

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Van Buren County CSD
Date Triennial Assessment was Completed	1/23/23
Date of Last Wellness Policy Review	6/15/2022
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	Vbcwarriors.org
How often does the school wellness committee meet? Date of last meeting?	Annually May 4, 2022

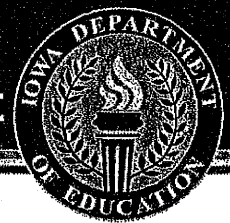
Designated School Wellness Leader

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
Jeremy Hissem	Superintendent	Jeremy.hissem@vbcwarriors.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
MaryDawn Schuck	Principal Douds Center	MaryDawn.Schuck@vbcwarriors.org
Bonnie Watson	Physical Education K-6	Bonnie.watson@vbcwarriors.org
Holly Strait	RN	Holly.strait@vbcwarriors.org
Gayle Hervey	Food Services Director	Gayle.hervery@vbcwarriors.org
Melissa Daugherty	Parents As Teacher/Parent	Melissa.daugherty@vbch.org
Melanie Collora	Principal Harmony Center	Melanie.collora@vbcwarriors.org
William Cline	Vice President VBCCSD School Board	William.cline@vbcwarriors.org
Jeremy Hissem	Superintendent	Jeremy.hissem@vbcwarriors.org
Jonathon Strait	Student	Jonathon.strait@vbcwarriors.org
Madison Rushing	Director of Student-Family Services	Madison.rushing@vbcwarriors.org
Brian Johnson	Physical Education	Brian.johnson@vbcwarriors.org
Brandon Stuhr	Principal MS/HS	Brandon.stuhr@vbcwarriors.org
Justin Hill	Physical Education/Health	Justin.hill@vbcwarriors.org
Brenda Hendrichsen	RN Harmony Center MS/HS	Brenda.hendrichsen@vbcwarriors.org
Emily Cline	Director of Activities	Emily.cline@vbcwarriors.org



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

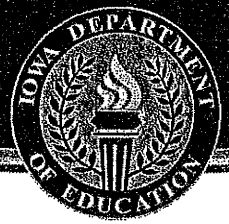
Public Updates

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.



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:

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

- √ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- √ 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).
- √ 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.

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
<p>School Meals - Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> • be appealing and attractive to children; • be served in clean and pleasant settings; • meet, at a minimum, nutrition requirements established by local, state and federal law; • offer a variety of fruits and vegetables; • serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); • ensure that all of the served grains are whole grain; <p>and</p> <ul style="list-style-type: none"> • offer a "grab-and-go" line for students at the middle and high schools wanting fruit, veggies or healthy snacks that meet the USDA Smart Snacks Standards in place of a regular meal. <p>Foods Sold Outside the Meal</p> <p>Per state and national guidelines, foods and beverages sold outside the reimbursable meal program (including those sold through ala carte lines, vending machines, and fundraising) during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the Healthy Hunger-Free Act of 2010 Smart Snack Standards.</p>	<p>Public Involvement: The District will inform the public of all scheduled meeting dates and times via the school's district website.</p>



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).

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
minutes of physical activity per day.	Melanie Collora				classroom activities, and school/non-school athletics. Extra recess time is available to earn in some classes as reward for positive behavior.	
2. Middle/High School students must have at least 120 minutes of physical activity per week.	Brandon Stuhr	X			This is met through a combination of PE, classroom activities, and school/non-school athletics.	

Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Permit students to bring and carry water bottles filled with water throughout the day.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora	X			Students are permitted to carry water bottles. Water bottle filling stations are available at all 3 centers.	
2. Provide opportunities for physical activity to be incorporated into other subject lessons and encourage teachers to provide short physical activity breaks between lessons or classes, as appropriate.	Brandon Stuhr MaryDawn Schuck, Melanie Collora	X			Teachers are encouraged to provide physical activity when possible. Teachers use "brain breaks"	

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day
(e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Foods sold outside of the reimbursable meal program during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the USDA Smart Snack Standards.	Gayle Hervey	X			Grab and go options available at MS/HS.	
2.						

Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school will encourage snacks brought from home for school celebrations and other functions to be commercially prepared foods or fresh, uncut fruits and vegetables.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora		X		Teachers are reminded to encourage students to bring commercially prepared and healthy foods. Dietary has smart snacks available for purchase by the public for school celebrations.	Nursing will continue to provide a letter at the beginning of the school year with request for nutritional, commercially prepared, pre-packaged snacks for class parties along with a list of suggestions for parents. Consider posting to social media at the beginning of school year. Place Smart snack list in an easily found location on website.
2. The district encourages the use of non-food items for academic performance or good behavior.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora		X		Teachers are encouraged to use non-food rewards. Warrior stores in the elementary centers have several non-food items available to students.	Include encouragement of bus drivers and support staff as well.

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school district will encourage the marketing and promotion of foods and beverages that meet the Healthy Kids Act Nutritional Content Standards and USDA Smart Snack Standards.	Emily Cline Activities Director	X			No snack/pop vending available to students at any center. Nursing obtained appropriate nutritional posters from USDA. These were distributed to all 3 centers.	
2.						

This institution is an equal opportunity provider.