**Saint Agnes School** 530 Lafond Avenue, St. Paul, MN 55103

May 2025
Saint Agnes School Wellness Policy Triennial Assessment

Saint Agnes School is committed to the optimal and full development of every student. We believe all students should have the opportunity to achieve personal, academic, developmental, and social success, through exposure to positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. To achieve this, the Saint Agnes School Wellness Committee (SWC) is committed to the triennial assessment of the school wellness policy to evaluate compliance and implementation of such policies. This assessment seeks to affirm the following:

1. The extent to which the school is in compliance with the wellness policy;
2. The extent to which the school wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the school wellness policy.

Assessment Findings

To the extent to which the school is in compliance with the wellness policy, the SWC confirms that Saint Agnes School is compliant.

To the extent to which the school wellness policy compares to the Alliance for a Healthier Generation's model wellness policy, the SWC finds that the Saint Agnes Wellness policy generally meets the requirements articulated in the Policy Guidance document provided by Alliance for a Healthier Generation, and will be revised for improved compliance and clarity.

To the extent to which continued progress is made in achieving the goals of the school wellness policy, the SWC has confirmed the following:

- Students have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards by offering healthy in house meal options, safe and free drinking water, and promoting Smart Snack lists
- Students receive quality nutrition and physical activity education in both the Lower and Upper Schools curriculum
- Students have opportunities to be physically active before, during, and after school through both in school and out of school activities promoted and/or provided by the school;
- Saint Agnes School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors before, during and after working hours; (Ex: standing desk have been provided for staff; staff are encouraged to participate in field day activities and open gym events; all staff have access to safe and free drinking water and to healthy foods in accordance with Federal and state nutrition standards in our cafeteria)
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives through the formation and collaboration of the Saint Agnes School Wellness Committee (SWC)

The next Triennial Assessment will take place in Fall 2027.

Kevin Ferdinandt
Headmaster