

Triennial Assessment Tracking Form

Date of Assessment: April 18, 2025

Name of School/District/SAU: Lin-Wood Public School/Lincoln-Woodstock Cooperative School District/SAU 68

Nutrition Education Goal(s)	Notes	Goal Status (select one): Completed Partially Completed In Progress Not Completed (click on "Choose an item" to show the drop down menu)
1. Nutrition education posters will be in the cafeteria.	Could use updating	In Progress
2. Nutrition education is included in the curriculum.	FCS, Health curriculum, Fresh Fruits & Vegetable Program	Partially Completed
3. Hosted Taste the World event 2023 and 2024	Hope to continue – biannual event	Completed
4. Family & Consumer Science classes follow healthy eating guidelines		In Progress/Ongoing
5. Hydroponic garden	Growing!	In Progress
Nutrition Promotion Goal(s)		
1. Wellness website features healthy eating and healthy lifestyle resources for families	Updates will continue	Completed /Ongoing
2. Nutrition education posters will be in the cafeteria.	Updates needed	In Progress
3. Host annual Taste the World event		Completed
4. Fresh Fruits & Vegetable Program	Popular and well received	Completed

5.		Choose an item.
Marketing of Foods in Schools/RCCIs Goal(s)		
1. School-based marketing is consistent with nutrition education and health promotion.	Fundraiser reminders – need to do annually at beginning of school year.	Partially Completed
2. Prohibit marketing of products and practices that do not follow healthy guidelines.	Continue to provide guidelines and ideas for healthy options/alternatives	Partially Completed
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
Foods Sold to Students During the School Day Goal(s)		
1. Food sold follows the Smart Snacks in School standards	We contract with Fresh Picks	Completed
2.		Choose an item.
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
Foods Provided but not Sold to Students During the School Day		
1. Fresh Fruits & Vegetable Program	Popular and well received	Completed
2. Celebrations in classrooms and special events follow healthy guidelines and wellness policy	Teachers share out with families. Newsletter and website. Need to do annually at beginning of year.	Partially Completed
3. Fundraisers, athletic and social events, and testing snacks follow healthy guidelines	Continue to provide educational info to class advisors, parents, teachers, etc.	Partially Completed
4. Healthy snacks are available to any student who is in need	Yes! We do this well, through several avenues, provided as needed.	Completed
5.		Choose an item.
Physical Activity Goal(s)		
1. PE classes are varied and consistent with national and state standards	Yes	Completed
2. Consistently offer a variety of physical activity opportunities for students and staff	Wellness days for students and staff, during and after school. Fun Fridays at MHS on tap for 2025-2026.	Completed

3. In addition to recess, teachers are encouraged to provide additional physical movement/stretch breaks	Wellness committee will facilitate idea sharing into PD	Not Completed
4. Community events	Examples: pumpkin run, alumni games, local gym support	Choose an item.
5.		Choose an item.
Other School-Based Activities that Promote School Wellness Goal(s)		
1. Summer enrichment activities for credit	Golf, Girls and Boys of Summer	Completed
2. Middle school hikes	once per semester, whole school field trips	Completed
3. Walk and bike to school days, Jump Rope for Heart	annual events	Completed
4. Pickleball and volleyball offered after school between sports seasons	staff and student participation	Completed
5. Winter activities for grades K-5 and Winter carnival grades 6-12	annual events	Completed
Wellness Policy Leadership/Accountability		
1. Assistant Principal serves in leadership capacity on wellness committee	2024-2025: Ashley Youngheim	Choose an item.
2. Wellness policy is periodically reviewed and updated	Wellness committee gives recommendations to school board's policy committee	Choose an item.
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.
Wellness Committee Representation		
1. Parents	2024-2025: Jasmine Weeden/Erin Bell	Choose an item.
2. School board members	2024-2025: Jasmine Weeden	Choose an item.
3. Administrators	2024-2025: Ashley Youngheim/Deb O'Connor	Choose an item.
4. Staff members from each school (ES and MHS)	2024-2025: Katie Parent, Jess Halm, Aaron Loukes, Erin Bell	Choose an item.
5.		Choose an item.
Notification of the Public		
1. District communicates w/public via website		In Progress
2. Nutrient analysis on school menus (posted on website)		Completed
3. Ideas for healthy celebrations provided to staff and parents		In Progress
4. Newsletter regularly includes wellness info		Partially Completed
5.		Choose an item.
Assessment of Wellness Policy Implementation		

1. Wellness committee meets bimonthly to assess the school's nutritional and physical environment based on school board policy, and to plan activities for school community	Lost momentum after Covid. New members on committee, regular scheduled meetings/agendas.	In Progress
2. Wellness policy is reviewed and updated regularly		Completed
3.		Choose an item.
4.		Choose an item.
5.		Choose an item.

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