



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:

Rockford Area Schools--Elementary, Middle & High Schools

Month and year of current assessment: August 2024

Date of last Local Wellness Policy revision: 11/21/2022

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

rockford883.org/district/school-board/policies

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
Becca Morgan	District Nurse	becca.morgan@rockford883.org

School Wellness Committee Members

Name	Job Title	Email Address
Melissa Joseph	CE Director	melissa.joseph@rockford883.org
Polly Trandahl	Teacher/Parent	polly.trandahl@rockford883.org
Samantha Bloom	School Counselor	samantha.bloom@rockford883.org
Harlan Adelman	Food Service Director	harlan.adelman@rockford883.org
Jill Gordee	RHS IB Coordinator/Parent	jill.gordee@rockford883.org
Jennifer DesMarais-Holland	Teacher	jenn.holland@rockford883.org
Caroline Young	Teacher/Parent	caroline.young@rockford883.org

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 (Minnesota School Board Association)

Describe how your wellness policy compares to model wellness policies.

Our wellness policy aligns with the MSBA model policy language for Policy 533. After completing the WellSAT 3.0 assessment tool, we discovered our policy's strengths are in nutrition education standards for USDA Child Nutrition Programs and School Meals, Implementation, Evaluation and Communication. Our policy weakness is in the area of physical education and physical activity. As a committee, we will establish goals to improve our policy's compliance with federal statute requirements, reflecting on the things we currently have implemented along with our areas of weakness. We will continue to foster an environment that supports student academic performance and the overall health and wellness of all students and staff.

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 encourage and support healthy eating by students and engage in nutrition promotion that is offered as a part of a comprehensive program designated to provide students with the knowledge and skills necessary to promote and protect their health; part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects, where appropriate; and enjoyable, developmentally appropriate, culturally relevant and includes participation in activities, such as contests, promotions, taste testing and field trips.	X			Healthy meal options are provided with free school breakfast and free school lunch each school day. Healthy eating is discussed in classes at all grade levels. At times, our food service company offers fun taste testing options, like local apples from a local apple orchard in the fall. A chef from our food service company prepares foods from different countries and cultures for students and staff to experience healthy options from other parts of the world.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television; opportunities for physical activity will be incorporated into other subject lessons, where appropriate, and classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.		X		Update the wellness policy to include the amount of time per week of physical education instruction for elementary, middle and high school students; include qualifications for PE teachers K-12; include information regarding elementary recess and physical activity breaks during school.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those provided through celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Classroom snacks brought by parents; the school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.		X		There is mention of the district wellness policy when referencing classroom snacks or food for celebrations and parties, but specific suggestions need to be shared in a list.

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
All foods and beverages sold on school grounds to students, outside of reimbursable meals are considered "competitive foods." Competitive foods include items sold in ala carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods will meet the USDA Smart Snacks in School nutrition standards and any applicable state nutrition standards, at a minimum. Smart snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. Before and Aftercare programs must also comply with the school district's nutrition standards unless they are reimbursable under the USDA school meals program, in which case they must comply with all applicable USDA standards.		X		Food Service will ensure and assist the concessions at RHS and vending machine at RCC align foods and beverages sold to meet Smart Snack in School Nutrition Standards.

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
Our district will promote the availability of water at our water bottle filling stations, with multiple locations in each building.		X		Students and staff utilize the water bottle filling stations in each building. Policy language needs to be updated to include this information.

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
Schools will only market and promote food and beverage options that meet the Smart Snacks Nutrition Standards.	X			Will continue with current practice for moving forward.

Include any additional notes, if necessary:

There is a School Board Policy Committee meeting in February. The wellness committee will have recommended updates to share with the School Board Policy Committee regarding Wellness Policy 533.