



## 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:

**St. Francis Xavier Catholic School**

Month and year of current assessment: January 2020

Date of last Local Wellness Policy revision: October 2019

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

www.stfxb.org

## Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 8

Designated School Wellness Leader

| Name        | Job Title           | Email Address         |
|-------------|---------------------|-----------------------|
| Denise Ryan | Culinary Specialist | denise.ryan@stfxb.org |

School Wellness Committee Members

| Name           | Job Title                   | Email Address            |
|----------------|-----------------------------|--------------------------|
| Alisa Louwagie | Principal                   | alisa.louwagie@stfxb.org |
| Kelly Barrow   | Nurse                       | kelly.barrow@stfxb.org   |
| Joel Gilmer    | Dean of students/PE teacher | joel.gilmer@stfxb.org    |
| Kelly Vossen   | Teacher/Grade 1             | kelly.vossen@stfxb.org   |
| Carol Johnson  | Teacher/MS FACS             | carol.johnson@stfxb.org  |
| Lori Cassady   | Community Parent            |                          |
| Ellie Cassady  | Middle School Student       |                          |

### 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): We incorporated language from both listed above as well as our own

Describe how your wellness policy compares to model wellness policies.

As a committee, we have thoroughly reviewed both above listed policies. Our Wellness Policy contains specific goals with our nutrition programs, phy ed, and after school programs/activities. Guidelines for food/beverage and smart snacks are addressed. We address classroom snacks and class parties and continue to provide resources to our school families to keep these items as healthy.

We continue with an open policy for any public involvement and explore different ideas/way to promote the wellness of all.

### 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  |
|--|--------------|------------------------|------------------|---|
| St. Francis school teaches, encourages and supports healthy eating by students. We provide nutrition education & engage in nutrition promotion | Yes          |                        |                  | provide students with the knowledge to make great choices. have farm visits, taste testing, school garden |

| Physical Activity Goal(s)   | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps  |
|---|--------------|------------------------|------------------|---|
| All students in grades Pre-K - 8th grade, including student with disabilities/special needs receive regular PE. 30-45 min classes/twice a week. Daily recess with the option for each class to have additional physical activity if they choose | Yes          |                        |                  | we provide sleds for recess during the winter months and snowshoes for MS PE classes. Additional PE equipment purchased for outdoors/indoor recess. |

| School-based activities to promote student wellness goal(s)   | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps   |
|---|--------------|------------------------|------------------|--|
| mondays we have "Walk &Talk" and Elevate. This is for 15 mins celebrating student accomplishments other than school. Also provides a team work and mentoring from each leader | Yes          |                        |                  | continue what we are doing continue to explore new ideas to promote wellness mentally & physically |

| 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   |
|--|--------------|------------------------|------------------|--|
| food & beverages served at school will meet the nutrition recommendations or the U.S. Dietary Guidelines for Americans | Yes          |                        |                  | we have provided activities such as "Try It Friday" and "Pack Smart" flyer for students who take cold lunch & encouragement from SFA |

| 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   |
|---|--------------|------------------------|------------------|--|
| St.Francis school understands the influence that marketing & media can have on student/family choices | Yes          |                        |                  | continued efforts will be made to select materials for the school classrooms that are free of branding & logos of unhealthy food |

| 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                                   |
|--|--------------|------------------------|------------------|--|
| The principal will ensure compliance w/established nutrition physical activity wellness policies. SFA will ensure compliance w/nutrion policy within the school and will report to the principal | Yes          |                        |                  | continuing to provide new menu items and foods for students to try |

Include any additional notes, if necessary:

Our Wellness Policy has a complete discription of the above mentioned areas. We have provided a breif summary of how we feel we have complied with the writing of our policy, goal be met and continued progress

