

Triennial Assessment Summary of the Local Wellness Policy

General Information:

School(s) included in the assessment: Castlewood School District 28-1 _____

Month and year of current assessment: February 2025 _____

Date of last Local Wellness Policy revision: February 2025 _____

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

<https://www.castlewood.k12.sd.us/district/policies-handbooks> The policy will be accessible here after approved by the board.

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? once _____

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Peter Books	Superintendent	peter.books@k12.sd.us

School Wellness Committee Members:

Name	Job Title	Email Address
Peter Books	Superintendent	Peter.books@k12.sd.us
Dawn Wiersma	Business Manager	dawn.wieresma@k12.sd.us
Kerri Ruesink	Food Service Director	kerri.ruesink@k12.sd.us
Angela Keszler	K-12 Principal	angela.keszler@k12.sd.us
Doug Ruesink	PE/Health Teacher	doug.ruesink@k12.sd.us
Tamra Cing	School Nurse	tamra/ching@k12.sd.us
Sandra Everson	Teacher/Parent	sandra.everson@k12.sd.us
Jessica Little	Teacher/Parent	jessica.l.little@k12.sd.us
Jamison Keszler	Student Council President	

Comparison to Model School Wellness Policies: A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

X SD Model Wellness Policy: A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

- ☐ **WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](#) .
- ☐ **Other Model Wellness Policy:** If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:

Our local policy compares very well with the South Dakota model wellness policy. We have failed to do our assessment, recently. This will be done annually moving forward.

Progress towards wellness goals and compliance with the wellness policy:

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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. 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
Promote proper nutrition to staff and students.	X			The Castlewood School provides meals that meet nutrition guidelines. Signage is placed in the lunchroom with nutrition information for both students and staff to see.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Promote physical activities for students		X		Students in K-6 are offered daily PE. Students in 7-8 have a semester of PE. We would like to look at more possibilities for physical activity at the high school level. Scheduling is hard in a small school.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Elementary students participate in Jump Rope for Heart. HS/MS students participate in fun days playing softball/football/vb.	X			Continue to offer these activities to promote activity.

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
Provide foods and beverages for sale that meet nutrition guidelines	X			Castlewood School has no vending machines available to students (one pop machine in the teacher's workroom). If fundraisers are held, students are told sales cannot be made during the school day.

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
Provide information to families about what the nutrition guidelines are for smart snack food and beverages.			X	Castlewood has failed to do this since COVID and the tornado. Will start to include this information in the back-to-school packets.

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
N/A				Castlewood does not have vending machines available to students and do not advertise for foods or beverages.

Additional information: