

Triennial Assessment

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

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Lakeview ISD #2167	
Month and year of current assessment:	Date of last school wellness policy revision:
March 2026	04/17/2023
Website address for the wellness policy and/or information on how the public can access a copy:	
www.Lakeview2167.com Under Student/Parent tab	

Section 2: Wellness Committee Information

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

Designated School Wellness Leader

Name	Job Title	Email Address
Traci Olson	Wellness Coordinator/Phy.Ed Health	Traciolson@Lakeview2167.com

School Wellness Committee Members

Name	Job Title	Email Address
Karen Meners	Community Education Director	Karenmeiners@lakeview2167.com
Corey Boe	Elementary Principal	Coreyboe@lakeview2167.com
Erik Lundberg	K-12 Physical Education	Eriklundberg@lakeview2167.com
Karen Hartke	K-12 ELL Teacher	Karenhartke@lakeview2167
Alexis Staples	Elementary Teacher	Alexisstaples@lakeview2167.com
Blanca Potts	Community person sub. paraprofession	Blancapotts@lakeview2167.com

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.

We worked adapting the Alliance for a Healthier Generation, WellSAT 3.0, and model policy language to fit our district. We tailored the policy for a Pre-K -12 setting where staff, cafeteria, gymnasiums, and equipment are shared, and we focused on making a single policy that supports success across different age level needs. We tried to be flexibility so each grade band can meet its unique requirements.

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
Lakeview Wellness policy IV. STANDARDS AND NUTRITION GUIDELINES A. School Meals 6. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.	This is addressed through integration into the health curriculum, as well as other subject areas such as Family and Consumer Sciences (FACS) and science. In addition, environmental cues and marketing strategies are used to promote healthy eating behaviors. For example, posters and signage in the cafeteria help encourage students to make nutritious choices. To better understand student experiences and needs, a survey was conducted among students in grades 5–9. The survey included questions such as: Do you have enough time to eat your lunch without feeling rushed? What do you think about the quality and taste of the food offered at school? Student feedback will be carefully reviewed, and their suggestions will be considered as we plan improvements to the food service program for the coming year.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
Lakeview Wellness policy III. WELLNESS GOALS B. Physical Activity 6. Physical Activity Before School a. The school will offer a supervised physical activity opportunity before school. The school will offer a wide range of activities that meet the needs, interests, and abilities of all students.	Goal: To reduce sedentary time and improve student well-being by increasing daily physical activity during the school day. 1. Physical Activity Breaks Incorporate short (3–5 minute) movement breaks between lessons or classes. These can include stretching, light exercises, or quick energizer activities to help students refocus and stay engaged. 2. Daily Physical Activity (Secondary Focus) Ensure secondary students receive optional daily recess during lunch to support physical health, social development, and readiness to learn.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
Lakeview Wellness policy IV. STANDARDS AND NUTRITION GUIDELINES A. School Meals 3. Drinking water fountains will be made available to students and staff throughout the school building. Students are allowed to bring in bottled water from home.	Wellness will collaborate with administration and custodial staff to identify any nonfunctioning drinking fountains and take the necessary steps to ensure they are repaired and operational.
☐ 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
Lakeview Wellness policy IV. STANDARDS AND NUTRITION GUIDELINESE. Food and Beverage Marketing in Schools 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.	Provide staff with information on where and how to access “smart snacks” that meet nutrition guidelines. Share resources A dedicated link on the school website and email communications. Encourage alternative, non-food rewards (e.g., extra recess time, classroom privileges, recognition programs). Inform parents about healthy snack options and celebration ideas. Distribute this information:In the “Welcome Back to School” packet As a mid-year reminder to reinforce healthy habits Vending machines will be turned off during school hours to support healthier choices.
☒ 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
Lakeview Wellness policy IV standards and Nutrition guidelines, Section D Other Foods and Beverages made available to students, #3 Fundraising. To support children’s health and school nutrition education efforts, the school will encourage fundraising that promotes the sale of non•food and/or food sales that include nutritious food items. Fundraising will follow the food safety practices per district policies. The School will encourage fundraising activities that promote physical activity.	Assist organizations with fundraising, shifting toward healthier or non-food options is a great idea Healthy Snack Fundraisers Non-Food Fundraising Ideas Practical Everyday Items Seasonal / Giftable Items Experience-Based Fundraisers
☐ 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
Lakeview Wellness Policy IV. STANDARDS AND NUTRITION GUIDELINES E. Food and Beverage Marketing in Schools 2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	Provide staff with information on where and how to access “smart snacks” that meet nutrition guidelines. Share resources A dedicated link on the school website and email communications. Encourage alternative, non-food rewards (e.g., extra recess time, classroom privileges, recognition programs). Inform parents about healthy snack options and celebration ideas. Distribute this information:In the “Welcome Back to School” packet As a mid-year reminder to reinforce healthy habits
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

Include any additional notes, if necessary: