS and are only in the HS building. Not all subjects listed reported nutrition promotion as part of classroom instruction per our policy.		X		See our attached annual plan from 23-24 for current progress made in nutrition promotion.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Please see the attached Wellness Policy 533. In a survey completed, our districts teachers state that they allow movement breaks to help keep students engaged outside of physical education classes. Our district is meeting our goal for physical activity.	X			See attached Annual Wellness Action. Next steps will to continue to gather new ideas for incorporating physical activity in and out of all classrooms.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Please see the attached Wellness Policy 533. As a new initiative in 2024 we completed a water challenge at the Middle & High School levels.		x		See attached Annual Wellness Action. One focused goal moving forward is to complete the water challenge at all schools, ES, MS, HS and preschool if possible. In addition making walking maps to help students accomplish 10,000 steps a day during passing time or Lunch breaks at the MS & HS levels.

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
Please see the attached Wellness Policy 533. We are partially meeting this goal as there are still fundraising efforts made by activity groups that sell non-compliant foods.		x		See attached Annual Wellness Action. An example of progress, it was noted that candy was being sold at a school store - this was addressed to building principal for compliance.

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
Please see the attached Wellness Policy 533. We are successfully meeting the goal for this as we have a list of Smart Snacks approved for donation.	X			See attached Annual Wellness Action. We will continue to provide a list and wish list for donated snack items that are Smart Snack approved for our students.

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
Please see the attached Wellness Policy 533. We are not meeting this goal due to the fact that we have vending machines on campus at the HS. The vending machines are off during the school day; however, they still contain drinks and food that are not compliant with Smart Snack guidelines.			X	See attached Annual Wellness Action. We will continue our best efforts to restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks Nutrition Standards.

Include any additional notes, if necessary:

Policy 533 - Wellness

<https://resources.finalsite.net/images/v1700566013/wmk12mnus/awmu6bi0b1ji28a6cwww/wmpolicy426reviewedwellnessdocx.pdf>

Annual School Wellness Policy - Action Plan

<https://resources.finalsite.net/images/v1704404301/wmk12mnus/vnsr2y1kgqtg9sv2o23g/AnnualWellnessReport12123.pdf>