

## ×Local Wellness Policy: Triennial Assessment Summary

### Section 1: General Information

School(s) included in the assessment: ISD 347- Willmar Public Schools

Month and Year of Current Assessment: December 2022

Date of Last Local Wellness Policy Revision: 2/12/2020

Website address for the wellness policy and/or information on how the public can access a copy:  
www.willmar.k12.mn.us under student policies

### Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 4x/year and as needed

Designated School Wellness Leader:

Name	Job Title	Email Address
Rose Erickson	Assistant Director of Food and Nutrition	ericksonro@willmar.k12.mn.us

School Wellness Committee Members:

Name	Job Title	Email Address
Danaca Jensen	Director of Food and Nutrition	jensend@willmar.k12.mn.us
Pam Vruwink	Community Education	<a href="mailto:vruwinkp@willmar.k12.mn.us">vruwinkp@willmar.k12.mn.us</a>
Patti Johnson	LSN/District Lead Nurse	<a href="mailto:johnsonp@willmar.k12.mn.us">johnsonp@willmar.k12.mn.us</a>
Tyler Steen	MS Health	<a href="mailto:steent@willmar.k12.mn.us">steent@willmar.k12.mn.us</a>
Gretchen Baumgan	Lakeland Principal/Parent	<a href="mailto:baumgarng@willmar.k12.mn.us">baumgarng@willmar.k12.mn.us</a>
Alison Scheffler	MS School Counselor/Staff Wellness	<a href="mailto:schefflera@willmar.k12.mn.us">schefflera@willmar.k12.mn.us</a>
Brittany Schalmz	SHIP-Public Health	<a href="mailto:brittany.schmalz@kcmn.us">brittany.schmalz@kcmn.us</a>
Bill Adams	Assistant Superintendent	

### 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 wellness policy meets the minimum requirements for a school student wellness policy. Our school keeps certain areas more vague compared to the specific language in the Well Sat3.0 tool. ISD347 has kept language more open to allow for more flexibilities on how we operate. Overall, the following areas have an average-high score: nutrition education, school meals, competitive food/beverages sold to students, local wellness promotion and marketing, and implementation/evaluation/communication of policy. The physical activity area of our policy showed a lower-than-average score compared to the model policy. However, ISD 347’s practice meets an average-high score in all areas including physical activity. Also, there are a few areas in school meals not indicated in the wellness policy, but are in separate food and nutrition policies.

#### Section 4: Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
  - o Nutrition promotion and education
  - o Physical activity
  - o 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
<b>III. Wellness Goals</b> A1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: <ul style="list-style-type: none"> <li>a) Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;</li> </ul>	X			The School district follows the National Health Standards (NHS). NHS 6 is about students demonstrating the ability to use goal-setting skills to enhance health. Also, NHS 5 is about students demonstrating the ability to use decision-making skills to enhance health. We provide nutrition education as part of student’s health classes.
<ul style="list-style-type: none"> <li>b) Part of health education classes, as well as classroom instruction in subjects such as</li> </ul>		X		Elementary and Middle school nutrition education is integrated throughout their day.

math, science, language arts, social sciences, and elective subjects, where appropriate, and				High school students are not required to take health education in grades 10, 11, and 12, but are required for 9 <sup>th</sup> grade. Elective classes are available for students to enroll in (ie. Food and nutrition, culinary arts, foods for independent living, PE/Health, FACS, etc)
c) Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips		X		FNS routinely schedules taste testing in many of our buildings to cover all ages. Ongoing process, but nutrition education curriculum guide does include relevance to cultural foods as recommended idea for teachers.
2. 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 choices snack lines, vending machines, fundraising events		X		All foods and beverages sold to students during breakfast/lunch times which include snack bar, ala carte, meals, and vending machines meet smart snack guidelines. Fundraising items sold to students are a continual work in progress. The school district is educated yearly on recommended fundraising ideas.
3. The School District will establish and maintain a Staff Wellness Committee, which will develop, promote and oversee a multifaceted plan to promote staff health and wellness and to encourage staff to be role models for healthy behaviors	X			Currently active and led by Alison Scheffler.
4. The School District, to the extent possible, will buy and feature locally grown farm fresh foods; incorporate nutrition education curriculum; and provide students with experiential learning opportunities.	X			For 2023-2024, a menu schedule of MN food items is planned. Through an initiative called Harvest of the Month, promotional education materials about featured items will be provided to K-12 instructors to share with their students.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<b>III. Wellness Goals</b>				
B1. 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;	X			The School district follows the 2018 Minnesota Academic standards in Physical Education which promotes a physically active lifestyle. While teachers strive to cover all of the standards, P.E. teachers have developed priority standards at each grade level. These priority standards are the ones the teachers spend the most time providing instruction, support, and practice opportunities for students.
B2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and		X		Many teachers are already doing this, however not all teachers are.
B3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.		X		Many teachers are already doing this, however not all teachers are. Cardinal STARS reward program allows students to choose different activities, including physical activity breaks during the day.

