

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:	
Owatonna Public Schools	
Month and year of current assessment:	Date of last school wellness policy revision:
July 2026	09/23/2024
Website address for the wellness policy and/or information on how the public can access a copy:	
https://www.isd761.org/our-district/school-board/policies/102/~board/policies/post/533-wellness	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	11
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Designated School Wellness Leader

Name	Job Title	Email Address
Maria Terry	Director of Nutrition Services	mterry@isd761.org

School Wellness Committee Members

Name	Job Title	Email Address
Kacie Albee	Supervisor of School Health Services	kalbee@isd761.org
Cydneý Bucher	Licensed School Nurse	cbucher@isd761.org
Diane Brewer	Nutrition Services Coordinator	dbrewer@isd761.org
Lori Buegler	Communications Specialist	lbuegler@isd761.org
Cecile Dokkestul	School Psychologist	cdokkestul@isd761.org

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.

During our analysis of the WellSAT 3.0, this committee has found though some components of the WellSAT are not included directly in our wellness policy language, most components are included in other district policies and incorporated in standard practice in the district. As a wellness committee, we will continue to be vigilant of not only the wellness policy but also other related policies to ensure up to date guidance on wellness is a priority.

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 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.	District is currently meeting this goal and will continue to update based on best practices and changes in guidelines.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
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; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	District is currently meeting this goal and will continue to update based on best practices and changes in guidelines.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
The school district will support parent efforts to provide a healthy diet and daily physical activity for their children. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.	District is currently meeting this goal and will continue to update based on best practices and changes in guidelines.
☒ 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.	We are continuing to evaluate competitive foods offered in the district both inside and outside the nutrition services department. We will make appropriate adjustments to offerings as needed.
☐ 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
The school district will: a. provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards. c. make available to parents and teachers a list of suggested healthy fundraising ideas.	District is currently meeting this goal and will continue to update based on best practices and changes in guidelines.
☒ 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
School-based marketing will be consistent with nutrition education and health promotion. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	All marketing and advertising of foods and beverages by the Nutrition Services department meet Smart Snack regulations. Continuing to evaluate marketing and advertising of foods and beverages in other areas of the District.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Include any additional notes, if necessary: