Triennial Assessment

- The plan is reviewed and updated as needed throughout the three-year period.
- The district meets all reporting responsibilities as required.
- Increased physical activity for students has been incorporated into the plan over the last three years.
- The district wellness committee meets throughout the school year to assess the wellness policy, and notifies the public at least annually.
- The wellness committee works to increase opportunities for healthy lifestyle choices for both students and staff.
- The district participates annually in the wellness program and challenges provided through the EPC and their partnering agencies.

WellSAT3.0

- District has specific goals and guidelines outlined in board policy. (NE1)
- Students receive instruction on nutrition and wellness (NE2)
- Various classes visit local farms as a teaching tool (NE8)
- Meals served throughout the district meet USDA nutrition standards (SM1)
- All students have access to the school breakfast program.(SM2)
- All students have a lunch code to enter at the cash register (SM3)
- Unpaid meals for students are addressed discretely with parents through written communication. Schools reach out to families with unpaid balances to determine eligibility for free or reduced price meals. (SM4)
- Applications for free and reduced price meals are sent to all families at the beginning of the school year. (SM5)
- Cafeteria has periodic food promotions of new items, bus routes allow students time for breakfast (SM6)
- All students have at least 10 minutes seat time for breakfast and 20 minutes of seat time for lunch (SM7)
- Free water is available for self-service to student during meals, and is available in the cafeteria through water fountains and water filling stations (SM8)
- Ongoing training of food service staff is completed through PublicSchoolWorks (SM9)

- All food and beverages sold ala carte meet nutrition guidelines (NS3)
- Vending machines are not available to students at any time during the school day (NS4)
- Increase in using non-food rewards such as extra recess time (NS12)
- Free drinking water is available to students and staff throughout the school day through drinking fountains and water filling stations (NS13)
- District has written physical education curriculum which is aligned to state standards and grade bands (PEPA1 & PEPA2)
- Physical education classes promote lifelong habits of physical activity (PEPA3)
- Physical education for grades K-12 is taught by a certified/licensed teacher who is endorsed to teach physical education (PEPA7)
- All physical education teachers are provided opportunities for professional development yearly (PEPA9)
- All students have access to school transportation (PEPA16)
- District has established a district wellness committee, which meets throughout the year (IEC1)
- The district wellness committee is comprised of individuals from throughout the district including physical education teachers, school nurse, administrators, cafeteria staff, and others (IEC2)
- The superintendent is responsible for the district wellness policy (IEC3)
- Access to the district's wellness policy is available through the district website (IEC4)
- Access to the annual and triennial reviews of the district wellness policy are made available via the district website (IEC6)
- Plans for updating the district wellness policy are discussed at the wellness committee meetings (IEC7)
- The district wellness committee represents both the elementary and MS/HS building and meets quarterly (IEC8)