

Triennial Assessment Template

School Wellness Policy

Background Information

An assessment of the school wellness policy must be conducted at least once every three years. The results of the assessment must be made available to the public.

Purpose

This editable template summarizes the information gathered during the triennial assessment. It includes the three required components: compliance with the wellness policy, comparison to model wellness policies, and progress toward policy goals.

Results

A copy of the assessment must be made available to the public. Many local educational agencies choose to post the results on their district website.

Recordkeeping

Keep a copy of the most recent triennial assessment and supporting documentation on file. This information will be needed during a school nutrition program administrative review.

Required components of the triennial assessment

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

For questions about this document or school wellness policy requirements, contact: mde.fns@state.mn.us

Section 1. General Information

School(s) included in the assessment	Forest Lake Area Schools
Month and year of current assessment	March 2026
Date of last school wellness policy revision	April 6, 2023
Website address for the wellness policy and/or information on how the public can access a copy	https://resources.finalseite.net/images/v1689091368/flaschoolsorg/zvpxx3crzldsghyzhwgq/Policy546.pdf

Section 2. Wellness Committee Information

How many times per year does the school wellness committee meet?	3-4 Times per Year
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Designated School Wellness Leader

Name	Job Title	Email Address
Jill Krautkremer	School Psychologist	jkrautkremer@flaschools.org

School Wellness Committee Members

Name	Job Title	Email Address
April Kelley	Special Education	akelley@flaschools.org
Tracy Raway	Special Education	traway@flaschools.org
James Moyer	PE Teacher	jmoyer@flaschools.org
Katie Suloff	Clerical Support Staff	ksuloff@flaschools.org
Tara Metcalf-Randall	Nutrition Clerical Support Staff	tmetcalf-randall@flaschools.org
Kari Damon	Human Resources	kdamon@flaschools.org
Shannon Zobitz	Early Childhood Special Education	szobitz@flaschools.org
Jolynn Schumacher	Early Childhood Special Education	jvschumacher@flaschools.org

Name	Job Title	Email Address
Andy Stoyke	Dean of Students	astoyke@flaschools.org
Katie Fabyanske	Media Specialist	kfabyanske@flaschools.org
Sarah Fischer	Guidance Counselor	sfischer@flaschools.org
Olivia Henson	General Education Teacher	ohenson@flaschools.org
Callie Johnson	General Education Teacher	cajohnson@flaschools.org
Mark Miron	General Education Teacher	mtmiron@flaschools.org
Emily Waldoch	Speech/Language Clinician	ewaldoch@flaschools.org
Paige Rice	General Education Teacher	pnrice@flaschools.org
Ashley Maloney	Clerical Support Staff	amaloney@flaschools.org
Colleen Flaten	Nurses-Health Office	cflaten@flaschools.org
Stormy Irish	Transportation	sirish@flaschools.org
Elizabeth Krause	General Education Teacher	ekrause@flaschools.org
Miranda Rice	General Education Teacher	mrice@flaschools.org
Donna Friedman	Director of Administration and Human Resources	dfriedmann@flaschools.org

Section 3. Comparison to Model School Wellness Policies

Complete the WellSAT 3.0 assessment tool and keep a copy of the results on file for at least three full school years plus the current year. This information may be reviewed during the next administrative review of the school nutrition program.

Indicate model policy language used for comparison

<input type="checkbox"/>	Alliance for a Healthier Generation: Model Policy
<input checked="" type="checkbox"/>	WellSAT 3.0 example policy language
<input type="checkbox"/>	Other (please specify): Enter source name

Describe how the wellness policy compares to model wellness policies

In March 2026, Forest Lake Area Schools' wellness policy was rated using the WellSAT 3.0 Policy Assessment. The district policy received a comprehensive score of 54 (out of 100 possible points) and a strength score of 24 (out of 100 possible points). Forest Lake Area Schools' wellness policy is especially strong in meeting federal requirements and reflects best practices related to Nutrition Environment and Services and Nutrition Education. One area for improvement is including language about students' access to free drinking water. The wellness policy could also be strengthened to include additional information about employee wellness and physical activity. Although Forest Lake Areas Schools has many practices in place to promote student physical activity and support employee wellness, the practices are not currently reflected in the written wellness 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, and 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 meals and Smart Snacks in School.
- Standards for all foods and beverages provided, but not sold, to students during the school day.
- Policies for food and beverage marketing that allow only foods and beverages meeting Smart Snacks in School nutrition standards.
- A description of public involvement, public updates, policy leadership, and the evaluation plan.

For each topic area below, enter the current wellness policy language, assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal, and note progress made and next steps.

Nutrition Promotion and Education

Current wellness policy language / goal(s)

III. WELLNESS GOALS

A. Nutrition Promotion and Education

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 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.

