

# Indiana

DEPARTMENT OF EDUCATION

*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: Tri-County school Corp

Month and year of current assessment: Dec 2023

Date of last wellness policy revision: 2-13-19

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

tri-co.k12.in.us Health Svcs. copies available at Corp Ofc & Food Svc Ofc

**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>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: Page 3 D. Ala Carte, Vending Machines follow Smart Snack Rules. Snacks have been Smart Snack approved & have documentation. Gatorade Machine has been put on timer per High School Principal.			

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Page 4 E. Approval for nonsold (parties & snack) foods must come from from building principals			

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: Page 4 D. All food & beverages marketed to students will meet or exceed Smart Snack Standards or will not be available to students from midnight before a school day & until 20 minutes after school is out. Vending Snack machine meets Smart Snack rules.			

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>Cheri Frantz &amp; wellness Committee</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: (Sara Arvin 2019 Coordinator. 21-22, 22-23) Next meeting tentative- Dec 2024			

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: Meeting held 12-13-23. Evaluation completed by committee. Be thinking & Bring new ideas to next meeting. Invite others.			

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: Meals are checked monthly (wkly) using Final Rule Nutrit Standards for subgroups, Calories, Sodium, Meats, Milk, Sat Fat according to grade groups for Breakfast & Lunch.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Education: Has at least 2 goals for nutrition education</b> List goals: 1. Health teacher - teach My Plate, & Healthier Life Style. Page 1 A 2. Inform parents how they can reduce sodium & sugar intake with their families. all-so serve family style meal through handouts made available at community eve	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Nov 3, 2023 Passed out info on sugar & salt reduction, Serving Meals family style. New posters Oct & Nov 2023. Continue handouts.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Promotion: Has at least 2 goals for nutrition promotion</b> List goals: 1. Page 1 #9. Pass out info at community events & Newsletter. 2. Page 1 #7 Posters- Lunch rooms.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: 11/3/23 passed out info at community benefit meal. Oct/ Nov 2023 New posters.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Physical Activity: Has at least 2 goals for physical activity</b> List goals: 1. Page 2. 2 times @ year students run/walk a mile. 2. Teach students about their heart target rate.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Students are encouraged to improve their own time. (Not compared with other students) They re-evaluate to see progress. Students find their target heart rate & learn how to work on getting the rate to between 60-80% of their target. TCI- does the Presidential Fitness Challenge (measures 4 categories) & Run/walk a mile x2 @ year.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>Pool- Monday pm Open Family Swim.</li> <li>Fal Baseball League, Youth Soccer, Summer Band &amp; Summer Road Program.</li> </ol>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>All 4 activities are encouraged for after school participation.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><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:</p> <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> <p>Name <u>person</u> responsible for monitoring the policy: <u>Cher Frantz Dec 2023.</u></p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>Meeting in 2023. Link to policy in on Website year round. 2023 Evaluation available on website also. Keep meetings current to meet goal.</p>			

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Fulfilled in 2023. Invited public to Meeting. Increased committee- 5 people. Invitation to public at School Board meeting & community events.			

Include any additional notes, if necessary:

### 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): IDOE Website. www.in.gov/doe.nutrition.wellness-policies/

Describe how the school wellness policy compares to model wellness policies.

We have reviewed School Wellness Model Policy & believe we have modeled our policy after it.