

# Local Wellness Policy: Triennial Assessment

## Section 1: General Information

School: Bishop O’Gorman Catholic Schools – PS-12<sup>th</sup>

Month and year of current assessment: November 2024

Date of last Wellness Policy revision: October 2024

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

[www.ogknights.org](http://www.ogknights.org)

## Section 2: Wellness Committee Information

Name	Title	Email Address
Christopher Uttecht	Director of Instruction & Programs	cuttecht@ogknights.org
Brian Wright	Food Service Director	bwright@ogknights.org
Taylor Massey	Food Service Manager	tmassey@ogknights.org
Mary T Grogan	Physical Education	mgrogan@ogknights.org
Kelly Jones	Counselor/Parent	kjones@ogknights.org
Jenni Struck	Admissions Coordinator/Parent	jstruck@ogknights.org
Lana White	Physical Education/Parent	lwhite@ogknights.org
Kris McCafferty	Physical Education	kmccafferty@ogknights.org
Julie Kolbeck	Principal/Administrator	jkolbeck@ogknights.org
Denise Richards	Physical Education	drichards@ogknights.org

### Section 3. Compliance with the Wellness Policy and Progress towards Goals

Local wellness plan includes:

- Specific goals for:
  - Nutrition
  - Physical activity
  - Mental Health
  - 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 set 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.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<b>Child Nutrition programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.</b>	YES			Every building has school- based activities that promote nutrition and wellness.
<b>All foods and beverages made available on campus during the school day are consistent with the USDA Healthy Hunger Free Kids Act of 2010 and specifically the Smart Snacks Standards implemented July 2014.</b>	YES			All sites implement and follow the Smart Snack guidelines for meals and snacks.
<b>If rewards and incentives are given, healthy choices are available. When snacks are provided in classrooms healthy snacks are expected for all grade levels. All fund raisers held within the system must meet the State of South Dakota Fund Raiser policy.</b>	YES			All sites are providing healthy choices for rewards, incentives and snacks. Healthy snack list is provided to parents annually.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<b>Promotes and provides meaningful physical activity and physical education that connects to students' lives.</b>	YES			Will continue to promote and provide meaningful physical activity and education.
<b>Promote movement throughout the school day with brain breaks and movement activities before/after school program.</b>	YES			Will continue to promote physical activity.

Mental Health Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<b>Increase access to school counselors</b>	YES			Moved two positions to full time having impact on three schools.
<b>Provide mental health education/information to faculty/staff and students</b>	YES			Continue to provide opportunities for education/information.

Other activities that promote wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<b>Encourage flu shot participation</b>	YES			Staff and students are encouraged to receive an annual flu-shot. On-site flu shot clinic is offered for high school students.

Include any additional notes, if necessary:

The Bishop O’Gorman Wellness Plan is posted on the school system webpage. The triennial progress report will be posted on the system website as of November 1, 2024.

A system wellness committee will meet annually to review the wellness policy.

- The wellness committee members assist in the development, implementation, review and update of the wellness policy.
- The Wellness committee shall conduct an assessment of implementation every three years using the South Dakota Wellness Model policy.