



Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 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

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): the Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	ICCSD
Date Triennial Assessment was Completed	October 31, 2022 & October 17, 2025
Date of Last Wellness Policy Review	February 13, 2024
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	ICCSD Wellness Info
How often does the school wellness committee meet? Date of last meeting?	3 times each year May 7, 2025 & October 8, 2025

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Alison Demory	Nutrition Director	Alison Demory
Jessica Jimmerson	Senior Health Services Manager	Jessica Jimmerson

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Alan Moran	Director of Financial Reporting	Alan Moran
Jen Neubauer	PE Teacher & Health Coordinator	Jen Neubauer
Erika Mundt	PE Teacher & Health Coordinator	Erika Mundt
Brad Kelly	Restorative Practices Coordinator	Brad Kelly
Jenna Jenn	District Nurse	Jenna Jenn
Noor Miller	Substitute Nurse & District Parent	Noor Miller
Jake Vitense	Coordinator, Behavior & Mental Health SPED Services	Jake Vitense



Allison Freitag	Social, Emotional. Behavioral Health Coordinator	Allison Freitag
Jan Grenko	Community Representative & District Sub; Retired PE Coordinator	Jan Grenko
Renee Person	Kirkwood Principal	Renee Person
Ernie Cox	Wood Principal	Ernie Cox
Amber Daubs	Weber Principal	Amber Daubs
Liz Bruening	West Asst Principal	Elizabeth Bruening

Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- Other school based activities that promote student wellness.

- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- 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 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.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.



Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> ● Actual Policy Language ● Preamble ● Annual Notification of Policy ● Revisions and Updating the Policy ● Nutrition/School Meals ● Competitive Foods and Beverages ● Fundraising ● Food and Beverage Marketing in Schools ● Physical Activity and Education, Recess, Classroom Physical Activity Breaks, Active Academics ● Other Activities that Promote Student Wellness, including after school activities ● Nutrition Education and Promotion:: District to identify at least one goal in this area but potential to add more in-depth language to this area 	<ul style="list-style-type: none"> ● Leadership Section: Added more specific information regarding committee members and their roles in the district. ● Recordkeeping requirements: Information added to district administrative guidelines ● Triennial Progress Assessment: Completed and added to website ● Community Involvement, Outreach and Communications: Addressed at committee meetings to discuss opportunities. ● Staff Qualifications and Professional Development: All meet or exceed requirements but not listed on Wellness Policy. Updated 2025 ● Water: District follows recommendations and water is always available but not listed on Wellness Policy. ● Celebrations and Rewards: Language meets or exceed Smart Snack Standards ● Community Partnerships and Community Health Promotion ● Staff Wellness and Health Promotion: District provides multiple opportunities but they aren't listed anywhere

Section 4: Progress Towards Goals

[ICCSD 2025-26 Wellness Committee Progress Notes](#)