

Triennial Assessment Template School Wellness Policy

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.

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.



For questions about this document or school wellness policy requirements, contact:
[**mde.fns@state.mn.us**](mailto:mde.fns@state.mn.us)

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Maple Lake Public School ISD 881	
Month and year of current assessment:	Date of last school wellness policy revision:
12/4/2024	12/9/2024
Website address for the wellness policy and/or information on how the public can access a copy:	
https://www.maplelake.k12.mn.us/about-us/district-policies	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	1
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Designated School Wellness Leader

Name	Job Title	Email Address
Mike Rowe	Superintendent	rowem@maplelake.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Ryan Highberg	Food Service Director	ryan.highberg@k12byelior.com
Jessica Heying	District Manager	jessica.heyding@aviands.com
Abby Olson	Director of Nutrition and Wellness	
Lisa Rademacher	Business Manager	rademacherl@maplelake.k12.mn.us
Kristi Metcalf	Physical Education Instructor (7-12)	metcalfk@maplelake.k12.mn.us
Adam Ronnenberg	Physical Education Instructor (K-6)	ronnenberga@maplelake.k12.mn.us
Tia Skay	Elementary Teacher/Parent	skayt@maplelake.k12.mn.us
CANDACE SEIDL	Parent	DACA0401@HOTMAIL.COM
Sarah Sailer	Parent	sailers@maplelake.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 POLICY 533

Describe how your wellness policy compares to model wellness policies.

Our school board uses the MSBA 533 Wellness Policy.

Section 4. Compliance with the Wellness Policy and Progress Toward Goals

At a minimum, school 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 school 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)	Describe progress and next steps
We offer a variety of programs related to nutritional education. Our So Good program features seasonal ingredients carefully aligned to the time of year that ingredient is at its peak. Chef on Demand offers a recipe that meets NSLP nutrition requirements from a different area of the globe each month bringing an experience of education and new experiences. BeWell is a monthly program that promotes recipes and ingredients focused on healthy ingredients to promote healthy eating.	We work to expand these programs as we progress based on student and community feedback.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
Physical Education Classes Morning Movers Wellness Wednesday Recess Classroom Brain Breaks Weight Training Activities Practice	Continue to add physical movement into our school day. We are looking to add Irish Adventures this school year for our 7-12 grade students. In our commons area we added Fooseball, Checkers, and Air Hockey so our students don't use their phones.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
Hydroponics Global Bites Be Well Events Change to Chill Room	We are looking to grow our own vegetables to use at school through our Biology class.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	Describe progress and next steps
All meals meet the state and federal guidelines.	Continue to find more healthy food options for our students.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
All food sold in the building must meet the Smart Snack requirements. SBP and NSLP	Continue to monitor and offer healthy meals and snacks for students.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
All ala carte advertising is provided by the manufacturer of products offered.	We will continue to work with manufacturers of any new products moving forward.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Include any additional notes, if necessary: