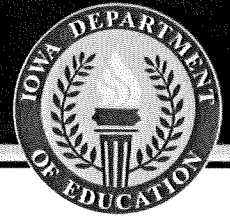


Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	
Date Triennial Assessment was Completed	
Date of Last Wellness Policy Review	
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	
How often does the school wellness committee meet? Date of last meeting?	

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
Beth Lewis	teacher	BCarrig@stpaulsschoolcity.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Alivia Wheat	student	-
Kaleb Holmes	student	-
Ryder Huff	student	-
Michael Clark	student	-
Lincoln Wielenga	student	-
Layla Stevenson	students	-

4. meet at min. nutrition requirements (local, state, federal).	X				ensure that all grains are whole grains	
Other School Based Activities Goals						
<i>Integrating Physical Activity into the Classroom Settings</i>						
1. Offer classroom health education that reinforces knowledge and self management skills.	X					
2. Discourage sedentary activities	X					
3. Provide opportunities for physical activities to be incorporated into other subjects.	X					
4.						
<i>Communication with Parents</i>						
1. SPL will report the most recent USDA (SMI) review	X					
2. The principal shall develop a summary report every 3 years on school compliance.		X				
3. The report will be provided to the school board and school wellness committee, parents, teachers and staff			X			
4.						
<i>Food Marketing in Schools</i>						
1.						
2.						
3.						
<i>Staff Wellness</i>						
1. SPL values the health and well being of staff and encourages activities that support a healthy life style.	X					
2. SPL will solicit input from employees and encourage healthy eating, physical activity and healthy lifestyle choices.			X			

School Wellness Policy Building Assessment Tool

School Name: St. Paul's Lutheran School

District Wellness Contact Name/E-mail:
Sioux City/splutheran@cableone.net

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. SPL will provide nutrition education	X			1-1) Health classes K-5 (weekly) 1-2) Ag in the classroom (monthly)	1) Making healthy snacks
2. SPL will engage in nutrition promotion	X			2-1) promote fruits, veggies, whole grain, lowfat and fat free dairy products.	
3.				2-2) promote health food prep & health – enhancing nutrition practice. (health class)	
4.					
Physical Education and Physical Activity Goals					
1. SPL will engage students in mod. To vigorous activity during 50% of the 30 min.	X			1-1) Is for all students, all year 1-2) Is taught by classroom teacher.	
2. SPL will provide P.E. 30 min. daily	X				
3.					
4).				ensure that all grains are whole grains	
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through NSLB will	X				
2. be appealing and attractive to children.	X			– offer a variety of fruits and vegetables.	
3. be served in clean and pleasant settings				serve only low fat and fat free milk	

Wellness Policy Comparison to a Model School

Areas of improvement:

1. Our current policy is currently lacking a Preamble which states current research in wellness topics.
2. Our current policy does not define the members of the Wellness Committee nor identify who holds the leadership role for our school.
3. Currently we do not have an established plan to receive input from the community.
4. We should consider addressing the availability of water throughout the day.

Areas of strength:

1. Our Wellness Policy is displayed on our website.
2. Plans are in place to monitor and review the Wellness Policy.
3. Each year the Wellness Policy is provided to parents in our parent handbooks and is available on our website.
4. Policies are in place for the Triennial Review.
5. We currently have an agreement to purchase our school lunches from the Public School District to ensure that USDA guidelines for nutrition guidelines are met.
6. Currently our food service staff is engaged in yearly trainings on nutrition topics.
7. Our wellness plan contains points pertaining to Physical Activity, Nutrition, Free and Reduced Meals, Lunch Scheduling, Outside Food and Drinks, Celebrations, Fundraising, Health Education and Staff Wellness.