

Local Wellness Policy: Triennial Assessment

Background

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

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

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Public Updates

HHKA requires that LEAs make the following available to the public on an annual basis:

- The wellness policy, including any updates
- Position title of the designated school official(s) who lead the local wellness committee
- Information on how the public can get involved with the local wellness committee
- The Triennial assessment also needs to be made available to the public every 3 years

Resources

- [Iowa Sample Wellness Policy](#): Developed by Iowa Association of School Boards and Iowa Department of Education, can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) name	MOC-FV CSD
Date Triennial Assessment was completed	3-10-23
Date of last wellness policy review	3-18-24
How often does the school wellness committee meet? Date of last meeting?	Yearly - 3-18-24
Were the required annual public notifications completed this year?	Yes - website, Dutch Dialog newsletter

Designated School Wellness Leader—LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction follows the wellness policy.

Name:	Karina Nonnemacher, RN BSN
Job Title:	School Nurse
Email:	knonnemacher@mocfv.org

School Wellness Committee Members—schools must permit involvement from parents, students, school food service, teachers of physical education, school health professionals, school board members, school administrators and general public

Name	Job Title/Volunteer	Email
Jackie Olson	Counselor - Elem	jolson@mocfv.org
Scott Starkweather	Counselor - MS	sstarkweather@mocfv.org
Liz Koenig	Counselor - HS	lkoenig@mocfv.org
Becca Bindert/Bowman	PE teacher - Elem + HS	bbauman@mocfv.org
Tom Rupp	PE teacher - MS	Trupp@mocfv.org
Kate Boersma	PE teacher - Elem	kboersma@mocfv.org
Steph Pottebaum	Director of Food	spottebaum@mocfv.org
Ashley Van Voorst	Parent	Avanvoorst@mocfv.org
Mike Muider	Superintendent	mmuider@mocfv.org
Mike Landhuis	Elem principal	mLandhuis@mocfv.org
Chris Yaw	MS principal	cyaw@mocfv.org
Grant Hegstad	HS asst. principal	ghegstad@mocfv.org

Section 2: Compliance with the Wellness Policy

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

- ☒ Specific goals for nutrition promotion and education
- ☒ Specific goals for physical activity
- ☒ Specific goals for other school-based activities that promote student wellness
- ☒ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day
- ☒ Standards for all foods and beverages provided, but not sold, to students during the school day (classroom parties, classroom snacks brought by parents, incentives, etc.)
- ☒ 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.

Another form of documentation for Section 2 is the School Wellness Policy Checklist.

Section 3: Comparison to Model School Wellness Policies

The Alliance for a Healthier Generation Model Policy is to be used as a best practice guide. Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Optional Resource: WellSAT 3.0, Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Areas with Similar Language	Potential Areas to Strengthen Language
Nutrition Education Physical Education Other school-based activities	Staff wellness Program community Partnerships (CHP, mental health) OCHHS, Promise Promoting students/Staff bike/walk No snack rewards

Section 4: Progress Towards Goals

Evaluate your compliance and progress towards each of your goals using a method of your choosing. The School Wellness Policy Progress Report is one example that can be used.

See report attached

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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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Local Wellness Policy Progress Report

School Name: MOC-Floyd Valley CSD

Wellness Policy Contact: Karina Nonnemacher, RN, BSN

Date Completed: 03/18/24

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Provide students with knowledge and skills to promote and protect health; ensure nutrition education and promotion are not only part of health education classes	Karina Nonnemacher		X		Integrated into the science curriculum at each grade level.	Some grades lacked content per google form evaluation. Explore additional lessons and activities that incorporate nutrition education that the school nurse can provide or get outside resources to come in and present.
2. Promote fruits and vegg, whole grain, low fat, health foods.	Steph Pottebaum	X			2. yes within our food menu and snack list to students	Advertise these options more
3. Support consumption of breakfast		X			3. Grab and go breakfast at elementary level and breakfast times at MS and HS	
4. Make drinking water available during meals		X			4. water fountain and cups are available during lunch and encouraged	
5. 10 min for breakfast and 20 for lunch		X			5. All grades fit this criteria	
6. Share information about nutritional content		X			6. Lists sent out and published	

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. CSPAP 2. Physical activity for 50 % of PE 3. 50 minutes of PE each cycle 4. HS take one semester of PE 5. PE is taught by licensed teachers	Tom Rupp	X X X X X			All are met and continued	Comprehensive curriculum
6. Promote the benefits of a physically active lifestyle 7. Classroom provides breaks and movement 8. Reinforce PE learning 9. Ensure physical activity is not used for or withheld for punishment 10. Elementary Recess at least 20 minutes a day. 11. Schedules to avoid extended periods of inactivity	Karina Nonnemacher- Elem Ashley VV- MS & HS	X X X X X X	x		Steps: Educate staff on effectiveness of exercise and physical activity. Challenges: Recess is perceived as extra time to fit things in if they are missing work.	

Mental Health and Wellness Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. School counselor in every building 2. Provide comprehensive program 3. Appropriately licensed 4. Strive to collaborate with community resources 5. Develop plans to promote staff wellness	Jackie Olson	X X X x	x		Comprehensive program limitations and education for current counselors is hard to provide without creating absence of counselors during school day.	Continue promoting work that school counselors can do. Friday early out staff development time.

Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Hand washing facilities and time	Karina and Custodians at each building	x			Asked teachers to build in time; facilities maintained Challenges; cost of hand sanitizer	Broaden hand washing lessons to 2-12 grades instead of just TK, K, and 1st
2. Give parents list of foods and staff list of food alternative	Karina		X		Available on website but not sent out	Will send out to all staff
Water bottle policy	Karina	X			Allow students to carry-done Challenges: dirty and lack of funds for kids to have one	

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. All food and bev outside of lunch hour will meet USDA Smart Snack standards	Karina		x		A la carte meets standards; no marketing of food Barriers: concession stands at games.	Audit every year to make sure that others know policy

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Snacks provided to students during the school day without charge will meet standards set by the district in accordance with law. The district will provide parents a list of foods and bev that meet nutrition standards for classroom snacks and celebrations.	karina		x		Notified staff Barriers: hard to have parents comply	Keep educating
2.						

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Will meet USDA standards	Karina	x			We don't market food	
2.						

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