				Separate Policy 533.III.B.3 states “Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate”. Elementary Administrators say teachers are practicing this.
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School-Based Activities to Promote Student Wellness Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<b>III. Wellness Goals</b> A1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: A1b. 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		X		Elementary and Middle school nutrition education is integrated throughout their day. High school students are required to take health education. Elective coursework opportunities available throughout 9-12 <sup>th</sup> . Policy 424 –talks about license status in general for teachers
<b>III. Wellness Goals</b> A2. 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 choices snack lines, vending machines, fundraising events.		X		All foods and beverages sold to students during breakfast/lunch times which include snack bar, ala carte, meals, and vending machines meet smart snack guidelines. Fundraising items sold to students are a continual work in progress. The school district is educated yearly on recommended fundraising ideas.
<b>IV. Standards and Nutrition Guidelines</b> D1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through: 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.		X		FNS has a “special occasion snacks” form where families can buy smart snack approved snacks from the department for birthday parties or celebrations. FNS has available for the public a list of healthy snack ideas. FNS has meals away from school forms for field trips, classroom parties, and for athlete groups to have USDA approved meals or Smart Snack approved snacks for students during the school day. FNS provide education to staff on these options and our policy language regarding celebrations and parties.
D2. Rewards and incentives. Schools will use foods or beverages as rewards for academic performance or good behavior sparingly and will not withhold food or beverages as punishment. The school district will make available upon request a list of positive, nonfood rewards.		X		Cardinal STARS program for elementary students that give students non-food options for rewards (i.e. gym helper, kitchen helper, pencils, teacher helper, eat lunch with principal, extra recess, positive calls to home, etc).

				FNS provide education to staff on these options and our policy language regarding celebrations and parties.
D3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.		X		Most fundraisers are sold after school hours and to adults. FNS has a fundraiser request form to list what they are selling and to contact wellness coordinator Regarding the food/beverage item being sold.
D4. . When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide families the option of receiving a meal from school.	X			

<b>Nutrition Guidelines for all Foods and Beverages for Sale on the School Campus (i.e. school meals and smart snacks)</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Describe Progress and Next Steps</b>
<b>IV. Standards and Nutrition Guidelines</b> A1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations	X			
2. Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.	X			
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.	X			
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.		X		Willmar Administration and Food and Nutrition are always collaboratively working on schedules for student's lunch times and FNS continues to find innovative ways to reduce serving time for students to spend more time eating. Monitor as needed using time study audits.
5. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and those reimbursable school meals meet USDA nutrition standards.	X			
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.	X			

7. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Food and Nutrition Services will utilize electronic identification and payment systems; provide breakfast meals for PreK-8 grade students at no charge, regardless of income; promote the availability of school meals to all students; and/or offer nontraditional methods of servings school meals, such as "grab-and-go" or classroom breakfast.	X			
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	X			
9. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day		X		Willmar Building Administration and Food and Nutrition are always collaboratively working on schedules for student's lunch times and FNS continues to find innovative ways to reduce serving time for students to spend more time eating. Monitoring as needed with time study audits.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.	X			
<b>IV C. Competitive Foods and Beverages</b> C1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.		X		All foods and beverages sold to students during breakfast/lunch times which include snack bar, ala carte, meals, and vending machines meet smart snack guidelines. Fundraising items sold to students are a continual work in progress. The school district is educated yearly on recommended fundraising ideas.
C2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits to students at the Middle and High School only	X			
C3. Before and Aftercare (child care) programs must also comply with the	X			

school district’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards				
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<b>Guidelines for Other Foods and Beverages Available on the School Campus, but not Sold</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Describe Progress and Next Steps</b>
<b>IV. Standards and Nutrition Guidelines</b> D1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through: 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		X		FNS has a “special occasion snacks” form where families can buy smart snack approved snacks from the department for birthday parties or celebrations. FNS has available for the public a list of healthy snack ideas. FNS has meals away from school forms for field trips, classroom parties, and for athlete groups to have USDA approved meals or Smart Snack approved snacks for students during the school day. FNS provide education to staff on these options and our policy language regarding celebrations and parties.
2. Rewards and incentives. Schools will use foods or beverages as rewards for academic performance or good behavior sparingly and will not withhold food or beverages as punishment. The school district will make available upon request a list of positive, nonfood rewards.		X		Cardinal STARS program for elementary students that give students non-food options for rewards (i.e. gym helper, kitchen helper, pencils, etc). FNS provide education to staff on these options and our policy language regarding celebrations and parties. Food and beverages are not withheld from students for punishment.
3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.	X			Upon request, FNS will provide ideas for healthy fundraising ideas.
4. When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide families the option of receiving a meal from school.	X			

<b>Marketing and Advertising if only Foods and Beverages that Meet Smart Snacks</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Describe Progress and Next Steps</b>
<b>IV. Standards and Nutrition Guidelines</b>	X			

E1. School-based marketing will be consistent with nutrition education and health promotion.				
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	X			

Include any additional notes, if necessary: