

# Triennial Assessment Tool

Every three years or more often if the district desires, the district must conduct an assessment of the wellness policy that is made available to the public. The evaluation must address:

- Compliance with the district policy
- The extent to which the local wellness policy compares to the [Model Wellness Policy](#)
- Progress made in attaining the goals of the wellness policy

The first triennial assessment should be completed by June 30, 2023 or earlier. The second triennial assessment is due 3 years from the completion of the first triennial assessment. Districts are required to make the Local Wellness Policy and Triennial Assessment available to the public.

| Date of Assessment: 02/12/2024  | Name of School District:<br>Webster County |                              | Number of Schools in District: 2 |
|---|--|------------------------------|----------------------------------|
| Nutrition Education & Promotion Goal(s):  | Goal Status<br>(select one):               | Number of Compliant Schools: | Notes:                           |
| 1. Provide students with knowledge to promote good health.  | Completed                                  | 2                            |                                  |
| 2. Nutrition education and promotion will be provided to families via handouts, newsletters, and posting on the school district website.                                      | Completed                                  | 2                            |                                  |
| 3. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, and accurate portion sizes.   | Completed                                  | 2                            |                                  |
| 4. Nutrition education, as appropriate, shall be integrated into the health education and core curricula and may include participatory activities such as classroom projects. | Completed                                  | 2                            |                                  |
| 5. School menu is provided each month to classroom teachers and on the school website.  | Completed                                  | 2                            |                                  |
| 6. Choose food that are low in fat, saturated fat, saturated fat, cholesterol and do not contain trans fat.   | Completed                                  | 2                            |                                  |

| <b>Physical Education &amp; Activity Goal(s):</b>   | <b>Goal Status (select one):</b> | <b>Number of Compliant Schools:</b> | <b>Notes:</b>   |
|---|----------------------------------|-------------------------------------|---|
| <i>1. Employees will be encouraged to complete some type of health/wellness activity during the school year.</i>  | Completed                        | 2                                   | Flu shots are offered on campus   |
| <i>2. All students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.</i> | Completed                        | 2                                   | PE, recess, and extracurricular sports are offered.                     |
| <i>3. Attention shall be focused on the knowledge of physical activity behaviors, , body composition (BMI) and cardiovascular risk factors in health classes</i>  | Completed                        | 1                                   | This is done in Health and PE with emphasis placed on the Fitness Gram. |

| <b>Other School-Based Activities that Promote Student Wellness Goal(s):</b>  | <b>Goal Status (select one):</b> | <b>Number of Compliant Schools:</b> | <b>Notes:</b> |
|--|----------------------------------|-------------------------------------|---------------|
| <i>1. Students and staff members will be encouraged to practice good hand washing techniques.</i>  | Completed                        | 2                                   |               |
| <i>2. School nurse will be available to provide training for the purpose of promoting wellness.</i>  | Completed                        | 2                                   |               |
| <i>3. The schools will strive to increase participation in the available federal Child Nutrition programs (e.g. school breakfasts, school lunches.</i> | In Progress                      | 2                                   |               |

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| <b>Nutrition Guidelines for All Foods and Beverages Sold to Students</b>   | <b>Status (select one):</b> | <b>Number of Compliant Schools:</b> | <b>Notes:</b> |
|--|-----------------------------|-------------------------------------|---------------|
| <i>1. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA pertaining to the Healthy, Hungry-free Kids Act of 2010 and state requirements regarding exempt fundraisers, as those regulations and guidance apply to schools.</i> | Completed                   | 2                                   |               |

| <b>Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b><br><i>(i.e., classroom parties, foods given as reward)</i>   | <b>Status (select one):</b> | <b>Number of Compliant Schools:</b> | <b>Notes:</b> |
|---|-----------------------------|-------------------------------------|---------------|
| <i>1. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements.</i> | Completed                   | 2                                   |               |

| <b>Policies for Food and Beverage Marketing</b>  | <b>Status (select one):</b> | <b>Number of Compliant Schools:</b> | <b>Notes:</b> |
|--|-----------------------------|-------------------------------------|---------------|
| <i>1. Only marketing and beverages that meet competitive food standards is permitted on the school campus during the school day.</i> | Completed                   | 2                                   |               |

| <b>Wellness Policy Leadership</b><br><i>Name of school official(s) who are responsible to ensure compliance.</i> | <b>Title and School</b>       | <b>Notes:</b> |
|--|-------------------------------|---------------|
| 1. Dr. Dorothy Ingram  | Superintendent                |               |
| 2. Deidre Sterling   | Admin                         |               |
| <b>Wellness Committee Involvement</b><br><i>List of committee members' names</i>                                 | <b>Title and Organization</b> | <b>Notes:</b> |
| 1. Diana Thomas  | Nutrition Bookkeeper          |               |
| 2. Cammy Gill  | School Nurse                  |               |
| 3. Lorna Wilburn   | Manager                       |               |
| 4. Lou Ward  | Parent                        |               |

| <b>KEY</b>                 |   |
|----------------------------|---|
| <b>Completed</b>           | <i>select if you have met this goal at all schools</i>                                  |
| <b>Partially Completed</b> | <i>select if one or more schools has met this goal</i>                                  |
| <b>In Progress</b>         | <i>select if you are working on the goal, but none of the schools have met the goal</i> |
| <b>Not Completed</b>       | <i>select if you have not begun working on this goal</i>                                |