

Background Information

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. The first assessment is to be completed by June 30, 2020.

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.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

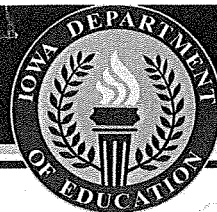
HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

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](#): the 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.

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	John F. Kennedy Catholic School
Date Triennial Assessment was Completed	03/24/20
Date of Last Wellness Policy Review	December 17, 2018 - Feb. 12, 2019
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://www.olvjfk.com/for-parents/lunch-program/
How often does the school wellness committee meet? Date of last meeting?	The committee meets annually. 02/12/19 was the date of the last meeting

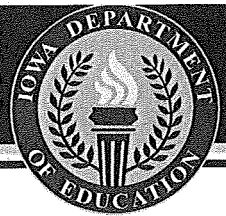
Designated School Wellness Leader

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
Meredith Ash	Lunch Program Director	Meredith.ash@olvjfkmail.com

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Chad Steimle	Principal	Chad.steimle@olvjfkmail.com
Kitty Temming	Vice Principal	Kitty.temming@olvjfkmail.com
Linda Vogel	Teacher	Linda.vogel@olvjfkmail.com
Meredith Ash	Lunch Program Director	Meredith.ash@olvjfkmail.com
Sara Tilkens	Teacher	Sara.tilkens@olvjfkmail.com
Lisa Snider	Board Member	Snider.LisaA@johndeere.com
John Stachula	Board Member	Stachulajohnp@sau.edu
Jacob Greiner	School Priest	Jacob.m.greiner@gmail.com
Nicole Mancha	Parent	nmancha@hotmail.com
Tammy Nagle	Parent	Tma1999@aol.com
Paula Schmitt	Parent	Paula.rupe@gmail.com
Molly Crosby	Parish Member	CrosbyMollyA@johndeere.com
Denis Prior	Parish Member	dppriors@msn.com
Clare Laubenthal	Former Student	d.laubenthal@mchsi.com



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- 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 (e.g., in classroom parties, classroom snacks brought by parents, or 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.

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.

Areas with Similar Language	Potential Areas to Strengthen Language
Physical Activity Standards for USDA Meals Competitive and other Food and Beverages	Physical Education Nutrition Education

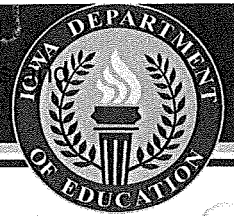
Optional Resource:

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

Section 4: Progress Towards Goals

- Use the School Wellness Policy Progress Report to document compliance and progress towards each goal at the school building level. The report can include information for

(each building or include progress for all buildings (please clearly identify building associated progress))





School Wellness Policy Checklist

A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation*. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

- LEA has current wellness policy. Date it was last updated: 06/4/19
 - Includes goals for nutrition program
 - Includes goals for nutrition education
 - Includes goals for physical activities
 - Includes goals for other school based-activities
 - Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
 - Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.)
 - Includes policies for food and beverage marketing

- Wellness Policy Leadership: LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.
Name/Title of Designated Leader: Chad Steimle Principal

- LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy:

<input checked="" type="checkbox"/> Parents	<input checked="" type="checkbox"/> Students	<input checked="" type="checkbox"/> School Food Service
<input checked="" type="checkbox"/> Teachers of Physical Education	<input type="checkbox"/> School Health Professionals	<input checked="" type="checkbox"/> School Board Members
<input checked="" type="checkbox"/> School Administrators	<input checked="" type="checkbox"/> General Public	

Documentation: current committee list, meeting announcements, committee invitations, etc.

- Triennial Building Progress Reports: assessment of each school's progress in meeting the wellness policy goals, a summary of each school's local wellness events, and activities, and information on how individuals can get involved. School Wellness Building Progress Report

- Informs and updates the public on the content and implementation of the wellness policy including building progress reports.

Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

olujfk.com/for-parents/lunch-program/

School Wellness Policy Resources: olujfk.com/wp-content/uploads/2019/07/wellness-policy-2019-20.pdf
or contact schoolmeals@iowa.gov

