



Working Together for Student Success

Local School Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

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, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment: Hamilton Southeastern Schools

Month and year of current assessment: October 2023

Date of last wellness policy revision: 2006

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

<https://go.boarddocs.com/in/hses/Board.nsf/goto?open&id=86X5PV6D72EB>

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
 - ☐ Nutrition promotion
 - ☐ Nutrition 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 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 school 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.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: <u>AmyHanna, District nurse and Karen Ogden FSD</u>	☒	☐	☐
Describe progress and next steps: Our District Nurse and Food Service Director work together to ensure that policies are followed in the schools. We meet at the beginning of each school year to discuss changes, process and any changes to the Wellness plan and providing support to our students community.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	☒	☐	☐
Describe progress and next steps: We are creating a wellness committee that will meet 1-2 times a year. We will include our administrators, parents and students at a public meeting. We will plan for a Wellness Fair in the Spring of 2024			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	☒	☐	☐
Describe progress and next steps: We have confirmed that all meals are meeting the USDA requirements, by creating menus that are balanced and healthy.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	☒	☐	☐
Describe progress and next steps: All foods that are sold as ala carte items are pput through the Smart Snack Calculator to ensure they are acceptable and compliant.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	☒	☐	☐
Describe progress and next steps: Our HSE District Nurse has established a list of approved snacks that allow students to bring something from home during the school day.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	☒	☐	☐
Describe progress and next steps: We only allow signage/marketing if it supports our approved products.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Education: Has at least 2 goals for nutrition education List goals: 1. Harvest of the Month 2. Global Meals	☒	☐	☐
Describe progress and next steps: Both Programs are offered each month and provide the students an opportunity to learn about cuisines from other countries and new fruits or vegetables.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals: 1. Harvest of the Month 2. Global Meals	☒	☐	☐
Describe progress and next steps: We advertise by newsletter, Flyers and posters in the cafeteria and through the schools daily updates/announcements. We also advertise on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Physical Activity: Has at least 2 goals for physical activity List goals: 1. Recess 2. Gym	☒	☐	☐
Describe progress and next steps: Physical activity will be encouraged for student through the promotion of extra curricular activities, clubs and sports.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: 1. Health, Wellness and Safety Fair 2. Cooking Classes for students	☒	☐	☐
Describe progress and next steps: Describe progress and next steps			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine: - to what extent the LEA is in compliance with the school wellness policy - the extent to which the local wellness policy compares to model school wellness policies - the progress made in attaining the goals of the school wellness policy Name person responsible for monitoring the policy: <u>Karen Ogden, Food Service Director</u>	☒	☐	☐
Describe progress and next steps: This assessment will take place in 2027-2028 School year.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	☒	☐	☐
Describe progress and next steps: We provide the wellness policy on our website and we are providing a quarterly newsletter, also on our website that provides updates in wellness and nutrition involvement.			

Include any additional notes, if necessary:

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Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

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Alliance for a Healthier Generation: Model Policy

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Upgrade Sample Language

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Other (please specify): _____

Describe how the school wellness policy compares to model wellness policies.

We promote our School Health Services, support the social/emotional health and learning. We cultivate staff well-being by providing a monthly newsletter to our staff. Improving Nutrition and Food Access we are working with community members to improve families nutrition and by cooking classes for our students. Our Health, Wellness and Safety Expo will incorporate our community and families to find ways for the better.