Local Wellness Policy: Triennial Assessment Template

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. The triennial assessment summary and the assessment details (e.g. WellSAT 3.0 report) must be shared.

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.

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Barnesville School District

Month and year of current assessment: November 2026

Date of last Local Wellness Policy revision: November 2023

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

https://resources.finalsite.net/images/v1733830504/barnesvillek12mnus/mzjihvn3zlx9nczprovc/policywellnesspolicyapproved-20-2023.pdf

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 4

Designated School Wellness Leader

Name	Job Title	Email Address
Mike Schaub	Wellness Coordinator	mschaub@barnesville.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Crystal Henderson	School Board	chenderson@barnesville.k12.mn.us>
Nick Paur	PE/Health Teacher	npaur@barnesville.k12.mn.us
Dr. Jon Ellerbusch	Superintendent	jellerbusch@barnesville.k12.mn.us
Bryan Strand	High School Principal	bstrand@barnesville.k12.mn.us
Todd Henrickson	Elementary Principal	thenrickson@barnesville.k12.mn.us
Kevin Roller	Food Service Director	kroller@barnesville.k12.mn.us
Lauryn Braton	Nurse	lbraton@barnesville.k12.mn.us

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.

WellSAT 3.0 Score for Barnesville School District Comprehensiveness: 94 Strength:74
The WellSAT is a quantitative assessment tool to help score and improve a local School Wellness Policy. It has been used by school districts from every state and is housed at the Rudd Institute at the University of Connecticut. All WellSAT items reflect the federal law or best practices. The purpose of scoring a district policy is to identify where it is strong and where it could be improved. The Rudd Institute tested this tool in 2023 in a sample from 34 states and the average comprehensiveness score was 59.3 and the average strength score was 21.4.

Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local 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 district local 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)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
II.B. Provided as part of a standards-based comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors and ability to learn, II.H. School-based agriculture and farm to school education.	X			

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
V.A. Physical Education is standards based, sequential and recognized as essential to school day;V.B. Physical Activity is integrated throughout the school day; V.C. Daily physical activity opportunities are offered before and after school; V.D. Physical activity provided for families and community members.	X			Highlights: Community has walking tack available in the morning and evening; open gym on Sundays, adult leagues through community education for volleyball, hockey, basketball and pickleball.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
V.B.2c. Short Physical Activity breaks offered between lessons and classes; V.C.1. Daily physical activity programs before and after school, e.g. intramurals; V.C.4. safe bicycling and walking to and from school is encouraged.	X			

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
III. School meals are affordable, nutritious and appealing meeting or exceeding USDA and Smart Snack standards.	X			

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
D.1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including snacks and celebration foods (healthy options listed on website).The school district will make available to the parents and teachers a list of suggested healthy fundraising ideas		X		Snacks and celebration foods don't meet Smart Snack standards.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
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.	X			

Include any additional notes, if necessary:

Three students also sit on the committee: Isabella Follingstad, Isabella Orr, McKenna Seefeldt