

ISD 199 Triennial Assessment of Policy 533 Wellness

June 28, 2021

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.



The Minnesota Department of Education now requires school districts to conduct an assessment of the school's Wellness Policy.

The assessment must be completed a minimum of once every three years. The results of the assessment must be made available to the public and posted on the district's website.

Triennial Assessment

There are three required components of the Triennial Assessment:

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

Wellness Committee

The ISD 199 Wellness Committee consists of a broad representation of district and community members and is focused on student health and wellness initiatives in our schools, as related to nutrition, physical activity, social, emotional, and behavioral health.

The committee meets a minimum of four times throughout the school year, and as needed, to review wellness requirements and the implementation of the wellness policy.

1

Select a leader and convene the wellness committee

2

Assess the current wellness policy

3

Develop an action plan

4

Revise and adopt changes to the wellness policy

5

Report on the progress of wellness policy implementation

6

Promote the new policy changes to stakeholders

7

Sustain and keep the momentum going

Wellness Policy Requirements

A local school wellness policy is an official document that guides a local educational agency's (LEA/School District) efforts to establish a school environment that promotes healthy behaviors among students and staff. The development of the wellness policy is left to each school district so their unique needs can be considered, though the policy must address all requirements outlined in the **Healthy, Hunger-Free Kids Act of 2010**.

Wellness Policy Content

- **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- **Guidelines** for all foods and beverages sold to students during the school day on the school campus that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.
- **Local guidelines** for all foods and beverages provided, but not sold, to students during the school day, including school celebrations, classroom parties, and food incentives.
- **Policies for marketing** of food and beverages that are consistent with the Smart Snacks in School nutrition standards.
- **Summary** of public involvement, public updates and evaluation plan.
- **Responsible school official(s)** to ensure compliance of the local wellness policy.

Wellness Committee Representation

The District 199 Wellness Committee consists of a broad representation of district and community and is focused on student health and wellness initiatives in our schools, as related to nutrition, physical activity, social, emotional, and behavioral health.



Wellness Committee Compliance



Wellness Committee Compliance

- **Does your school have a wellness policy? If so, does the policy include the required components?**
Yes. Yes.
- **Is the school wellness policy posted on the school website (public schools only)?**
Yes.
- **How does the public know about the school wellness policy?**
It is posted on the school website and a form is available for the public to join the Wellness Committee.
- **Who is the designated leader of the wellness policy team?**
Director of Food Service Glen Ritter.
- **What efforts are made to review and update the wellness policy?**
The board reviews this policy on a 3 Year Policy Review Cycle. Currently in review.

Wellness Committee Compliance

- Do you have a copy of the most recent assessment of the school wellness policy?

Yes. A WellSAT 3.0 assessment was completed in May 2021.

- Who is involved in reviewing and updating the school wellness policy?

Wellness Committee & Policy Committee.

- How are potential stakeholders made aware of their ability to participate in the development, review, updates and implementation of the school wellness policy?

District Website - Section under Community>Get Involved>Committee Sign-up

- What is the process by which the public is made aware of the results of the most recent assessment of the wellness policy?

The Triennial Assessment is new requirement from MDE. The assessment will be an information item at a recorded Regular School Board Meeting open to the public and posted on the district website following the board meeting.

Wellness Policy Comparison to Other Model Policies



Wellness Policy Comparison

ISD 199 utilizes the Minnesota School Boards Association (MSBA) Model Policies when reviewing district policies.

MSBA redline edits assist the Policy Committee with meeting state and federal laws associated with district policies.

Per Minn. Stat. § 121A.215 (Local School District Wellness Policy) the policy is posted on the district's website.

WellSAT 3.0

The WellSAT 3.0 is a quantitative assessment tool to help you score and improve your local School Wellness Policy. Since 2010, this measure has been used across the country, by school districts from every state.

The purpose of scoring your district policy is to identify where it is strong and where it could be improved.

[Local Wellness Triennial Assessment](#)

Progress of Wellness Policy Goals



Wellness Policy Goals 2021–2022

- Refine policy to meet or exceed WellSAT 3.0 ratings
- Create procedures to coincide with the Wellness Policy
- Incorporate SHIP Grant Wellness Goals into local projects at each school site