



*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: Sacred Heart School

Month and year of current assessment: January 2025

Date of last wellness policy revision: December 20, 2024

Website address for the wellness policy and/or information on how the public can access a copy:  
shswarsaw.org/wellness-plan

## 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>Lunch Program Coordinator &amp; School Nurse</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: The lunch program coordinator & school nurse has been actively involved in the School Wellness Plan update.			

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: Our school website states "Any stakeholders can participate in the development, review, update, and implementation of the Local School Wellness policy. Please contact the school for more details."			

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: We follow the state guidelines for school lunches. Our vendor, Classic Cafe, creates the menu for the school.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<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"/>
Describe progress and next steps: School lunch and low fat milk (a la carte) are the only food & drinks sold on site during the school day.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<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"/>
Describe progress and next steps: We encourage all school-based organizations to use non-foods items as rewards for Student accomplishment and encourage nutritional food and beverage options be given in needed at school events.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<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"/>
Describe progress and next steps: Only displays and marketing of foods & beverages that meet the Smart Snack Requirements are allowed during the school day.			



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: <ol style="list-style-type: none"> <li>Food Allergies &amp; anaphylaxis staff training yearly.</li> <li>McMillen Health teaches nutritional class for Grades K-6.</li> </ol>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We will continue to offer McMillen Health nutritional classes for Kindergarten through Gr. 6 and continue yearly staff training on food allergies & anaphylaxis.			

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: <ol style="list-style-type: none"> <li>Provide a healthy lunch option available for all students by participating in the state lunch program.</li> <li>Encourage school-based organizations to use non-food items and or healthy foods for rewards or fundraising activities.</li> </ol>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Continue to provide the healthy lunch option to all students and to encourage the use of non-food items as rewards & fundraisers.			

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: <ol style="list-style-type: none"> <li>Provide Physical Education for all students according to the Indiana Administration Code.</li> <li>Grade K - 6 participate in a fitness test given yearly by our physical education teacher.</li> </ol>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Continue to provide physical education to all students each year & will continue to participate in the physical fitness test.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: All students participate in a Walk-A-Thon fundraiser each year. 1. Viking Watch after school cares provide recess time each day & some clubs provide 30-45 minutes of physical activity (Walking Club, Twirling & Tumbling Club) 2.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: will continue to participate in the Walk-A-thon, field day activities, and other events to promote physical activities, including sports for gr. 4-6.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<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: <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> Name person responsible for monitoring the policy: <u>School Lunch Program Coordinator &amp; School Nurse</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We will continue to evaluate the policy and provide the results on the school website for everyone's perusal.			

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: We will continually provide updated School Well Plans on the Website along with the updated assessments.			

Include any additional notes, if necessary:

The School Wellness Plan was revised & updated in January 2025, and the new plan has been placed on the school website.

### 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.

The school wellness policy meets the required components of the 'Ten Essential Components of Local School Wellness Policy Checklist'.



## Ten Essential Components of Local School Wellness Policy Checklist

This document outlines the ten required components of the local school wellness policy (LWP) as defined by the USDA final rule of 2016. Districts can use this checklist in conjunction with Healthier Generation's Model Wellness Policy, to revise/update their LWP and ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

### RATING SCALE

2 = Includes **all** required language

1 = Include **some** of the required language

0 = Include **none** of the required language

RATING	REQUIRED COMPONENTS	NOTES
2	The policy identifies one or more school district and/or school official(s) who have the authority and responsibility for ensuring that each school complies with the policy.	
2	The policy includes language inviting 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, and review and update of the LWP.	
2	The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP, and updates this information on an annual basis.	
2	The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public: <ul style="list-style-type: none"> <li>the extent to which schools comply with the LWP,</li> <li>the extent to which the LWP compares to model local school wellness policies, and</li> <li>the progress made in attaining the goals of the LWP</li> </ul>	





RATING	REQUIRED COMPONENTS	NOTES
2	The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and the Smart Snacks in School nutrition standards.	
2	The policy includes standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents).	
2	The policy includes specific goals for nutrition education and promotion activities.	
2	The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.	
2	The policy includes specific goals for physical activity opportunities.	
2	The policy includes specific goals for other school-based activities that promote student wellness.	

January 2025  
A. Lu