

Local Wellness Policy: Triennial Assessment Southeast Polk Community School District

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Southeast Polk CSD
Date Triennial Assessment was Completed	11/11/2022
Date of Last Wellness Policy Review	1/18/2018
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	Wellness page: https://www.southeastpolk.org/district/13235-autosave-v1/ Board policy: https://boardpolicyonline.com/bl/?b=southeast_polk#&&hs=2876
How often does the school wellness committee meet? Date of last meeting?	

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
Amy A'Hearn	Director of Food & Nutrition Services	Amy.ahearn@southeastpolk.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
George Panosh	Willowbrook Elementary Principal	george.panosh@southeastpolk.org
Lindsey Dawson	Mitchellville Elementary School Nurse/parent	Lindsey.dawson@southeastpolk.org
Amy Chebuhar	District Lead Nurse/ Parent	Amy.chebuhar@southeastpolk.org
Nate Ballagh	Spring Creek Principal/ Parent	Nathan.ballagh@southeastpolk.org
Scott Belger	SEP HS Assistant Principal/Parent	Scott.belger@southeastpolk.org
Emily Blackford	SEP JH nurse/Parent	Emily.blackford@southeastpolk.org
Amanda Kielman	Elementary PE teacher/parent	Amanda.kielman@southeastpolk.org
Taylor Bowie	Elementary PE teacher	Taylor.bowie@southeastpolk.org
Chelsea Clark	Delaware Elementary Principal	Chelsea.clark@southeastpolk.org

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.

- 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.

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
<ul style="list-style-type: none"> ● NSLP & NSBP meet nutrition requirements and compliant with USDA final rule. <ul style="list-style-type: none"> ○ Include low-fat, fat-free milk, variety fruits, veggies, lean meats and whole grains ○ Food & beverages are appealing and attractive to children ○ Settings clean and inviting ● Meal timing to provide adequate time- 10 minutes for breakfast and 20 for lunch ● Provide menus on district website with nutritional information ● Foods sold outside of the reimbursable meal programs during the school day meet nutritional standards required by the state and federal law. ● Provide a list of healthy ideas for school parties. Parents are encouraged to bring healthy snacks or non-food items. 	<ul style="list-style-type: none"> ● Committee memberships needs to be extended to community members, parents and students. ● Implement and incorporate farm-to-school activities ● Ensuring that lunch follows recess period to better support learning and healthy eating ● Encourage staff to model healthy eating behaviors ● Water <ul style="list-style-type: none"> ○ Free, safe and unflavored drinking water is available to students during the school day and extended school day ○ Students can bring and carry approved water bottles filled with only water ○ All water sources and containers will be maintained regularly to ensure adherence to health and safety standards ● All foods sold outside of the reimbursable meal programs during the extended school day (during out of school time/and before and after school) meet Smart snacks. ● Nutrition education

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> ● The district encourages fundraising activities that promote physical activity. Fundraising activities during the school day must meet Smart Snacks. ● Nutrition education <ul style="list-style-type: none"> ○ Nutrition & physical education is integrated into the classroom subjects ● Food & Beverage marketing <ul style="list-style-type: none"> ○ Limit food and beverage marketing to promotion of foods and beverages that meet the nutrition standards (Smart Snacks) ● Physical activity <ul style="list-style-type: none"> ○ All students in grades K-12 will take physical education ○ Discourages the use of withholding physical education (including recess) as a punishment. ○ Provide alternative education setting for students with disabilities and students with special healthcare needs ○ Integrating physical education into the classroom ○ Elementary schools offer 20 minutes or more a day of recess ○ Discourages extended periods of inactivity ● Other activities that promote student wellness <ul style="list-style-type: none"> ○ Schools integrate physical activity into the classroom. ○ Discourages sedentary activities. ● Employee Wellness <ul style="list-style-type: none"> ○ District values health and well-being of every staff member ○ Employee wellness committee 	<ul style="list-style-type: none"> ○ Nutrition education and physical activity education are taught using evidence-based curricula that are aligned with the National Health Education Standards ○ Curricula used is consistent with the CDC's Characteristics of an Effective Health Education ● Physical education <ul style="list-style-type: none"> ○ Physical activity opportunities be adapted in order to make them accessible to students with disabilities ○ Provide opportunities for all students to participate in physical activity before and/or after the school day. ● Support for and promotion of Active transportation <ul style="list-style-type: none"> ○ The district will support active forms of transportation ○ Promote/support walking and bicycling to school, promoting International walk to School day and National Bike to School day ○ Provide instruction on walking/bicycling safety to students ○ Safe access to school entrances for students walking/bicycling to school. ○ Provide secure storage for bicycles and other transportation modes (skateboards, scooters, etc) ● Other activities that promote student wellness <ul style="list-style-type: none"> ○ Promote staff modeling healthy eating and physical activity Optional <ul style="list-style-type: none"> ● Social-Emotional Climate- Aspects of the students' experience in school which impacts their social-emotional development <ul style="list-style-type: none"> ○ Counseling, psychological and social services ○ Health Services <ul style="list-style-type: none"> ▪ Access to nurses

Areas with Similar Language	Potential Areas to Strengthen Language
	<ul style="list-style-type: none"> ▪ Assessments/planning for individual chronic disease management ▪ Physical screenings ▪ High risk behavior education (substance abuse, sexual activity) ○ Physical environment <ul style="list-style-type: none"> ▪ Cleaning, water quality, pest management, tobacco-free buildings/grounds ▪ Crisis preparedness ▪ School Resource officers

Section 4: Progress Towards Goals

- SEP School Wellness Progress Report
- [507-10 Wellness Policy](#)

