School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:
District Educational facility, Secondary School, Richmond Elementary, Cold Spring Elementary and John Clark Elementary

Month and year of current assessment:	Date of last school wellness policy revision:
January 2026	April 2022

Website address for the wellness policy and/or information on how the public can access a copy:
rocori.k12.mn.us/services/food-services

Section 2: Wellness Committee Information

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

Designated School Wellness Leader

Name	Job Title	Email Address
Christine Barker	food Service Director	barkerc@rocori.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Jessica Miller	District Nurse	millerj@rocori.k12.mn.us
Ali Anderson	Elementary School Admin Assistant	andersona@rocori.k12.mn.us
Amy Notch	District Curriculum Director	notcha@rocori.k12.mn.us
Emily Peterson	High School Assistant Principal	petersone@rocori.k12.mn.us
Jessica Guggenberger	CACFP Head Cook	guggenbergerj@rocori.k12.mn.us

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 current wellness policy meets the minimum federal and state requirements for a district student wellness policy. Compared to the WellSAT 3.0 model policy, our district's policy intentionally uses more general language in certain areas to allow for flexibility in implementation. When evaluated against the model, the areas of **nutrition education**, **school meals**, and **implementation/evaluation/communication** scored at an average level, while the **competitive foods and beverages** section scored above average. In contrast, the areas of **physical education/activity** and **wellness promotion/marketing** scored below average. Additionally, some components related to **school meals** are not included within the wellness policy itself but are addressed in the district's **Meal Charge 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
III. WELLNESS GOALS A. <u>Nutrition Promotion and Education</u> 1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: a. offered as part of a comprehensive program designed to provide students, K-12 with the knowledge and skills necessary to promote and protect their health; b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. 2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores.	**Partially Meets –** programming likely does not fit the definition of "comprehensive". **Meets** **Partially Meets** – room for growth **Partially Meets –** the school store and some fundraisers are not in compliance.
Meeting Goal Partially Meeting Goal Not Meeting Goal	
Physical Activity Goal(s)	**Describe progress and next steps**
B. <u>Physical Activity</u> 1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television;	**Meets –** part of health education

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and 3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	**Partially** – not all educators prioritize this **Partially** – not all educators prioritize this
Meeting Goal Partially Meeting Goal Not Meeting Goal	
School-based activities to promote student wellness goal(s)	**Describe progress and next steps**
III. WELLNESS GOALS A. <u>Nutrition Promotion and Education</u> 1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. 2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores. D. <u>Other Foods and Beverages Made Available to Students</u> 1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through: a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	**Meets** **Partially Meets** – room for growth **Partially Meets -** the school store and some fundraisers are not in compliance. **Partially Meets** – ideas on website but they are not always followed

b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.	**Partially Meets** – ideas on website but they are not always followed
2. Rewards and incentives. Schools will discourage using foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.	**Partially Meets** – food has been used as a reward
3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas. All food and beverages sold on campus during the school day must be consistent with Smart Snacks in School nutrition standards.	**Meets**
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**
IV. STANDARDS AND NUTRITION GUIDELINES	
A. <u>School Meals</u>	
1. The school district will provide healthy and safe school breakfast and lunch meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.	**Meets**
2. Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.	**Meets**
C. <u>Competitive Foods and Beverages</u>	
1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.	**Partially Meets** - the school store and some fundraisers are not in compliance.
2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to	**Partially Meets** - the school store and some fundraisers are not in compliance.

improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.	
3. Before and Aftercare (child care) programs must also comply with the school district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.	**Meets**
5. Food service personnel will take every measure to ensure that student access to food and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.	**Meets**
D. <u>Other Foods and Beverages Made Available to Students</u>	
4.To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during meal times.	**Meets**

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**
D. <u>Other Foods and Beverages Made Available to Students</u>	
1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:	
a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	**Partially Meets** – ideas on website but not always followed
b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.	**Partially Meets** – ideas on website but not always followed

2. Rewards and incentives. Schools will discourage using foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment. 3. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during meal times.	**Partially Meets** – food has been used as a reward **Meets**
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**
E. <u>Food and Beverage Marketing in Schools</u> 1. School-based marketing will be consistent with nutrition education and health promotion. 2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	**Meets** **?**
Meeting Goal Partially Meeting Goal Not Meeting Goal	

Include any additional notes, if necessary: