



Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 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

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): the Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	East Marshall Community School District
Date Triennial Assessment was Completed	2021/2022
Date of Last Wellness Policy Review	1/20/2025
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://simbli.eboardsolutions.com/Search/ShowSearchResults.aspx?S=36031093 (actual policy) https://www.emmustangs.org/district/health-services/ (health services)
How often does the school wellness committee meet? Date of last meeting?	11/18/25, annually

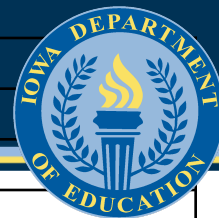
Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Sarah Smith	School Nurse	ssmith@e-marshall.k12.ia.us

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Sarah Smith	School Nurse Elementary School	see above
Amy Gage	Food Service Director All Buildings	agage@e-marshall.k12.ia.us
Justin Burns	Computer Science Elementary	jburns@e-marsahll.k12.ia.us
Nick Goodrich	P.E. Middle School	ngoodrich@e-marshall.k12.ia.us
Denny Allen	P.E. High School	dallen@e-marshall.k12.ia.us
Katie May	P.E. Elementary School	kmay@e-marsahll.k12.ia.us
Kelsey Cole	School Nurse Middle/High School	kcole@-emarsahll.k12.ia.us



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- Other school based activities that promote student wellness.

- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- 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 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.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
1) The district is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental and social success, we must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. 2) The school district will identify at least one goal in each of the following areas:	1) Access to safe, free drinking water helps to increase students' overall water consumption, maintain hydration and reduce energy intake when substituted for sugar-sweetened beverages. In addition, adequate hydration may improve cognitive function among children and adolescents, which is important for learning. ⁸ In order to be compliant with the USDA final rule, free, safe, unflavored drinking water will be available to all



2)

• **Nutrition Education and Promotion:**

Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.

• **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.

• **Other School Based Activities that Promote Wellness:**

As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

- 3) All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals
- 4) All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising

students during mealtimes where school meals are served.

- 2) The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.
- 3) The district will coordinate and integrate wellness activities, so all efforts are complementary rather than duplicative and work towards the same set of goals and objectives. These initiatives will be culturally inclusive, accessible to all students and staff across the district and age-appropriate.
- 4) The district will coordinate and integrate wellness activities, so all efforts are complementary rather than duplicative and work towards the same set of goals and objectives. These initiatives will be culturally inclusive, accessible to all students and staff across the district and age-appropriate.
- 5) Schools in the district will integrate health and wellness into other curriculum areas, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district curriculum experts.



<p>meant for consumption during the school day</p> <p>5) The district will ensure that all elementary schools will offer 20 or more minutes of recess on all days during the school year</p>	

Optional Resource:

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

- Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).