

try one 1/288

Attendance

Wellness Advisory Council (WAC) Meeting Agenda

Date: 04.07.26

Location: SA CAFETERIA

2:00pm

Objectives:

- Nutrition/Fitness Goals
- Looking Ahead- School Year 2026-2027
- Recipes/Nutrition Education
- Wellness Grant/Goals
- Heart Health/Riley Week
- Open Discussion/Questions
- Review of Current Wellness Policy

Schedule:

3:00 p.m..

- o Wellness Grant/Goals- HALEY

April- Spring Cleaning Challenge

May- TBD Maybe mental health speaker? Plans?

→ bloom (Healthy Habits)
color flower

3:10 p.m.

- o Nutrition/Physical Fitness Goals

- Kids Nutrition Camp June 22-25 pirate free
- Physical Activity/Camps- scholarships? Other Free opportunities? → ~~check~~
- Kids Zumba Friday Afternoons- Cost/Promotion? \$5.00 → ~~cap~~ check class availability nonmember.
- Healthy Meals Incentives Grant 2023-2025 Updates

- Recipes/Education for community –

- o Goal 1: Breakfast cart- discussed possibility with Joe Meyer for possibility in HS commons moving forward. Breakfast → Friday only in HS commons
- o Goal 2: Increase Whole Grain Rich Menu Items. One new breakfast item per 6-week cycle that is whole grain rich and made from scratch. STARTED DOING DOING THIS. EX: WG MUFFINS, OVERNIGHT OATS, WG Sheet Pan pancakes, Fruit pizza, etc.
- o Goal 3: Local Agricultural Products-
 - HARVEST OF THE MONTH- PRODUCE ITEM DOING NOW. Last month Lettuce- April TBD? Rhubarb crumble
 - Local Procurement information- TBD on meat producers.
- o Goal 4: Increased Staff Training- Chef Ann Foundation Training to come this summer fall.
- o Goal 5: Taste Test Tuesday- Going to give Kallee FSDA ideas on how to start this.

- Riley Week/Heart Health

Trash yes or no - ticket how track?

3:15 NEW IDEAS???

* try a class - ask when we can do it

Staff wellness-From Lana

- Life Screening-Heart disease and Stroke Risk Screenings- called and left message never heard back?? Not sure if this has a location close or could travel to our school parking lot.
- Free Blood Pressure Check- two days? A place to have blood pressure checked by a nurse located at school. Not planning any extra work for our school nurses- someone from the local community (Retired nurse?)
- Wellness Treat for all Staff-Apples, Bananas, Oranges- A treat located in the staff workrooms! This was done before and much appreciated.
- Mental Health Speaker Convocation-This could be done during the day for students and staff. This could be done in the evening for the community/families.

Sheila had today -

Abbey Ideas for staff/students:

- Trail challenge- utilizing new trail to Geneva...encouraging riding bike, walking, running. Mileage per month = prize of some sort?
- Active transportation- have seen different ride bike to school/walk to school initiatives- talk with Earl about how to promote/how to do it?
- Calm Corner- Relaxation/meditation area for those stressed/etc? Something the students could help create/decorate? SOS led- ask Sheila?
- Taste Tuesdays (mentioned before)- increased awareness of different foods.

3:20 Review of Current Wellness Policy- anything need added/adjusted.

3:30 p.m. Adjourn

Hailey Environmental concern
negative about watering plastics ~~room~~/heating?

plastics - French toast, pizza, bottles
what can we do? Look at options / eco-friendly.

Interactive - very comprehensive,
expensive (Hailey), check for stroke

Annual screening
people not
awareness
system in place -
place to go.
activate.
initial allows -
asymptomatic
can check at
nurse.
Yearly
screenings
on every year.
gift card!
15 mins, incl.
treats.



Working Together for Student Success

Local School Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

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, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment:

South Adams Schools

Month and year of current assessment:

April 2024

Date of last wellness policy revision:

05/05/2022

Website address for the wellness policy and/or information on how the public can access a copy:

go.boarddocs.com/in/southadams/board.nsf/public?open3id=

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

welcome #

At a minimum, school wellness policies are required to include:

- Specific goals for:

☐ Nutrition promotion

☐ Nutrition 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.

- 1.0 • Description of 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 school 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.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: <u>Abbey Morgan</u>	☒	☒	☐
Describe progress and next steps: <u>Other members - Lana Sharp, Sybil Isch, Holly Provost, Brianna Eicher, Jane Miller, Terriine Wurster, Ashley Buckingham, Ariel Lucabaron</u>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	☒	☐	☐
Describe progress and next steps: <u>meeting 2-3x per year - promoting wellness council meetings on website</u>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	☒	☐	☐
Describe progress and next steps: <u>NutriKids assessment complete for all meals.</u>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	☒	☒	☐
Describe progress and next steps: <i>continuing to monitor</i>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	☒	☐	☐
Describe progress and next steps: <i>smart snacks nutritional guidelines on school website to promote.</i>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	☒	☐	☐
Describe progress and next steps: <i>monitoring what sorts of signages/etc brought into building</i>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Education: Has at least 2 goals for nutrition education List goals: 1. promotion of snacks providing nutrition in class 2. promotion of healthier choices for parties / celebrations	☐	☒	☐
Describe progress and next steps: Needs updated information for teachers to give to parents. - Nutrition camp time			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals: 1. planned instruction w/ wide variety diet promoted 2. Availability of info to parents to promote at home	☒	☐	☐
Describe progress and next steps: Increased in class education availability? Healthy Tast test			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Physical Activity: Has at least 2 goals for physical activity List goals: 1. encouraging Family Activities at home 2. variety of activities in class for diff. interests	☒	☐	☐
Describe progress and next steps: promoting local events / opportunities at home. - Kids Zumba - Kids Nutrition camp - BSG Club Summer programs?			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: 1. <u>Blood Drive</u> 2. <u>clubs such as running, clubs, swimming, etc.?</u>	☐	☒	☐
Describe progress and next steps: <u>think of other family ideas?</u>			

- Taste test
 - Initiation of Alternative Breakfast
 to encourage breakfast

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine: - to what extent the LEA is in compliance with the school wellness policy - the extent to which the local wellness policy compares to model school wellness policies - the progress made in attaining the goals of the school wellness policy	☐	☒	☐
Name person responsible for monitoring the policy: <u>Abby Morgan</u>			
Describe progress and next steps: <u>Try to evaluate goals/policies earlier in 3 years so can make adjustments.</u>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	☒	☒	☐
Describe progress and next steps: updates changes must be presented to the board before revisions made. will send to Katrina to upload			

Include any additional notes, if necessary:

Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

- ☐ Alliance for a Healthier Generation: Model Policy
- ☐ Upgrade Sample Language
- ☐ Other (please specify): _____

Describe how the school wellness policy compares to model wellness policies.

