



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	Highland Community School District
Date Triennial Assessment was Completed	May 8, 2024
Date of Last Wellness Policy Review	May 8, 2024
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www.highlandhuskies.org/resources/
How often does the school wellness committee meet? Date of last meeting?	<i>Once per year</i>

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
Rachel Cerny	Food & Nutrition Director	rcerny@highlandhuskies.org
Jane O'Leary	Elementary Principal	jolearly@highlandhuskies.org
Angela Hazelett	Secondary Principal	ahazelett@highlandhuskies.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Jody Fink	Physical Education Teacher / Coach / Parent / District Resident	
Cam Larson	Physical Education Teacher / Coach	
Cory Quail	Physical Education Teacher / Coach	
Cindy Peiffer	District Nurse / Parent / District Resident	
Ken Crawford	District Superintendent / District Resident	



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:

- X Nutrition promotion and education,
- X Physical activity, and
- X Other school based activities that promote student wellness.

- X Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- X 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).
- X 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.
- X 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
<ul style="list-style-type: none"> • Provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch counting from the time they have received their meals and are seated. • Students can bring and carry approved water bottles filled with only water before, during and after the school day across campus. • The district and all schools will promote healthy food and beverage choices for all students across school campus during the school day and will encourage participation in school meal programs. • The district prohibits the use or withholding of physical activity (including 	<ul style="list-style-type: none"> • Nutrition and physical activity education are taught using evidence based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics. • Encourage students to participate in school meals by not providing other foods / lunches during meal times as a reward or as part of a meeting. • Schools in the district will integrate health and wellness into other curriculum areas, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district curriculum experts.

recess) as a punishment during the school day.



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 buildings and associated progress).