



*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: Career Academy South Bend High School / Career Academy South Bend Middle School / Success Academy Primary School

Month and year of current assessment: 03/16/2021

Date of last wellness policy revision: March / 2018

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

## 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>Sam Ells, Assistant Superintendent</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: The wellness coordinator will annual look at and review that each building is following the policies and ensuring that we are meeting the needs of all students.			

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: The wellness committee met in March 2021. It has representation from parents, staff from each building, administration, and our food service vendor. Moving forward we want to complete an annual survey for all stakeholders to gather the data needed to help guide our food services.			

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 to meet with food services vendor, DOE Specialists, and USDA to ensure we remain compliant with all school meals.			

<b>School Wellness Policies are to Include:</b>	<b>Meeting Goal</b>	<b>Meeting Goal Partially</b>	<b>Not Meeting Goal</b>
<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"/>
<p>Describe progress and next steps:</p> <p>We ensure that all food and beverages that are sold on campus meet the guidelines given to each district. This will be something that we review annually to ensure we are meeting these guidelines.</p>			

<b>School Wellness Policies are to Include:</b>	<b>Meeting Goal</b>	<b>Meeting Goal Partially</b>	<b>Not Meeting Goal</b>
<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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>We do have classroom celebrations and there are times that outside food is brought in. This continues to be something we evaluate and communicate with staff at each building.</p>			

<b>School Wellness Policies are to Include:</b>	<b>Meeting Goal</b>	<b>Meeting Goal Partially</b>	<b>Not Meeting Goal</b>
<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"/>
<p>Describe progress and next steps:</p> <p>CASB/SASB has done a great job ensuring that all food that are sold are Smart Snacks.</p>			

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. Utilize our Discovery Kitchen to promote healthy living with nutritional foods. This will include demonstrations of how to prepare easy nutritional foods. 2. Our Food Services Director will annually meet with our health and PE classes to promote and discuss the importance of nutrition.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We continue to meet both goals and will continue to promote nutrition education annual at all schools.			

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: 1. Promotion of Free Breakfast Outreach at all three schools. 2. Promotion of Free Lunch Outreach at all three schools (As long as we continue to meet the standards to building-wide free lunch).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We continue to promote our free breakfast and lunch's at CASB & SASB.			

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: 1. Each school year, students will engage in 20 minutes of physical activity at least 3 times per week. 2. The PE curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We continue to make an effort to promote health and wellness for all students. It is a part of our philosophy of supporting the whole child. We want to continue to strive to encourage all of our students to get up and stay active as much as possible.			

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. <small>Utilize our Discovery Kitchen to promote healthy living with nutritional foods. This will include demonstrations of how to prepare easy nutritional foods.</small></li> <li>2. <small>The schools may demonstrate support for the health of all students by hosting health clinics and screenings.</small></li> </ol>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps:

We want to promote healthy living for all students. To do this we will continue to encourage and inform our parents and students on how they can make healthy choices.

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>Sam Ells, Assistant Superintendent</u></p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps:

We will continue to meet every three years to update and evaluate the wellness policy

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: Wellness Policy is posted on our website, however, we want to do a better job of communicating with parents, students, and the community on how they can help the committee.			

Include any additional notes, if necessary:

N/A

### 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.