

St. Brendan Parish School Wellness Plan Triennial Assessment

An assessment of the school wellness plan must be conducted a minimum of once every three years. The assessment is a way to summarize information gathered. Members of the school wellness committee who are completing the triennial assessment for the school may use this assessment. Results of the assessment are to be made available to the public. A copy of the most recent assessment along with supporting documentation should be kept with the Wellness Plan documentation in the school office.

School included in the assessment: ___ St. Brendan School _____

Month and year of current assessment: ___ December 2021 _____

Date of last Local Wellness Policy revision: ___ 2019 _____

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

_____ www.saintbrendans.org _____

School Wellness Committee Members

School Wellness Leader Name	Job Title	Email Address
Kathryn Coulson	Principal	kcoulson@saintbrendans.org
Committee Member Name	Job Title	Email Address
Shauna Thompson	Secretary	secretary@saintbrendans.org
LeAnn Sharpe	School Advisory Council Member/Parent	Lsharpe216@yahoo.com

Complete a review tool such as the WellSat3.0 assessment tool and keep it on file. Use information from the tool and from the Alliance for a Healthier Generation Model Policy to complete the following.

Describe how your wellness plan compares to model wellness policies:

The Wellness Plan contained components for nutrition guidelines for meals and snacks, physical fitness activities, and related school activities in a similar manner as the model wellness policies found at the DESE website. Additional work in providing a list of healthy party ideas and snacks to faculty needs to be done as well as creation of partnerships with community members to plan for events or healthy activities which could be provided to students.

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - o Nutrition promotion and education
 - o Physical activity
 - o 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.

1. Nutrition Promotion and Education	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
1. Provide students with adequate nutrition knowledge including, but not limited to: The benefits of healthy eating. Essential nutrients. Nutritional deficiencies. Principles of healthy weight management. The use and misuse of dietary supplements. Safe food preparation, handling and storage. 2. Provide students with nutrition-related skills that minimally include the ability to: Plan healthy meals. Understand and use food labels. Apply the principles of the USDA's Dietary Guidelines for Americans and MyPlate.		Partially Meeting Goal		<i>The school will provide a list of healthy party ideas, healthy snacks, and alternatives for rewards to parents and teachers, including non-food celebration ideas. To be completed in 2022.</i>

Critically evaluate nutrition information, misinformation and commercial food advertising. Assess personal eating habits, nutrition goal-setting and achievement. 3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, taste testings, farm visits and school gardens. 4. Encourage school staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs. The school will promote the importance of good nutrition in its schools and in the community through one or more of the following activities: Posting links to research and articles explaining the connections between good nutrition and academic performance.				
2. Physical Activity	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The school will provide physical education and opportunities for physical activity in accordance with diocesan requirements and aligned with the Diocese of Jefferson City Curriculum Guide in all grades. The administrator, in consultation with the wellness committee, will develop procedures that address physical education and physical activity. -Students in grades K-4 will have two recesses each day and two 30 minute physical education classes each week -Students in grade 5 will have one recess each day and two 30 minute physical education classes each week -Students in grades 6-8 will have a total of 80 minutes of physical education classes each week and a portion of their House time will involve physical activity each week		Partially Meeting Goal		<i>The school will seek relationships with community partners in support of the wellness plan's implementation to be completed in 2022.</i>

3. School-based activities to promote student wellness goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
-The school will provide a diverse selection of competitive and noncompetitive activities to the extent that staffing and school facilities permit. -The school will strive to provide joint school and community recreational activities by actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day. -The school will prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education will not be withheld as punishment. -The school will discourage periods of inactivity that exceed two or more hours.		Partially Meeting Goal		<i>The school will seek relationships with community partners in support of the wellness plan's implementation to be completed in 2022.</i>
4. Nutrition guidelines for all foods and beverages for sale on the school campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
All foods and beverages sold to students during the school day will meet the nutrition standards established by the U.S. Department of Agriculture (USDA).		Partially Meeting Goal		Establish clear and more in-depth guidelines for food and beverages sold in the next revision of the Wellness Plan to be written in December 2021.

5. 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
None			Not Meeting Goal	Include specific instructions for marketing in the revised Wellness Plan being written in December 2022.