

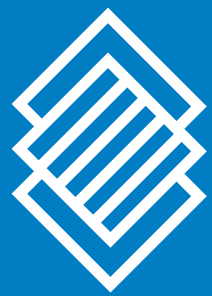


# Independent School District 199

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Triennial Assessment 2025/2026

# What is a Triennial Assessment?



**It's a comprehensive evaluation conducted every three years.**



**Reviews and reports on the district's Local School Wellness Policy (LSWP).**



**Is required by the U.S. Department of Agriculture (USDA).**



**Applies to all Local Educational Agencies (LEAs) participating in:**

- **National School Lunch Program**
- **School Breakfast Program**

# Purpose

**Ensuring that Policies  
533 (Wellness) & 535 (School  
Meals) are:**



**Effectively implemented.**



**Aligned with federal requirements.**



**Supporting student and staff  
wellness.**

# Four required components in evaluating the district's daily work:

**Compliance  
with federal  
requirements.**

**Comparison to  
model  
wellness  
policies.**

**Progress  
toward district  
wellness goals.**

**Public  
reporting and  
transparency.**

## ***Step 1: Complete WellSAT Policy Tool online***

- The use of Policy 533 (Wellness) and Policy 535 (School Meals) is needed to complete the WellSAT to score the comprehensiveness and strength of the school district's policy language.
- The WellSAT tool calculates scores from 0 - 100 reflecting the extent to which recommended content areas are covered and how strongly they are stated.

## ***Step 2: Complete the WellSAT Practice Tool online***

- Assess the practical implementation of the policy across all schools.
- Input from Director of Food Service, principals, and teachers to evaluate how closely practices align with written policy.

# **Triennial Assessment Tool is called the WellSAT**

## ***Step 3: Compare Scores & Summarize Findings***

- Compare policy scores with practice scores.
- Identify gaps between policy and implementation.
- Summarize findings, describe progress, and outline plans for improvement.

## ***Step 4: Share the Assessment Report***

- Final report is shared with the school board and posted on the district website.
- The report includes WellSAT scorecards and narrative summaries of the findings.
- Documented assessment is reviewed by a state monitor during the district's next administrative review.

# WellSAT Policy & Practice Tools Findings & Strengths

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## Strong Policies and Aligned Practices

Inver Grove Heights Schools demonstrates strong alignment between policy and practice across multiple components of our wellness framework. The district's strengths reflect a deep commitment to supporting the physical, nutritional, and social well-being of all students through clearly defined policies and consistent, school-wide implementation.

ISD 199 is in compliance with the Healthy, Hunger-Free Kids Act and USDA federal standards for school meals, Smart Snacks, and wellness policy implementation. IGH Schools fully meets these federal requirements by ensuring:

- All meals served through the National School Lunch and School Breakfast Programs meet USDA meal pattern, calorie, and nutrient standards.
  - Competitive foods, vending, and a la carte offerings comply with Smart Snacks guidelines.
  - Students have access to free drinking water during meals and throughout the school day.
  - Nutrition staff meet required professional development hours annually.
  - The district maintains a compliant and transparent wellness policy that is publicly available, regularly evaluated, and revised as needed.
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# WellSAT Policy & Practice Areas of Focus

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## **Physical Activity and Movement**

As a district, we currently fall below the WellSAT requirements for daily physical activity minutes, and our existing structures do not permit the addition of further Physical Education time. In response, our teaching staff consistently demonstrates creativity in instructional practices and classroom design. Through innovative approaches and a strong understanding of student needs, teachers intentionally embed additional movement opportunities that enhance students' daily physical activity beyond formal Physical Education classes.

## **Wellness Committee**

The Wellness Committee has been revitalized with participation from parents, teachers, and district office staff; there is a need to further expand membership and establish building-level wellness champions to ensure broader representation and effective implementation.

## Schools Meals Policy 535

***Approved***

**Sept. 22, 2025**

The purpose of this policy is to ensure that students receive healthy and nutritious meals through the school district's nutrition program and that school district employees, families and students have a shared understanding of expectations regarding meal charges.

Examples - Payment and Handling of Low, Negative or Unpaid Account Balances

## Wellness Policy 533

***Approved***

**Nov. 17, 2025**

The school district is committed to providing a culture that supports whole child wellness, encouraging the community to maintain lifelong healthy eating habits, physical, social, and emotional wellness.

Examples :

Social and Emotional Health  
Impact on Overall Well-Being  
Opportunities for Physical Activity  
During the Regular School Day &  
Outside of School

## Physical Movement

Inver Grove Heights Schools will strengthen areas with limited policy or practice, including physical activity and staff wellness. Implementation will be enhanced through professional development and building-level wellness champions to ensure consistent practices.

## Wellness

The Wellness Committee, in partnership with Food Services, Learning, and Human Resources, will continue to be reviewed and updated as needed—either through the newly approved School Meals and Wellness Policies or via an addendum—to ensure alignment with federal requirements and district wellness goals.

# ISD 199 Ongoing Work

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**Triennial Assessment**

# ISD 199 Triennial Assessment Conclusion

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 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.

