



*Working Together for Student Success*

## **Local School Wellness Policy: Triennial Assessment Template**

### **Background Information**

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

### **Purpose**

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 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.

### **Results**

The copy of the assessment, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

### **Recordkeeping**

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

## Section 1: General Information

School(s) included in the assessment: Indian Creek: Elementary, Intermediate, Middle, High School

Month and year of current assessment: March 2023

Date of last wellness policy revision: 11/14/17

Website address for the wellness policy and/or information on how the public can access a copy:  
<https://cdn.zephyrcms.com/86388be4-0c31-427e-8346-bc7b7d5331dc/-/inline/yes/wellness-policy-select-8510-update-2022.pdf>

## Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion
  - Nutrition 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 evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Wellness Coordinator:</b> Has identified at least one person as responsible for facilitating the wellness policy upkeep</p> <p>Name person responsible for facilitating the upkeep:</p> <p>Mike Vetter &amp; Jill Lawalin</p>	YES		
<p>Describe progress and next steps: The wellness committee has reformed as of 03/02/23. Currently Mike Vetter is the coordinator.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Stakeholder Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy</p>	YES		
<p>Describe progress and next steps: We have formed the wellness committee and have advertised publicly to encourage the participation of these types of individuals.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>USDA Requirements for School Meals:</b> Has assured school meals meet the USDA requirements</p>	YES		
<p>Describe progress and next steps: The program is evaluated every year using the School Food Authority On Site Review Checklist.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	YES		
Describe progress and next steps: Policy contains this information, we use this website to help <a href="https://foodplanner.healthiergeneration.org/calculator/">https://foodplanner.healthiergeneration.org/calculator/</a>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	YES		
Describe progress and next steps: We use this website to help develop our guidelines. <a href="https://foodplanner.healthiergeneration.org/calculator/">https://foodplanner.healthiergeneration.org/calculator/</a>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	YES		
Describe progress and next steps: With regard to nutrition promotion, any food and beverages marked or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks School Nutrition standards.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Nutrition Education:</b> Has at least 2 goals for nutrition education</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>1. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.</li> <li>2. The corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.</li> </ol>	YES		
<p>Describe progress and next steps: "Plan the Menu" opportunity (i.e raffled at Bingo event for student/parents) Creek Cattle burger days on the menu-locally grown beef. Monthly email promotions sent to parents from a webpage <a href="https://www.ingrown4schools.com/harvest-of-the-month">https://www.ingrown4schools.com/harvest-of-the-month</a> to celebrate nutrition.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Nutrition Promotion:</b> Has at least 2 goals for nutrition promotion</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>1. Designate wellness champions at each school that will promote resources through the corporation website for wellness for students, families, and the community.</li> <li>2. Require students to select a fruit or vegetable as part of a complete reimbursable meal.</li> </ol>	YES		
<p>Describe progress and next steps: Currently our wellness champions are Media Relations, Health/PE Teachers, Director of Health and Wellness, Foodservice Director. Our nutrition program follows the USDA guidelines to have a student select fruit and/or vegetables on a daily basis.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Physical Activity:</b> Has at least 2 goals for physical activity</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>1. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.</li> <li>2. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.</li> </ol>	YES		
<p>Describe progress and next steps: Corporation walking trails, Mile Club and intramurals (ICIS), Wizards Basketball game. Unified Track and Football teams.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p><b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <ol style="list-style-type: none"> <li>1. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.</li> <li>2. The schools shall provide at least thirty (30) minutes daily for students to eat.</li> </ol>	YES		
<p>Describe progress and next steps: Drinking fountains are found in all of the cafeterias as well as various school locations to encourage the frequent drinking of water. All meal services are currently 30 minutes in length to give students time to enjoy meals.</p>			

<b>School Wellness Policies are to Include:</b>	<b>Meeting Goal</b>	<b>Meeting Goal Partially</b>	<b>Not Meeting Goal</b>
<p><b>Evaluation:</b> Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> <li>● to what extent the LEA is in compliance with the school wellness policy</li> <li>● the extent to which the local wellness policy compares to model school wellness policies</li> <li>● the progress made in attaining the goals of the school wellness policy</li> </ul> <p>Name person responsible for monitoring the policy:</p> <p>All Wellness Committee Members</p>		YES	
<p>Describe progress and next steps: The program was evaluated in previous years and will continue to be evaluated every three years by one or several members of the committee.</p>			

<b>School Wellness Policies are to Include:</b>	<b>Meeting Goal</b>	<b>Meeting Goal Partially</b>	<b>Not Meeting Goal</b>
<p><b>Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate</p>	YES		
<p>Describe progress and next steps: The wellness policy is posted online and updated as needed.</p>			

Include any additional notes, if necessary: The wellness committee will meet at least four times per school year.

### Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

- Alliance for a Healthier Generation: Model Policy
- Upgrade Sample Language
- Other (please specify): We used the Indiana Model School Wellness Policy on Physical Activity and Nutrition

Describe how the school wellness policy compares to model wellness policies.

Our current policy meets recommended wellness policies and we will continue to be evaluated by the wellness committee. We will use information from our neighboring schools as well as information from the Indiana Model Wellness Policy for comparison and adjust as needed.