



**St. Dominic
SCHOOL**

Our Foundation. Their Future.

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School included in the assessment: ***St. Dominic School***

Month and year of current assessment: **March 2022**

Date of last Local Wellness Policy revision: **3/11/2021**

Website address for the wellness policy: **<https://schoolofstdominic.org/documents/wellness-policy/>**

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? **March of every school year**

Designated School Wellness Leader

Name	Job Title	Email Address
Mary Lazaro-Hefer	Kitchen Manager	kitchen@schoolofstdominic.org

School Wellness Committee Members

Name	Job Title	Email Address
Dawn Biren	Principal	dawnbiren@schoolofstdominic.org
Nick Bornhauser	Physical Education Specialist	nickbornhauser@schoolofstdominic.org
Jackie Chatelaine	Kindergarten Teacher	kindergarten@schoolofstdominic.org
Nica Patterson	School Nurse	nurse@schoolofstdominic.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.

After completing the WellSAT 3.0 assessment our policy needs some minor adjustments in nutrition standards & physical education & physical activity, and much work in nutrition education.

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
Implement a health curriculum for grades K-4 that will address agriculture and the food system, and teach skills that are behavior focused, interactive, and participatory.			✓	It was discussed during our assessment that our Middle School has Health class but there isn't any concrete curriculum for K-4.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Physical Activity incentives as rewards.		✓		It was discussed that we need to try and use physical activity incentives a little more often and not just food incentives. Even if it's just simple things like sneak recess, extra play in the gym, sneak gaga ball game.



School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Marathon, Field Day, and Extra Curricular Activities for grades 4-8	✓			Continue having these events and offering the extra curriculars.

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
-Students are allowed 1 carton of chocolate milk per day at either snack or lunch. -Cut back on the number of desserts served.		✓		Kindergarten, 1, & 2 follow this. Next year all grades K-8 will be following this. Next 1 dessert a week with 1 or 2 special ones throughout the month.

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
-Healthier incentives for marathon goals, and any other activities or events . -Make a list of healthy birthday treats and ways to celebrate at school.			✓	Mary will assist in the helping of planning any incentives for the school marathon, as well as any other activities or events. Mary will also create a list of healthy birthday treat options as well as non food options as a way to celebrate.






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
List of healthy Smart Snack approved snack options that kids can bring from home if they choose not to grab one from the snack cart.			✓	The Kitchen will create and provide each teacher with a list they can give out at the beginning of the school year for families.

Policy Name: St. Dominic School Wellness Policy

		Rating
Section 1. Nutrition Education		
NE1	 <p>Includes goals for nutrition education that are designed to promote student wellness.</p>	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	0
NE3	All elementary school students receive sequential and comprehensive nutrition education.	0
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
NE8	 <p>Nutrition education addresses agriculture and the food system.</p>	0
Subtotal for	Comprehensiveness Score:	57
Section 1	Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score:	29
	Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	

Section 2. Standards for USDA Child Nutrition Programs and School Meals





Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	2

Subtotal for	Comprehensiveness Score:	89
Section 2	Count the number of items rated as "1" or "2" and divide this number by 9 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score:	89
	Count the number of items rated as "2" and divide this number by 9 (the number of items in this section). Multiply by 100.	

Rating


Section 3. Nutrition Standards for Competitive and Other Foods and Beverages




NS1	 <p>Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.</p>	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	 <p>Regulates food and beverages sold in a la carte.</p>	2
NS6	 <p>Addresses fundraising with food to be consumed during the school day.</p>	1
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS9	 <p>Regulates food and beverages served at class parties and other school celebrations in elementary schools.</p>	2

NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for	Comprehensiveness Score:	90
Section 3	Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score:	80
	Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	

Section 4. Physical Education and Physical Activity

Rating

PEPA1	 <p>There is a written physical education curriculum for grades K-12.</p>	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2

PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	 Addresses physical activity breaks during school.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2

Subtotal for **Comprehensiveness Score:** **79**

Section 4 Count the number of items rated as "1" or "2" and divide this number by 14 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."

Strength Score: **79**


Count the number of items rated as "2" and divide this number

by 14 (the number of items in this section). Multiply by 100.

Rating

Section 5. Wellness Promotion and Marketing

WPM1 Encourages staff to model healthy eating and physical activity behaviors. **2**


WPM2  Addresses strategies to support employee wellness. **2**

WPM3 Addresses using physical activity as a reward. **0**

WPM4 Addresses physical activity not being used as a punishment. **2**

WPM5 Addresses physical activity not being withheld as a punishment. **2**

WPM6 Specifies marketing to promote healthy food and beverage choices. **2**

WPM7  Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. **2**

Subtotal for **Comprehensiveness Score:** **86**

Section 5 Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."

Strength Score: **86**

Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2

IEC8 Addresses the establishment of an ongoing school building level wellness committee. **2**

Subtotal for **Comprehensiveness Score:** **100**

Section 6 Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."

Strength Score: **100**

Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.

Overall District Policy Score

Total Comprehensiveness

Add the comprehensiveness scores for each of the six sections above and divide this number by 6.

District Score

84

Total Strength

Add the strength scores for each of the six sections above and divide this number by 6.