Describe progress and next steps

Forest Lake Area Schools provides comprehensive nutrition education across grade levels and makes efforts to promote healthy food and beverage choices. However, some nutrition education practices—such as the use of participatory teaching methods, integration into subject areas outside of health education, and collaboration between nutrition services staff and teachers—are not fully documented. Next steps could include better documenting the sequential and comprehensive nutrition education already being provided to students and identifying additional opportunities to integrate nutrition education into subjects beyond health classes.

Status	<input checked="" type="checkbox"/> Meeting goal	<input type="checkbox"/> Partially meeting goal	<input type="checkbox"/> Not meeting goal
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Physical Activity

Current wellness policy language / goal(s)

III. WELLNESS GOALS

B. Physical Activity

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;
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.

Describe progress and next steps

Forest Lake Area Schools has made meaningful progress toward its physical activity goals. The district's physical activity program promotes a physically active lifestyle, the district has a written physical activity curriculum that is implemented consistently across grade-levels. Classroom teachers will provide short physical activity breaks between lessons or classes.

Additionally, the WellSAT 3.0 Practice assessment shows that Forest Lake Area Schools has many best practices in place that are not currently reflected in the written policy. A next step could be to update the policy to reflect current practices already taking place in the schools.

Status	<input checked="" type="checkbox"/> Meeting goal	<input type="checkbox"/> Partially meeting goal	<input type="checkbox"/> Not meeting goal
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School-Based Activities to Promote Student Wellness

Current wellness policy language / goal(s)

II. GENERAL STATEMENT OF POLICY

A. The school board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.

B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. The school district encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Describe progress and next steps

Forest Lake Area Schools demonstrates many strengths in practice related to student wellness, including healthy school meals, access to free drinking water, strong participation strategies for school meal programs, and multiple opportunities for student physical activity. The district also shows evidence of stakeholder involvement in wellness efforts through a district-level wellness committee.

Status

Meeting goal

Partially meeting goal

Not meeting goal

Nutrition Guidelines for Foods and Beverages for Sale on the School Campus (School Meals and Smart Snacks)

Current wellness policy language / goal(s)

IV. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
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.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. 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.
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
7. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
9. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

C. Competitive Foods and Beverages

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.
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 improve student health and well-being, increase 5 consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

Nutrition Guidelines for Foods and Beverages for Sale on the School Campus (School Meals and Smart Snacks)

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.

Describe progress and next steps

The WellSAT 3.0 practice assessment results show that Forest Lake Area Schools’ school meals meet federal nutrition standards, student privacy related to free and reduced-price meals eligibility is protected, and free drinking water is available during meals. Findings also suggest that all food and nutrition services staff meet required training standards, breakfast is offered every day to all students, and the district uses multiple strategies to maximize participation in school meal programs.

Progress related to competitive foods and beverages is more mixed. A la carte foods and beverages sold in the cafeteria meet Smart Snacks standards, and no in-school fundraisers sell foods or beverages for consumption during the school day. However, the assessment shows that items sold in vending machines, in school stores and after school on school grounds may not consistently meet Smart Snacks standards. Overall, the findings show that the district has strong practices in some competitive food areas, especially a la carte sales and fundraisers, but would benefit from strengthening implementation and monitoring in vending, school stores, and afterschool sales.

Status	<input type="checkbox"/> Meeting goal	<input checked="" type="checkbox"/> Partially meeting goal	<input type="checkbox"/> Not meeting goal
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Guidelines for Other Foods and Beverages Available on the School Campus, but Not Sold

Current wellness policy language / goal(s)

IV. STANDARDS AND NUTRITION GUIDELINES

D. Other Foods and Beverages Made Available to Students

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:

Celebrations, Parties, and Fundraisers. The school district will provide a list of healthy options to parents and teachers, including non-food celebration ideas.

[Note: Healthy party ideas are available from the USDA.]

2. Rewards and incentives. Schools will not use 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 program) and will not withhold food or beverages as punishment.

Describe progress and next steps

The district has strong language prohibiting the use of food or beverages as a reward and prohibiting withholding food or beverages as punishment. However, some teachers and staff may be using food as a reward outside of an allowed individual education plan.

The district offers non-food celebration ideas to families. While some school-based celebrations involve food, most administrators agree that the food served meets Smart Snacks standards.

Next steps may include garnering staff buy-in for this policy.

Status

Meeting goal

Partially meeting goal

Not meeting goal

Marketing and Advertising of Only Foods and Beverages That Meet Smart Snacks

Current wellness policy language / goal(s)

IV. STANDARDS AND NUTRITION GUIDELINES

E. 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.

Describe progress and next steps

At Forest Lake Area Schools, multiple strategies are used to consistently promote healthy food and beverage choices. While the wellness policy states that only foods and beverages that meet Smart Snacks nutrition standards will be promoted, some school administrators shared that there may be some foods marketed during the school day that do not meet Smart Snacks standards.

The next steps may be information sharing with or gathering additional information from administrators about food and beverage marketing taking place during the school day.

Status

Meeting goal

Partially meeting goal

Not meeting goal

Include any additional notes, if necessary