

Triennial Assessment Summary of the Local Wellness Policy

Instructions: The template below is offered 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.

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

This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy.

Results: The final rule requires that LEAs update their wellness policy as appropriate and requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the policy at minimum on an annual basis.
- The Triennial Assessment results, including the progress that has been made in meeting the goals of the wellness policy.

Record Keeping: A copy of the most recent triennial assessment along with supporting documentation must be kept on file with your wellness policy documentation for three years plus the current year. The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy
- Documentation on how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Triennial Assessment Summary of the Local Wellness Policy

General Information:

School(s) included in the assessment: Huron School District 2-2 _____

Month and year of current assessment: August 2021 _____

Date of last Local Wellness Policy revision: July 2, 2021 _____

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

Huron.k12.sd.us under the nutrition tab _____

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? once _____

Designated School Wellness Coordinator:

| Name | Job Title | Email Address |
|---------------|--------------------|-------------------------|
| Amanda Reilly | Nutrition Director | Amanda.reilly@k12.sd.us |

School Wellness Committee Members:

| Name | Job Title | Email Address |
|---------------------|--|-----------------------------|
| Amanda Reilly | Nutrition Director | Amanda.reilly@k12.sd.us |
| Dr. Kraig Steinhoff | Superintendent | Kraig.steinhoff@k12.sd.us |
| Rita Baszler | School Nurse (Madison 2-3 center) | Rita.baszler@k12.sd.us |
| Jessica Van Diepen | School Nurse (Buchanan and Washington) | Jessica.vandiepen@k12.sd.us |
| Raleigh Larson | School Nurse (Middle/ High School) | Raleigh.larson@k12.sd.us |
| Garret Bischoff | Board of Education President | G_bisch@hotmail.com |
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Comparison to Model School Wellness Policies: A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

☒ **X SD Model Wellness Policy:** A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

☐ **WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](#) .

☐ **Other Model Wellness Policy:** If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:

We follow the guidelines given by the SD Model Wellness Policy

Progress towards wellness goals and compliance with the wellness policy:

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

- **Specific goals for:**
 - Nutrition promotion and 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 public involvement, public updates, policy leadership, and evaluation plan.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

| Nutrition Promotion and Education Goal(s) | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|---|--------------|------------------------|------------------|--|
| Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. | x | | | The district will continue to promote healthy nutrition choices for students. We will continue to provide consistent nutrition messages throughout the schools. Including in the classrooms, gymnasiums, and cafeterias. |

| Physical Activity Goal(s) | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|---|--------------|------------------------|------------------|--|
| Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in <i>Let's Move!</i> Active Schools | x | | | All District elementary students in each grade will receive physical education for at least 70 minutes per week throughout the school year. All Huron Public School District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. The district will continue to integrate wellness activities across the entire school setting. |

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| <p>(www.letsmoveschools.org) in order to successfully address all CSPAP areas.</p> <p>Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason [<i>This does not include participation on sports teams that have specific academic requirements</i>]. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.</p> <p>To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.</p> | | | | |
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| School-based activities to promote student wellness goal(s) | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|--|--------------|------------------------|------------------|--|
| <p>The District encourages integration of wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District encourages coordination and integration of other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.</p> <p>Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.</p> | x | | | <p>All school sponsored events will continue to follow the wellness policy guidelines. All events will also continue to include physical activity and healthy eating opportunities when appropriate.</p> |

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| <p>All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the local wellness committee.</p> <p>All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.</p> | | | | |
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| Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks) | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|--|--------------|------------------------|------------------|---|
| <p>The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.</p> <p>A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: http://www.fns.usda.gov/healthierschool/day/tools-schools-smart-snacks . The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org . To support healthy food choices and improve student health and well-being,</p> | | | | <p>The district will continue to follow the USDA smart snack nutrition Standards. The district will continue to support healthy food choices and improve student health and well-being.</p> |

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| all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. | | | | |
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| Guidelines for other foods and beverages available on the school campus, but not sold | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|--|--------------|------------------------|------------------|---|
| Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams <i>trans</i> fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Fresh Fruit and Vegetable Program (FFVP), and the Summer Food service Program (SFSP). | x | | | We will continue to serve healthy meals with plenty of fruits and vegetables. Meals will also have whole grains, fat-free and low-fat milk that are in moderate sodium, low in saturated fat and have zero trans fat per serving. We will aim to improve the diet and health of school children with healthy eating patterns and healthy choices. |

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| 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 |
|--|--------------|------------------------|------------------|---|
| <p>The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.</p> <p>The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.</p> <p>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 such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.</p> <p>Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of</p> | x | | | <p>The district will continue to market healthy foods in the school settings. Only foods that are smart snacks will be served in the schools. Schools will continue to provide nutrition education.</p> |

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| promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. | | | | |
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Additional information: