

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Pioneer Elementary and Healy High School

Month and year of current assessment: 5/2021

Date of last Local Wellness Policy revision: 5/31/2017

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

Pioneer Elementary and Healy High School WWW.PIERZ.K12.MN.US/LUNCHINFO

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 4

Designated School Wellness Leader

Name	Job Title	Email Address
Robyn Skwira, RN	District Nurse	rskwira@pierz.k12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Whitney Swenson	Nurse	02wswenson@pierz.k12.mn.us
Jessica Rocheleau	Teacher	jrocheleau@pierz.k12.mn.us
Cindy Pohlkamp	Teacher	cpohlkamp@pierz.k12.mn.us
Kristie Virnig	Teacher	kvirnig@pierz.k12.mn.us
Tom Otte	Principal	totte@pierz.k12.mn.us
Steve Holbrook	Teacher	sholbrook@pierz.k12.mn.us
Michelle Ferguson	Social Worker	mferguson@pierz.k12.mn.us

Section 3. Comparison to Model School Wellness Policies

Complete the WellsAT3.0 assessment tool and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellsAT 3.0 example policy language
- Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

Our current 2017 policy has an overall WellsAT 3.0 score of 85 for comprehensiveness (RuddCenter average 54), and an overall strength score of 52 (RuddCenter average 33).

Section 4. Compliance with the Wellness Policy and Progress towards Goals

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.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district 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.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>1. The school district will encourage and support healthy eating by students, and engage in nutrition promotion.</p> <p>2. Nutrition education topics shall be integrated in the entire school environment.</p> <p>3. Staff are encouraged to model healthy behaviors.</p>		X		Continue to support healthy eating by students. Increase nutrition topics in classroom based lessons, and integrate nutrition topics into other areas of learning, including physical education classes.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>1. Classroom teachers will provide activity breaks between lessons or classes as appropriate.</p> <p>2. The school district strongly recommends the use of physical activity as a reward, and not as a punishment.</p>	X			Continue current practices.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>1. Schools will support biking or walking to school when appropriate.</p> <p>2. Schools shall encourage participation in after school sports, intramurals, and other non competitive physical programs.</p>	X			Continue current practices

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>1. School meals will meet all USDA nutrition standards.</p> <p>2. All foods and beverages sold to students during the school day will meet SmartSnacks guidelines.</p>	X			Continue current practices

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
<p>1. Snacks provided during classroom celebrations should encourage healthy eating and portion control.</p> <p>2. The school district will provide parents and staff with a list of allowable foods that meet SmartSnacks standards.</p>	X			Continue current practices

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
1. Schools shall promote health food items including, fruits, vegetables, whole grains, and low fat dairy products.	X			Continue current practices

Include any additional notes, if necessary:

Based on the WellSAT 3.0, the current version (2017) of the wellness policy will be updated to increase comprehensiveness and strength.

Your District's Scorecard

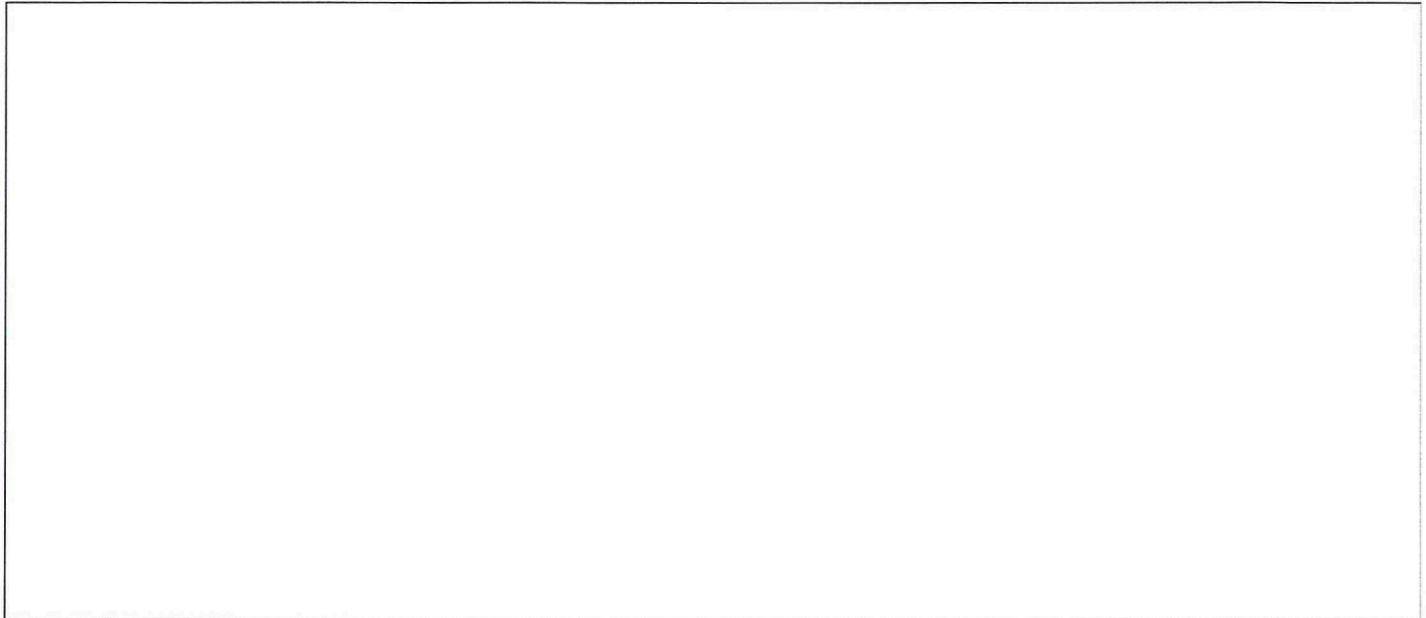
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.



Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: ISD 484 19-20 Triennial Assessment




Section 1. Nutrition Education

		Rating
NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	1
NE8	 Nutrition education addresses agriculture and the food system.	0
	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	88
Subtotal for Section 1	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	25

[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals

		Rating
SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	1
SM2	Addresses access to the USDA School Breakfast Program.	2

SM3	<input type="checkbox"/> District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	<input type="checkbox"/> Free drinking water is available during meals.	2
SM9	<input type="checkbox"/> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	<input type="checkbox"/> Addresses purchasing local foods for the school meals program.	0
	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	80
Subtotal for Section 2	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	60

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

		Rating
NS1	<input type="checkbox"/> Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	<input type="checkbox"/> Regulates food and beverages sold in a la carte.	2
NS4	<input type="checkbox"/> Regulates food and beverages sold in vending machines.	2
NS5	<input type="checkbox"/> Regulates food and beverages sold in school stores.	2
NS6	<input type="checkbox"/> Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS8	Addresses foods and beverages containing caffeine at the high school level.	2
NS9	<input type="checkbox"/> Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	92
Subtotal for Section 3	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	83

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

		Rating
PEPA1	<input type="checkbox"/> There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	<input type="checkbox"/> Addresses family and community engagement in physical activity opportunities at all schools.	1

PEPA12	<input type="checkbox"/> Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	<input type="checkbox"/> Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
	Comprehensiveness Score:	
Subtotal for Section 4	Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating is "0."	69
	Strength Score:	
	Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	25

[Click here for Resources on Physical Activity in Schools](#)


Section 5. Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	<input type="checkbox"/> Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	<input type="checkbox"/> Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	1
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	1
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	1
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	1
	Comprehensiveness Score:	
Subtotal for Section 5	Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	83
	Strength Score:	
	Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	42

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	<input type="checkbox"/> Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3	<input type="checkbox"/> Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
IEC4	<input type="checkbox"/> Addresses making the wellness policy available to the public.	2
IEC5	<input type="checkbox"/> Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	<input type="checkbox"/> Triennial assessment results will be made available to the public and will include:	2

IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0." Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	100 75

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness	District Score
Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	85
Total Strength	District Score
Add the strength scores for each of the six sections above and divide this number by 6.	52

 [Federal Requirement](#)  [Farm to School](#)  [CSPAP](#)