

## 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. Peter's Catholic School Canby, MN

Month and year of current assessment: August 2020

Date of last Local Wellness Policy revision: 02/27/2020

Website address for the wellness policy and/or information on how the public can access a copy:  
<https://www.schoolofstpeter.com/>

## Section 2: Wellness Committee Information

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

Designated School Wellness Leader

Name	Job Title	Email Address
Kathy Antony	Food Service Director	Kathy.antony@schoolofstpeter.com

School Wellness Committee Members

Name	Job Title	Email Address
Crystal Schmitt	School Nurse	
Lindsey Anderson	Parent Representative	
Lindsey Anderson	Staff Member Representative	
Lori Rangaard	School Principal	

## 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.

Our wellness policy covers most of the goals when comparing it to the model wellness policies. When completing the WellSAT3.0 assessment tool more goals are needed to be put into place and/or updated. Overall, most of our areas are averaged scored. However, two areas of our policy showed a lower-than-average score, which was our physical activity and our wellness promotion and marketing in comparison to the model.

## 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. Peter’s School, to the extent possible, will buy and feature locally grown farm fresh foods; incorporate nutrition education curriculum; and provide students with experiential learning opportunities.		X		For the school year 2020-2021, will put a goal in place to procure fresh farm produce and implement them in the menu when possible.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The wellness Committee will assess and make needed improvements to the Physical Activity Goals		X		Will address the following: PE exemption requirements for all students; PE substitution for all students; family and community engagement in physical activity opportunities; address before and after school physical activity; address before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. Will promote Safe Routes to School for students that live in town.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Rewards and Incentives Fundraisers Marketing		X		New language will be implemented in our wellness policy in regards to the following goals: rewards and incentives, fundraisers, and marketing

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
St. Peter's is committed to providing students with healthy nutritious food and beverage choices by only following the SBP and NSLP guidelines.		X		New language will be implemented in our wellness policy in regards to Smart Snacks and food marketing.

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
Rewards and Incentives Fundraisers Marketing		X		New language will be implemented in our wellness policy in regards to the following goals: rewards and incentives, fundraisers, and marketing

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
Not currently in our policy.			X	Our Wellness Committee will meet in the 2020-2021 school year to revise our policy to incorporate this language

Include any additional notes, if necessary: