

Local Wellness Policy: Triennial Assessment

Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 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

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- *Section 1: General Information and Wellness Committee
- *Section 2: Compliance with the Wellness Policy
- *Section 3: Comparison to Model School Wellness Policies
- *Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public on an annual basis:

- *The wellness policy, including any updates
- *Position title of the designated school official(s) who lead the local wellness committee
- *Information on how the public can get involved with the local wellness committee
- *The Triennial assessment also needs to be made available to the public every 3 years

Resources

*Iowa Sample Wellness Policy: developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.

*Healthy Choices Count 5-2-1-0 Registered Sites: Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Kingsley-Pierson CSD
Date Triennial Assessment was Completed	4/15/2025
Date of Last Wellness Policy Review	11/26/2024
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://k-pcsd.org/nutrition/
How often does the school wellness committee meet? Date of last meeting?	We will meet 2 times per school year. Once during the 1 st semester and again in the 2 nd semester (11/26/2024 & 4/15/2025).

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction follows the wellness policy.

Name	Job Title	Email
Scott Bailey	Superintendent	Sbailey@k-pcsd.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Adam Brand	Principal	abrand@k-pcsd.org
Rob Wiese	Principal	rwiese@k-pcsd.org
BJ Mulder	HS Health/PE	bjmulder@k-pcsd.org
Taylor Kempers	Curriculum Director	tkempers@k-pcsd.org
Jenni Spooner	Instructional Coach	jspooner@k-pcsd.org
Jackie Schroeder	Nurse	jschroeder@k-pcsd.org
Nicole Goodwin	ES/MS PE & HS AD	ngoodwin@k-pcsd.org
Terri Smith	Head Cook	tsmith@k-pcsd.org
Loren Schmoll	Counselor	lschmoll@k-pcsd.org
Kim Schroeder	Teacher	kschroeder@k-pcsd.org

Laura Boustead	Teacher	lboustead@k-pcsd.org
Angie Reinking	Parent	amutesch@yahoo.com
Megan Thompson	Parent	mpohara@yahoo.com
Joan Hagan	Community Member	joanbobhagan@gmail.com
Mary Kennedy	Aid	mkennedy@k-pcsd.org
JJ Bird	Student	birdj@k-pcsd.org
Alexander McCoy	Student	mccoyal@k-pcsd.org
Trevor Korynta	Student	koryntatr@k-pcsd.org
Easton Nissen	Studnet	nissene@k-pcsd.org

Section 2: Compliance with the Wellness Policy

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

- ☒ Specific goals for nutrition promotion and education
- ☒ Specific goals for physical activity
- ☒ Specific goals for other school-based activities that promote school wellness
- ☒ Standards and nutrition guidelines for all goods 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 (classroom parties, classroom snacks brought by parents, incentives, etc.)
- ☒ 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.

Another form of documentation for Section 2 is the School Wellness Policy Checklist.

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
wellness goals, guidelines on nutritional wellness policy compliance, nutrition	Currently, the committee believes that the policy is in compliance and being

education, healthy lifestyle, physical activity, physical education, promotion	implemented with fidelity, so there are no further additions or revisions that are needed at this time.
--	---

Optional Resource: WellSAT 3.0: Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

Use the School Wellness Policy Progress Report to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

USDA Nondiscrimination Statement (Revised 5-5-22)

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <http://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866)632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410; or
2. Fax: (833)256-1665 or (202)690-7442; or
3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Iowa Nondiscrimination Statement (Revised 3-21-16)

It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E 14th St, Des Moines, IA 50319-1004; phone number 515-281-4121 or 800-457-4416; website: <https://icrc.iowa.gov/>.