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:

Lakes International Language Academy

Month and year of current assessment: 10/2025

Date of last Local Wellness Policy revision: 10/2025

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

https://www.mylila.org/district/key-policies

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 2

Designated School Wellness Leader

Name	Job Title	Email Address
Jill Rosenthal	Director of Health and Nutrition Services	jrosenthal@mylila.org

School Wellness Committee Members

Name	Job Title	Email Address
Sunny Vang	FSMC Manager	svang@mylila.org
Renee Feagan	School Board	rfeagan@mylila.org
Jennifer May	School Board	jmay@mylila.org
Jamie Belz	Parent	jamiebelz@rwg.email
Marcella Gutierrez	Parent	margutz86@gmail.com
Sheila Bohnsack	Parent	bohnsack.s@hotmail.com
Gonzalo Ambroa de Frutos	Physical Education Teacher	gambroadefrutos@mylila.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):_____

Describe how your wellness policy compares to model wellness policies.

Our original policy from reviewed on 4/2025 recieved Total Comprehensiveness score of 47 and Total Strength score of 2. We revised our policy based on the feedback from the WellSat 3.0 and ran it through the WellSat 3.0 a second time in 10/2025 and our scores increased to 96 and 33 respectively. While not perfect, we do feel that we are moving in the right direction with our policy.

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
Nutrition education will: Be part of a comprehensive health curriculum, incorporating agriculture and the food system. Be integrated into other subjects when appropriate. Be culturally relevant, developmentally appropriate, and engaging (e.g., taste testing, field trips). Students will be encouraged to make healthy food and beverage choices throughout the school day, including in vending, fundraisers, and school stores.		x		Decrease use of passive like "encouraged" Expand on the Curriculum that is to be included in health

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Physical education will: Be guided by a written K–12 curriculum aligned with state or national standards. Be taught by licensed physical education teachers. Include: Elementary: At least 2–3 sessions/week		x		Should include info about before and after school physical activity for all students and all district activities.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
B. The school environment will foster and support students' physical and emotional well-being by promoting access to nutritious meals, physical activity opportunities, and a wellness-oriented culture. All students in grades PreK–12 will have the opportunity, support, and encouragement to be physically active on a regular basis including a minimum of 20 minutes of daily recess for elementary students and opportunities for movement breaks at the secondary level.	X			Includes student and family education on harvest of the month, recess and physical activity, programs like roving chef where students participate in making food and learning about the process.

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
Foods and Beverages All foods and beverages available on campus during the school day—including in vending machines, concessions, and a la carte lines—will meet or exceed the USDA Dietary Guidelines for Americans and Smart Snacks in School standards. The school day is defined as beginning at midnight before and extending 30 minutes after the final bell. Fundraisers held during the school day must comply with Smart Snacks standards, unless exempted under state-approved infrequent fundraiser guidelines. Potable water will be freely available to students at no cost during meal services and throughout the school day, both via fountains and reusable water bottles.	X			Changes have been made to fundraisers held during the school day to be compliant with smart snacks, vending machine has been turned off during the day. Are looking at adding smart snacks to the vending machines.

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
To promote a positive school environment and healthy habits, we will encourage teachers, staff and families to offer non-food rewards and celebrations. Parents are encouraged to send nutritious lunches and snacks.		x		We will be sending communication encouraging non-food celebrations to families and include info about nutritious lunches and snacks.

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
Marketing efforts will promote participation in school nutrition programs using positive messaging and strategies such as signage and taste tests.		x		We have held taste testing and provided surveys to kids. Only smart snacks are visible in our cafeteria.

Include any additional notes, if necessary: