**Triennial Assessment Summary of the Local Wellness Policy**

**General Information:**

School(s) included in the assessment: West Central Humboldt El, Hartford El, MS/HS

Month and year of current assessment: June 22, 2021

Date of last Local Wellness Policy revision: May of 2015

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

https://www.westcentral49-7.com/\_files/ugd/cda18c\_4218b02ade0d4d3595476d55af038b0e.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? 4 times per year if site is open

Designated School Wellness Coordinator:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Victoria Wittrock | Food Service Director | Victoria.Wittrock@k12.sd.us |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Brad Berens | Superintendent | Brad.Berens@k12.sd.us |
| To Be Determined | Parent |  |
|  | Student |  |
|  | PE Teacher |  |
|  | School Nurse |  |
|  | School Board |  |
|  | General Public |  |

**Comparison to Model School Wellness Policies:** A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

* + **SD Model Wellness Policy**: A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.
	+ **WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](http://www.wellsat.org/) .

**X Other Model Wellness Policy**: If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:

The Wellness Policy has most of the basic components. The current policy does need to meet additional and updating some of the district goals. The policy has requirement’s that meet the USDA standards.

**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.

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| --- | --- | --- | --- | --- |
| Nutrition Promotion and Education Goal(s) | Meeting Goal | Partially MeetingGoal | Not MeetingGoal | Describe progress and next steps |
| West Central does provide education in specific grades to promote health and nutrition.  |  YES |  |  | We will need to continue to grow and expand the current policy to measure a progress towards the education for all students.  |

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| Physical Activity Goal(s) | Meeting Goal | Partially MeetingGoal | Not MeetingGoal | Describe progress and next steps |
| West Central does provide many activities and promotes physical activity in all grades. This is a strong part of West Central’s history |  YES |  |  |  We will continue to grow and expand other activities to promote wellness in many different settings. |

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| School-based activities to promote student wellness goal(s) | Meeting Goal | Partially MeetingGoal | Not MeetingGoal | Describe progress and next steps |
| West Central provides many activities that promotes student wellness such as jump rope for heart, bicycling to school. Walking from building to building at seasons to promote wellness. Most activities are surround by wellness from moving to what we eat, and mental illness. |  YES |  |  |  We will continue to finds ways to promote wellness education and activities to our students. |

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| Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smartsnacks) | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|  All Snacks sold on campus meets the smart snack requirements with the HHFKA of 2010 that was set forth by USDA.  |  YES |  |  |  All sites promote and sell items that meet the requirements to meet the health and wellness of our students. Will continue to monitor that the requirements are consistently met. |

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| Guidelines for other foods andbeverages available on the school campus, but not sold | Meeting Goal | PartiallyMeeting Goal | NotMeeting Goal | Describe progress and next steps |
| If rewards and incentives are given, healthy choices are encouraged for rewards and incentives. When snacks are provided in classrooms healthy snacks are expected for all grade levels. All fund raisers held within the District must meet the State of South Dakota Fund Raiser policy. |  YES |  |  |  We will continue to strive and encourage and educate to our classrooms regards to rewards and incentives are healthy choices for our students.  |

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| --- | --- | --- | --- | --- |
| Marketing and advertising of only foods and beverages that meet SmartSnacks | Meeting Goal | Partially MeetingGoal | Not MeetingGoal | Describe progress and next steps |
| All Foods and beverages made available on campus during the school day are consistent with USDA Healthy Hunger Free Kids Act of 2010 and specifically the Smart Snacks Standards implemented in July 2014. YES Only foods and beverages meeting the Smart Snack guidelines are sold. |  YES |  |  |  We will continue to work on any advertisement of products that does not promote wellness for our students. |

Additional information: The West Central District Student Wellness Policy is posted on the School District webpage under polieies

 The triennial progress report will be shared with the District wellness team.

Victoria Wittrock, Child Nutrition Director shall ensure compliance with the established district wide wellness policy.

A District Wellness committee will meet annually to review the wellness policy. All information is shared under the district webpage under wellness. We will invite and encourage many members of the community to be part of the Wellness Team. The wellness committee members assist in the development, implementation, review and update of the wellness policy. The Wellness committee shall conduct a quantitative assessment of policy implementation every three years using the South Dakota Wellness Model policy. The next triennial progress report will be provided in June of 2023.