



*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: Holy Cross Catholic School

Month and year of current assessment: February, 2020

Date of last wellness policy revision: February, 2017

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

Holy Cross Parish info.com/school

## 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
<b>Wellness Coordinator:</b> Has identified at least one person as responsible for facilitating the wellness policy upkeep  Name person responsible for facilitating the upkeep: <u>John Hollis</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Continue to meet with wellness committee to discuss improvements or concerns.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Stakeholder Participation:</b> 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	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Committee includes representatives from the above-mentioned groups.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>USDA Requirements for School Meals:</b> Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Continue following requirements.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Only School lunches are provided at school.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: There are none available.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Food &amp; Beverage Marketing:</b> 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)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: N/A			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Education:</b> Has at least 2 goals for nutrition education List goals: 1. Continue to educate parents about our policy. 2.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: The guidelines of our policy are understood by most. Information is shared each fall.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Promotion:</b> Has at least 2 goals for nutrition promotion List goals: <small>In discussions with teachers and staff about nutrition wellness.</small> 1. 2.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Sharing info with teachers/staff during meetings and setting goals. Next step is to establish wellness opportunities for parents.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Physical Activity:</b> Has at least 2 goals for physical activity List goals: <small>P.E. and 3 daily recesses are provided. The activities are centered around 100% active play.</small> 1. 2.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Next steps will be to include staff.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>1. Health fair</li> <li>2. <small>Include more wellness awareness activities into classroom daily activities.</small></li> </ol>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: Meet with teachers this coming fall to discuss student wellness and how the topic can be a part of the curriculum.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Evaluation:</b> 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:</p> <ul style="list-style-type: none"> <li>● to what extent the LEA is in compliance with the school wellness policy</li> <li>● the extent to which the local wellness policy compares to model school wellness policies</li> <li>● the progress made in attaining the goals of the school wellness policy</li> </ul> <p>Name person responsible for monitoring the policy: <u>John Hollis</u></p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: Progress has not been shared well with the public.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Communication:</b> 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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Decisions have been made and passed on by our committee. Input from other stakeholders has not been sought other than school council members.			

Include any additional notes, if necessary:

### 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.

Same content used throughout all schools in the Diocese of Evansville.

School Wellness Policy Evaluation Checklist  
Indiana Department of Education, School and Community Nutrition

At a minimum, school wellness policies are to include:	Meets Requirements	In Development	Needs Improvement
<b>1. Wellness Coordinator:</b> Has identified at least one person as responsible for monitoring the local wellness policy Title of Person: <u>Principal</u>	✓		
<b>2. Stakeholder Participation:</b> 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 local school wellness policy	✓		
<b>3. USDA Requirements for School Meals:</b> Has assured School Meals meet the USDA requirements	✓		
<b>4. Nutritional Guidelines for all foods and beverages sold:</b> Has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day	✓		
<b>5. Nutritional Guidelines for non-sold foods and beverages:</b> Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day	✓		
<b>6. Food &amp; Beverage Marketing:</b> 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)	✓		
<b>7. Nutrition Education:</b> Has at least 2 goals for Nutrition Education (For example: Team Nutrition materials)		✓	
<b>8. Nutrition Promotion:</b> Has at least 2 goals for Nutrition Promotion (For example: Smarter Lunchroom techniques)		✓	
<b>9. Physical Activity:</b> Has at least 2 goals for Physical Activity		✓	
<b>10. Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness		✓	
<b>11. Evaluation:</b> Every three years has evaluated the local wellness policy with an Evaluation Tool and has notified the public of the results. The evaluation will determine: <ul style="list-style-type: none"> <li>• to what extent the Local Educational Agency (LEA) is in compliance with the district policy</li> <li>• the extent to which the local wellness policy compares to model school wellness policies</li> <li>• the progress made in attaining the goals of the local wellness policy</li> </ul> Name of Evaluation Tool Used: <u>Wellsat</u>	✓		
<b>12. Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy, including the evaluation of the policy and provide a way for additional stakeholders to be able to participate	✓		

USDA requires a minimum of 2 goals for nutrition education, promotion, physical activity, and other activities, but it is up to each LEA to determine the content of the goals. LEAs are required to review and consider evidence-based strategies in determining these goals.

Evaluated on: 11-22-2019

Revised January 2019