

Triennial Assessment Template School Wellness Policy

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.

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.



For questions about this document or school wellness policy requirements, contact:
[**mde.fns@state.mn.us**](mailto:mde.fns@state.mn.us)

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
All ISD 199 Schools	
Month and year of current assessment:	Date of last school wellness policy revision:
February 2026	August 2019
Website address for the wellness policy and/or information on how the public can access a copy:	
www.https://www.isd199.org - click on Departments Banner - Food Service - Resources - Triennial Assessment	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	4
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Designated School Wellness Leader

Name	Job Title	Email Address
Chad Sexauer	Director of Community Education	sexauerc@isd199.org

School Wellness Committee Members

Name	Job Title	Email Address
Gail Anderson	Parent	
Gretchen Birkholz	District Staff	
Charity Gaisbauer	Parent	
Tracy Lauth	District Staff	
Dorinda Pavel	District Staff	
Ben Peine	District Staff	

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.

Inver Grove Heights Schools is committed to promoting the health and well-being of all students and staff. Our assessment shows that the district has strong policies and practices in place for school meals, nutrition education, physical activity, and wellness policy implementation. We have made recent updates to strengthen classroom health integration, staff wellness, and opportunities for students to be active and make healthy choices. The district will continue to review and improve policies and practices, engaging families, staff, and community members to ensure every student has the support they need to grow, learn, and thrive.

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 Wellness Committee will identify and disseminate wellness resources, and perform other functions that support staff wellness in coordination with human resources staff. Schools will implement strategies to support staff in actively promoting and modeling healthy behaviors, such as: drinking water, healthy eating habits, being physically active, and demonstrating healthy social and emotional well-being. When feasible, the school district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will promote district staff's understanding of the connections between academics and health.	The Wellness Committee will support sites with a yearly focus plan. Topics to be included within our work: * Structure & Systems * Physical Wellness Strategies * Social & Emotional Well-Being * Modeling Healthy Behaviors * Recognition & Incentives * Data Informed Approaches * Equity & Inclusion Considerations Development of Creative & Low Cost Ideas
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
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. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate. Schools shall make outdoor and indoor physical activity facilities available for community use when not being used for school activities in accordance with the district's facility use policy. Schools will not withhold physical activity as a punishment. Safe bicycling and walking to and from school is promoted.	The Department of Teaching and Learning will support Physical Education and Health instructors with Professional Development. As a district, we recognize the importance that all educators and district staff role model healthy lifestyles. Movement and nutrition are imbedded into other subjects. School District Facilities under the guidance of Community Education will partner and support local youth associations, local clubs and for-profit businesses.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Students need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Nutrition education and wellness promotion is integrated into learning, as appropriate.	The school district recognizes that nutrition promotion and education, healthy eating, physical activity, and other school-based activities that promote wellness are essential components of the educational process and that good health fosters student attendance and learning education.
☒ 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
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 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.	Partnering with our Simley High School Boosters and Inver Grove Heights Youth Associations to educate them regarding USDA Smart Snacks.
☐ 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
Celebrations and parties. Classroom celebrations are encouraged to focus on healthy party ideas rather than food. Healthy food choices (in compliance with USDA Smart Snacks nutrition standards) will be encouraged. Caution will be exercised when offering foods and materials that may cause allergic reactions. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet USDA Smart Snacks nutrition standards. This information will be posted on the school district's website or otherwise made available to the public. Non-food items will be strongly encouraged.	District and site leadership teams will continue to monitor and promote consistent, healthy choices across classrooms and school settings, supporting student wellness and reinforcing lifelong healthy eating habits.
☒ 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
All ISD 199 schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks nutrition standards. Schools will restrict food and beverages marketing for food purchased in ala carte snack lines, vending machines, fundraising events, concession stands, and student stores.	All ISD 199 schools will be consistent with nutrition education and health promotion.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

Include any additional notes, if necessary: