Indiana
DEPARTMENT OF EDUCATION
Working Together for Student Success

Local School Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

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, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment:
Chrisney Elementary School
David Turnham Elementary School
Lincoln Trail Elementary School Nancy
Hanks Elementary School
Heritage Hills Middle School
Heritage Hills High School

Month and year of current assessment: June 2023

Date of last wellness policy revision: June 2023

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

North Spencer County School Corporation, under Parent Resources

OR:https://www.nspencer.k12.in.us/UserFiles/Servers/Server_325414/Image/Our%20Corporation/Policies/Wellness%20Policy.pdf

Section 2. Compliance with the Wellness Policy and Progress Towards Goals At a minimum, school wellness policies are required to include:

- Specific goals for:
    - Nutrition promotion
    - Nutrition 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 evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school 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.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: Debbie Fischer	✔		
Describe progress and next steps: Jennifer Lindsey – Nutrition Program Director will be the Wellness Coordinator.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	✔		
Describe progress and next steps: We added the Wellness Clinic to the Wellness Committee			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	✔		
Describe progress and next steps: More fresh fruit and vegetables with samplings of new varieties of fruit and vegetables will be served.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**

Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	✔		
Describe progress and next steps: The corporation is following the set guidelines.			

School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	✔		
Describe progress and next steps: The corporation is following the set guidelines.			

School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	✔		
Describe progress and next steps: The corporation is following the set guidelines.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**

Nutrition Education: Has at least 2 goals for nutrition education List goals: See attachment	✔		
Describe progress and next steps: Nutrition Program Director will help schools with nutrition education.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals: See attachment 1. 2.	✔		
Describe progress and next steps: Organized taste testing of a variety of foods to result in the addition of healthy foods to the menu.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Physical Activity: Has at least 2 goals for physical activity List goals: See attachment 1. 2.	✔		
Describe progress and next steps: The corporation entered into a partnership with the local YMCA to provide exercise equipment and classes to the North Spencer community. Three of the elementary schools have added walking paths for students and community members to use.			

School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**

Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: See attachment 1. 2.	✔		
Describe progress and next steps: Organized taste testing of a variety of foods resulting in the addition of healthy foods added to the menu.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine: ● to what extent the LEA is in compliance with the school wellness policy ● the extent to which the local wellness policy compares to model school wellness policies ● the progress made in attaining the goals of the school wellness policy Name person responsible for monitoring the policy: Debbie Fischer	✔		
Describe progress and next steps: Going forward, the Nutrition Program Director will be responsible for monitoring the policy. The school has met all the requirements in the wellness evaluation.			
School Wellness Policies are to Include:	**Meeting Goal**	**Meeting Goal Partially**	**Not Meeting Goal**
Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	✔		

Describe progress and next steps: Information on the wellness committee and the policy are included in the back to school information and are available on the corporation website under Parent Resources. This evaluation will also be located on the website.

Include any additional notes, if necessary:
The YMCA has incorporated programs with students and all members of the community to promote a healthy lifestyle in collaboration with the North Spencer County School Corporation.

Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found here.

☐ Alliance for a Healthier Generation: Model Policy

✔ Upgrade Sample Language

☐ Other (please specify):_____

Describe how the school wellness policy compares to model wellness policies.

This wellness policy is extremely close to the Upgrade policy including many of their practices.

Attachment:

Nutrition Education:

With regard to nutrition education:

Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

Nutrition education shall apply opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

Nutrition education posters, such as the Choose My Plate, will be displayed in the cafeteria.

Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

Nutrition Promotion:

With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.
Additionally, the Corporation shall:

1. encourage students to increase their consumption of healthful foods during the school day;

2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
   a. require students to select a fruit or vegetable as part of a complete reimbursable meal;
   b. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods

3. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events
4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

Physical Activity:

1. Short physical activity and movement breaks shall be integrated, when possible, across the curricula and throughout the school day.

2. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.
3. Schools shall promote physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities.

Other Activities:

1. The school shall provide attractive, clean environments in which the students eat.

2. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

3. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

4. Faculty and staff wellness programs are incorporated to build effective school health initiatives.

5. School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.