

## Local Wellness Policy: Triennial Assessment Summary

### Section 1: General Information

School(s) included in the assessment:

St. Croix Preparatory Academy - Lower, Middle & Upper divisions

Month and year of current assessment: 5/2020

Date of last Local Wellness Policy revision: 4/2017

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

stcroixprep.org

### Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? \_\_\_\_\_

Designated School Wellness Leader

Name	Job Title	Email Address
Candace Westlund	Licensed School Nurse	nurse@stcroixprep.org

School Wellness Committee Members

Name	Job Title	Email Address
Marianne Thole	Food Services Director	mthole@stcroixprep.org
Kelly Gutierrez	Admin	kgutierrez@stcroixprep.org
Anna Tiffany	US PE teacher	atiffany@stcroixprep.org
Dustin Vincent	MS PE teacher	dvincent@stcroixprep.org
Alec Brandt	LS PE teacher	alecbrandt@stcroixprep.org
Medora Benson	Parent Group Rep	medorabenson@stcroixprep.org
Cris Taddeini-Miller	Para/Parent	christinataddeini-miller@stcroixprep.org

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

Complete the [WellsAT3.0 assessment tool](#) and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellsAT 3.0 example policy language
- Other (please specify): \_\_\_\_\_

Describe how your wellness policy compares to model wellness policies.

We used the policy template so it uses all the required language.

### Section 4. Compliance with the Wellness Policy and Progress towards Goals

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.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district 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.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
consistent messages; implementation of at least 10 evidence-based techniques; 100% of foods/beverages promoted meet Smart Snack standards; at least 12 topics covered in curriculum		X		messages not always consistent, need to work on classrooms & clubs; 8 of 10 techniques used; 95% meet standards, investigate areas where messages not consistent & develop action plan

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
participate in Let's Move; physical activity is never withheld as punishment; PE 50 min every 3 days LS, 45 min every other day MS, 1 credit for US; 50% PE class time moderate to vigorous activity; physical assessment tests; 12 topics in curriculum		X		Not participating or encouraging Let's Move, will research this and plan to share with staff; PE time met; no withholding for punishment; 17 topics covered in PE curriculum

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
classroom activity breaks (3-5 min at least 3 days/week); teachers role model by participating in activities w/students; AM open gym; open weight room for US; daily activity for aftercare programs; all school sponsored events follow policy		X		LS does brain breaks; encourage MS & US to do brain breaks; teachers do participate as appropriate; AM open gym every day w/all students able to participate; aftercare goes outside or to gym daily; working on nature trail and bike program; marathon changed its snack, field day changed its snack; concessions has made changes in menu items, will put up signs for hydration stations

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
follow school lunch guidelines by Federal nutrition program; food offered during school day meets Smart Snack guidelines; accessible to all students; served in clean and pleasant setting; meet current nutrition requirements	X			continue to offer taste testings to students in various divisions to improve the appeal

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
promote hydration, free, safe unflavored drinking water to all students; all foods offered at celebrations or as rewards during school day meet Smart Snack guidelines; list of Smart SNacks is provided to parents & teachers; alternatives to food rewards are encouraged		X		have hydration stations & have increased the number of those; need to promote use of the hydration stations; LS & MS still working on curriculum foods but celebrations all meet standards, need to encourage US; list of Smart Snacks is on website, will work on promoting use of it;

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
minimize commercial distractions; advertising for only foods/beverages that meet guidelines		X		no corporate advertising on campus; as add stadium need to assure this continues; have internal communicates focus on social event instead of any foods/beverages being offered (Root Beer Float Back to School event)

Include any additional notes, if necessary: