School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:
Chisago Lakes School District

Month and year of current assessment:	Date of last school wellness policy revision:
January 2025	02/01/2018

Website address for the wellness policy and/or information on how the public can access a copy:
https://www.isd2144.org/parent-resources/wellness-policy

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	4

Designated School Wellness Leader

Name	Job Title	Email Address
Laura Cierzan	Food & Nutrition Services Director	lcierzan@isd2144.org

School Wellness Committee Members

Name	Job Title	Email Address
Jim Gillach	Assistant Principal	jgillach@isd2144.org
Avery Bird	Tech Support	abird@isd2144.org
Danielle Brooks	Aquatic Program & WCC Mananger	abrooks@isd2144.org
Michelle Kleist	Communications Coordinator	mkleist@isd2144.org
Tresa Fasnacht	HR Generalist	tfasnacht@isd2144.org
Ian Lexvold	Community Education Coordinator	ilexvold@isd2144.org
Matt Koehn	Physical Education Teacher	mkoehn@isd2144.org
James Nagle	Tech Support	jnagle@isd2144.org
Jerilyn Mattson	Community Member	2skatefast@gmail.com
Holly Cardoni, Michelle Mattson	Behavior Tech Para/FS Assistant	hcardoni@isd2144.org/mmattson@isd2

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:

- [x] 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.
The Chisago Lakes School District Wellness Policy was created based on policy guidance from the Alliance for a Healthier Generation Model Policy. The policy covers and includes all requirements for a school 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
The district aims to teach, model, encourage, and support healthy eating by students.	Health and nutrition education provided in class curriculum. Expand on addressing nutrition promotion and standards for food/ beverages served and sold outside the school day (including caffeine consumption)

☐ Meeting Goal ☑ Partially Meeting Goal ☐ Not Meeting Goal

Physical Activity Goal(s)	Describe progress and next steps
The district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Students have opportunities to be physically active during throughout the school day.	Students are offered physical education classes, recess, classroom opportunities for physical activity/movement, walking/biking opportunities to and from school, health education that includes physical activity education. Need to address using physical activity as a reward, not being used/ withheld as punishment.

☐ Meeting Goal ☑ Partially Meeting Goal ☐ Not Meeting Goal

School-based activities to promote student wellness goal(s)	Describe progress and next steps
Schools engage in nutrition and physical activity promotion and other activities to promote student wellness. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.	

☑ 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
The district is committed to ensuring that all foods and beverages available to students on school grounds "during the school day" support healthy eating. All foods/beverage sold outside school meals will meet USDA Smart Snack Guidelines.	Vending items & a la carte items sold to students during the school day only contain Smart Snack approved options. Continue to educate all staff on fundraising activities that involve food - if activities done during the school day, fundraising food must meet smart snack guidelines.

☑ 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
The foods and beverages served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.	Provide further education & guidance to teachers/principals regarding food/beverages provided to students for classroom parties, snacks provided by parents or other incentive food/ beverage items. Include language in policy regarding this. Also include language regarding fundraising with food during school day.

☐ 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
Any foods or beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in school nutrition standards.	Marketing focuses on promoting healthy eating choices, including smart snack options.

☑ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal