

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Barnum Elementary School & Barnum High School

Month and year of current assessment: April 2024

Date of last Local Wellness Policy revision: 2/28/23

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

isd91.org/district/district-policies/500s-students/

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
Lisa Riihiluoma	Admin Asst	lriihiluoma@isd91.org

School Wellness Committee Members

Name	Job Title	Email Address
Jodi Schatz	Payroll	jschatz@isd91.org
Kristen Helland	Math Teacher	khelland@isd91.org
Steph Ferrin	Sch Bd Member/ Community	sferrin@isd91.org
Melissa Johnson	School Nurse	mjohnson@isd91.org
Star Mikrot	Head Cook	smikrot@isd91.org
Coutney Oetterer	Elem Teacher	coetterer@isd91.org
Rebekah Lund	English Teacher	rlund@isd91.org

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 policy comprehensiveness is stronger than our policy strength. We cover the required elements with a broad stroke that meets the requirements but doesn't provide much detail.

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>The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:</p> <ul style="list-style-type: none"> a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health; b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. 	Yes			All students are required to take health which has a component of nutrition and several science and CTE classes cover elements of nutrition as well.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television;</p> <ul style="list-style-type: none"> 2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and 3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. 	Yes			All students are required to take phy-ed everyday at the elementary. PE is required in grades 7 & 8 and high school is required to take two one-semester PE classes. Movement breaks are offered during classes and extra-curricular sports are offered after the school day.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>The school board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.</p> <p>Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.</p> <p>All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.</p>		Yes		There is verbage addressing the importance but no specific details in the policy. We address student wellness in practice by participating in SNP, meeting standards for health, PE, recess, by providing multiple extra-curricular athletic opportunities, providing mental health curriculum and support peer groups, a part-time school social worker and space for outside counselors to come in and meet with students during the school day.

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>The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores.</p>	Yes			We follow and meet all SNP requirements for meals. We meet smart snack requirements for a la carte, school store, vending and food fundraisers during the school day.

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>Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:</p> <ul style="list-style-type: none"> a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards. 		Yes		Our policy address meeting smart snack nutrition standards for these foods and some classrooms meet these requirements, but others don't and the district hasn't been diligent about making smart snack options easily accessible to teachers and parents. We will make sure access to smart snack options and non-food options are readily available and shared with the community.

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
<p>School-based marketing will be consistent with nutrition education and health promotion.</p> <p>Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.</p>	Yes			We don't currently provide marketing opportunities for the sale of any food and beverages.

Include any additional notes, if necessary:

In April 2024, surveys were sent out to staff and students to gather baseline information about wellness awareness. On 4/16/24, staff, students, parents, community were invited to a public meeting regarding the wellness policy triennial assessment. One student and the high school PE teacher attended. The student shared on behalf of students that the consensus was that the food service department didn't provide enough food to fill up students and they wanted "better" food. I explained the rules of being part of the SNP and recommended that students take and eat all of the offerings which would help them feel fuller. And for the especially active kids, they should bring a healthy snack. I also recommended that the student try to encourage a group of kids to form a wellness committee that could meet on a regular basis with food service to brainstorm ideas about new menu items and to get educated on the SNP requirements.