Local Wellness Policy: Triennial Assessment Summary

Results, Progress and Goals

1. General Information

School(s) included in assessment: Seymour R-II Schools

Month and year of current assessment: May 2026

Date of last LWP revision: 05/2021

Website address for LWP and/or details on how public can access a copy:
Go to seymourschool.net, click on District Information, click on Food Services and scroll down to Local Wellness Policy.

2. Wellness Committee Information

How many times per year does your Wellness Committee meet? 4 times

POLICY LEADERSHIP: Designated School Wellness Leader

Name	Job Title	Email Address
Ellisha Hastings	Superintendent	ehastings@seymourschool.net

PUBLIC INVOLVEMENT: School Wellness Committee Members

*A diverse group of stakeholders should be invited including Administrators, Classroom Teachers, PE Teachers, SFA Reps, School Nurses, Community Members, Parents, Students, Medical/Healthcare Professionals

Name	Job Title	Email Address
Gavin Morris	Food Service Director	gmorris@seymourschool.net
Tyler Walker	High School Principal	twalker@seymourschool.net
Chris Hastings	Athletic Director	chastings@seymourschool.net
Heather Cook	Teacher	hcook@seymourschool.net
Kenzie Levan	Nurse	klevan@seymourschool.net
Kristin Plain	Nurse	kplain@seymourschool.net
Dusty Capon	Community Member	dustycapon08@gmail.com

3. COMPARE LEA's Local Wellness Policy to Model Local Wellness Policy

- Complete the *Rudd Center WellSAT3.0 Assessment Tool* - https://www.wellsat.org/;
  OR *Alliance for a Healthier Generation District Level Thriving School Integrated Assessment (TSIA)* - https://www.healthiergeneration.org/take-action/get-help/how-to-complete-an-assessment#districts
  OR *similar assessment tool*: _____

  **Refer to language in your current local wellness policy to assist in determining preferred assessment tools for your district*

- Assessment Tool Scores: 100
- Keep a copy of the results on file for at least three full school years plus the current year.
- Indicate model policy language used for comparison:
  - Missouri School Boards' Association
  - Missouri Consultants for Education
  - Alliance for a Healthier Generation
  - Other: _____
- Describe how your wellness policy compares to model wellness policies:

Our district's wellness policy aligns with the Missouri Consultants for Education model policy in nutrition education, physical activity, school meal standards, and student wellness. It also outlines responsibilities for implementation, monitoring, and review.

4. ASSESS School Compliance with LWP and Progress Towards Goals

- Complete the *CDC's School Health Index (SHI)* - https://www.cdc.gov/healthyschools/shi/index.htm;
  OR *Alliance for a Healthier Generation School Level Thriving Schools Integrated Assessment (TSIA)* - https://www.healthiergeneration.org/take-action/get-help/how-to-complete-an-assessment#schools;
  OR *CDC's Wellness Policy in Action Tool (WPAT)* - https://www.cdc.gov/healthyschools/wpat/index.htm
  OR *similar assessment tool*: _____
  **Refer to language in your current local wellness policy to assist in determining preferred assessment tools for your district*
- Assessment Tool Scores: TSIA completed. No overall numerical score provided.
- Keep a copy of the results on file for at least three full school years plus the current year.

Using the tables below:

First, indicate language that is currently written in district local wellness policy in relation to each topic listed.

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 Guidelines for All Foods & Beverages for Sale at School (School Meals, Smart Snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Foods and beverages sold during the school day must meet school meal nutrition standards and Smart Snacks standards.	X			The assessment confirms that the policy includes nutrition standards for school meals and other foods sold. Continue monitoring compliance, strengthening healthy food purchasing practices, and encouraging meal participation.

Guidelines for Other Foods and Beverages Available at School, but Not Sold (celebration snacks, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The wellness policy includes standards for foods and beverages provided during classroom celebrations and snacks. Food is not used as a reward.	X			The assessment confirms that standards for foods provided but not sold and restrictions on food rewards are in place. Continue sharing expectations with staff and families and promoting healthy celebrations and nonfood rewards.

Marketing and Advertising of Only Food and Beverages that Meet Smart Snack Guidelines	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Only foods and beverages meeting Smart Snacks standards may be marketed or advertised during the school day.	X			Marketing restrictions are included in the wellness policy. Continue reviewing advertisements, signage, and promotional materials for compliance.

Nutrition Education & Nutrition Promotion Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Provide nutrition education and promote healthy eating through classroom instruction, school meals, and family communication.		X		Nutrition education and family learning opportunities are in place. Increase promotion of school meals and develop strategies to improve student participation.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Provide physical education and opportunities for students to participate in physical activity throughout the school day.		X		Physical activity goals and staff training are in place. Strengthen areas identified as partially implemented, including active transportation, and monitor opportunities across schools.

Other School-based Strategies for Wellness Goal(s) (staff wellness, community partnership, family engagement, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Promote student and staff wellness through staff support, community partnerships, and family engagement.		X		Staff wellness supports and community partnerships are in place. Continue improving how family needs are identified and how community resources are communicated to households.

- Include additional notes, if needed:
  The May 2026 assessment identified strengths in wellness coordination, staff support, and community partnerships. Next steps include strengthening family outreach, increasing school meal participation, and expanding physical activity opportunities.

5. SHARE Triennial Assessment Results with the Public

- **UPDATE/INFORM THE PUBLIC:** WellSAT 3.0 results, SHI results, or similar evaluation tool results, and Triennial Assessment Summary, or similar document which includes summary of goals and progress, should be posted publicly.
- Where to share publicly? *school newsletter, social media, school website, school board meeting, district wellness committee meeting, open house events, etc.*