

Triennial Assessment Summary of the Local Wellness Policy

General Information:

School(s) included in the assessment:

Ahtanum Elementary
Apple Valley Elementary
Cottonwood Elementary,
Mountainview Elementary,
Summitview Elementary,
Wide Hollow Elementary,
WV Middle Level Campus,
WV Innovation Center,
WV High School

Month and year of current assessment: May 2023

Date of last Local Wellness Policy revision: February 2023

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

- 3409 Local Wellness Policy <https://www.wvsd208.org/assets/img/misc/Board-Policies/3409-Local-Wellness-Policy.pdf>
- 2124 Health and Fitness <https://www.wvsd208.org/assets/pdfs/2124-Health-and-Fitness.pdf>
- 6700 Nutrition, Health, and Physical Education <https://www.wvsd208.org/assets/img/header/6700-Nutrition-Health-and-Physical-Education.pdf>
- 6700P Nutrition Health and Physical Education Procedure <https://www.wvsd208.org/assets/img/header/6700P-Nutrition-Health-and-Physical-Education-Procedure.pdf>

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? Monthly (2nd Monday of the Month)

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Magieline Benedicto	Child Nutrition Director	benedictom@wvsd208.org

School Wellness Committee Members:

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<http://doe.sd.gov/cans/index.aspx>

This institution is an equal opportunity provider.

Name	Job Title	Email Address
Kendal Bjerke	Child Nutrition Coordinator	bjerkk@wvsd208.org
Alyssa Kidder	District Health & Wellness Coordinator	kiddera@wvsd208.org

Progress towards wellness goals and compliance with the wellness policy:

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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. 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
<i>Provide students, staff, and families nutrition education and promotion via social media platform including seasonality produce tips and recipes.</i>	X			Child Nutrition Facebook page has monthly posts on nutrition education. During National Nutrition Month, weekly posts are shared regarding nutrition and wellness.
<i>Implementation of at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.</i>	X			Currently, Child Nutrition has implemented at least ten or more healthy food promotions using the Smarter Balance Lunchroom techniques by managing portion sizes, increasing convenience, and improving visibility.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<i>Encourage students to participate in the mileage club at their designated elementary school. Mileage club is a lunch hour program that gets children to walk or run around the playground a few times a week. Mileage is checked when a lap is completed.</i>	X			Each school participates in mileage club, encouraging students to walk or run laps around the playground. Some schools do a great job motivating students by offering incentives such as t-shirts, sweatshirts, small charms/tokens, and certificates.

Some of the work that Elementary Schools are doing towards physical activity:

Wide Hollow Elementary – “we hold Mileage Club every Tuesday and Thursday (weather permitting) and students have scan cards for logging each lap. We have students who meet 50 miles receive a t-shirt and students that reach 100 miles get a sweatshirt. Smaller increments are recognized by a small charm with a certificate at 5 mile increments. We have a K-2 classroom and 3-5 classroom trophy to the top running class each year at those grade bands. We also have special runs like our Pumpkin, Turkey, Shamrock, etc. where each student that completes four laps gets a sticker for their mileage club card. ”

Cottonwood Elementary – “At CW, we have MC on Mondays. It is required for kindergartens to walk for at least 15 minutes. It is optional for grades 1 -5.

On Wednesdays, it is 30 minutes for every grade level except for kinder. It is optional for them. So basically, 30 minutes a week for everyone in grades 1 – 5 and 15 minutes a week for kindergarten. ”

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The child nutrition department collaborated with Ram Landing for a district wide food drive.		X		Each school participated in the district wide food drive. We provided education about National Nutrition Month leading up to the food drive for each school to share with the students.

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
<i>The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.</i>		X		Child Nutrition will create packets for teachers to use at the start of each school year. A snack list and a non-food reward handout is available.
<i>Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.</i>	X			Child Nutrition has verified items in vending machines, DECA store, and a la carte sales meet the USDA Smart Snacks in School nutrition standards.

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
<i>The district will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring with them and carry throughout the day approved water bottles (filled only with water).</i>	X			Every school has drinking water available during meal service whether in the cafeteria or in the classroom. Students are allowed to bring in water bottles to carry throughout the day.

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
<i>Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multichannel approach by school staff, teachers, parents, students and the community. Instruction for marketing nutritious foods and healthy lifestyle will, as resources allow, be incorporated into DECA courses.</i>	X			Child Nutrition department ensures that only smart snack approved items are advertised in the cafeterias and vending machines. We promote nutritious foods on our CN webpage and social media platforms.

Additional information:

The local wellness policy and the referenced policies noted on page one was evaluated by the School Wellness committee members. Areas of strength include meeting the standards and nutrition guidelines for all foods and beverages, continuation of physical activity goals at the elementary schools, and promoting nutrition and health resources.

Areas that need improvement include creating more specific, measurable goals for our school district. Also, getting more stakeholders such as students and community members involved during our meetings to evaluate and update the policies and procedures. We will find other avenues to invite future stakeholders such as the district communication platform.

The local wellness committee will continue to meet once a month during the 2023-2024 school year to review and continue toward established and newly formed goals.

Signatures of School Wellness Committee Members

M. Benedetto

Kim B.

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