

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.

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	2/24/2020
Date of Last Wellness Policy Review	2/17/2016
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www.van-buren.k12.ia.us
How often does the school wellness committee meet? Date of last meeting?	One or more yearly as needed 2/24/2020

Designated School Wellness Leader

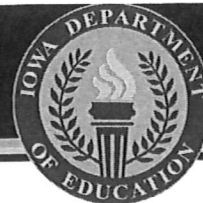
LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Jeremy Hissem	Superintendent	jeremy.hissem@van-burencsd.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Hattie Liechty	H.S. PE & Health Teacher	hattie.liechty@van-burencsd.org
Bonnie Watson	K-6 PE/Mentor/Coach	bonnie.watson@van-burencsd.org
Linda Kite	RN Harmony Center and V.B. HS/MS	linda.kite@van-burencsd.org
Sheila Smith	Parent/Harmony Center PTO	sheila.smith@van-burencsd.org
Gayle Hervey	Food Service Director	gayle.hervey@van-burencsd.org
Holly Strait	RN Douds Center	holly.strait@vanburencsd.org
MaryDawn Schuck	Elementary Principal, Director of Elementary Curriculum and School Improvement, Director of Pre-K	marydawn.schuck@van-burencsd.org

Wellness Policy: Triennial Assessment



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.
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- ☒ 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
II. Nutrition Guidelines-School meals should be appealing and attractive to children. Meals are served in clean and pleasant settings. Meals meet or exceed nutrition requirements by local, state and federal statutes and regulations.	I.A. Nutrition Education and Promotion-Address quality nutrition education at every level related to middle school, to promote relationship between healthy eating and personal health.

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).

Smart Snacks in School Nutrition Standards

Smart Snacks in School Nutrition Standards and A la Carte Items

Reimbursable meals under programs authorized by the National School Lunch Act and the Child Nutrition Act follow specific regulations. All other foods and beverages sold to students on the school campus during the school day must meet the “Smart Snacks in School” standards. The Smart Snacks in School regulations establish standards for all foods and beverages sold to students other than the reimbursable meals. The definition of a school day is midnight until 30 minutes after the dismissal school bell rings.

Entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after are exempt from the Smart Snacks nutrition standards on those days. This exception serves to send a consistent nutritional message about school meals since such entrees already fit into a balanced and nutritionally sound meal and represent a healthier choice for students who do not want the whole meal.

Side items, snack foods, beverages, and any entrées not served as part of the reimbursable meal will need to comply with the Smart Snacks nutrition standards, which include calorie, fats, sugar, and sodium limits, in order to be sold to students in school.

Foods subject to Smart Snacks standards must:

- Be a whole grain-rich grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and or vegetable.

In addition, such food items must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤ 35 percent of calories
 - Saturated fat: < 10 percent of calories
 - *Trans* fat: zero grams
- Sugar limits:
 - ≤ 35 percent of weight from total sugars in foods.

Nutrition Standards for Beverages for all foods sold in schools.

Schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored fat-free and 1% (low-fat) milk
- Milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Additional beverage standards by grade level:

- Elementary schools may sell up to 8-fluid-ounce portions of milk and juice.
- Middle schools and high schools may sell up to 12-fluid-ounce portions of milk and juice.
- There is no portion size limit for plain water.

High schools are allowed to sell additional “no calorie” and “lower calorie” beverage options:

- ≤20-fluid ounce portions of calorie-free, flavored water (with or without carbonation);
- ≤20-fluid ounce portions of other flavored and/or carbonated beverages that contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces;
- ≤12 fluid ounce portions of “lower calorie” beverages that contain ≤ 40 calories per 8 fluid ounces or ≤ 60 calories per 12 fluid ounces.

For more information on Smart Snacks, visit <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

Wellness Committee Meeting Agenda for 2019-2020 School Year

Purpose of gathering is to establish a committee to review the following:

2018-2019 review items

- Local Wellness Policy Progress Report
- The Meeting Minutes from 5/2/2019
- Harmony Wellness Policy
- Van Buren Wellness Policy
- 2016 wellness Policy measurement tool checklist

2020 Review and update as needed

- Alliance for a Healthier Generation Model Wellness Policy (example of school wellness policy)
- School Wellness Policy
- Summary of the Final Rule Guidelines
- Local School Wellness Policy Implementation; Hunger –Free Kids Act
- Complete Triennial Assessment
- Update Policy Progress Report
- Record minutes from current committee meeting
- Provide copy of minutes to Lisa to be put on V.B. District website for public awareness
- Signature sheet of committee attendees and committee roles
- Documentation of current member list, meeting announcements, committee invitations

Van Buren Co. CSD School Wellness Meeting Sign In 2/24/2020

1. Hattie Liechty HS PE & Health hattie.liechty@van-burencsd.org
2. Bonnie Watson K-6 PE/Mentor/Coach bonnie.watson@van-burencsd.org
3. Linda Kite RN Harmony Center linda.kite@van-burencsd.org
4. Orla SZ, Parent/harmony-pto@rocketmail.com
5. Gayle Hervey Food Service Dir. Gayle.Hervey@van-burencsd.org
6. Holly Strait RN Dadds Center holly.strait@van-burencsd.org
7. MaryDawn Schuck Elementary Principal, Director of Elementary Curriculum and School Improvement, Director of Pre-K MaryDawn.Schuck@van-burencsd.org
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