

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. The first assessment is to be completed by June 30, 2020.

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. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

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](#): the 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.

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Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	AEA 11
Date Triennial Assessment was Completed	1/20/2023
Date of Last Wellness Policy Review	1/13/2023
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www.colo-nesco.org under District heading go to nutrition: wellness on that page
How often does the school wellness committee meet? Date of last meeting?	10/21/2022 & 1/13/2023

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
Marc Snavelly	Elem. Principal / Sup.	mssnavelly@colo-nesco.k12.ia.us

School Wellness Committee Members staff members email name@colo-nesco.k12.ia.us

Name	Job Title/Volunteer	Email
Jackie Dunlap	RN, School nurse Pres-12 th	jdunlap@ "
Sheryl Gilmore	Food Service Director	sgilmore@
Travis Owen	MS/HS PE-Athletic Dir	towen@
Aaron Aljets	MS/HS PE	aaljets@
Tony Stalzer	Elem PE / Guidance	tstalzer@
Kelcie Engelken	MS/HS FCS teacher	kengelken@
Kara Kinser	Counselor K-12 th	KKinser@
Todd Frohwein	HS FFA ag. teacher	tfrohwein@
Brandon Kelley	MS/HS principal	bkelley@
<u>student</u> Lucas Frohwein	HS - 11 th Grader	lfrohwein@ lucasfrohwein@
* Drew Banks	HS - 11 th Grader	drewbanks@
* Gemma Bower	HS - 11 th Grader	gemmabower@
* Ryker Upchurch	HS - 11 th Grader	rykerupchurch@
<u>community</u> Mary O'Connor	RN, ARNP, myNesco clinic	mary.f.oconnor@mercyhealth.com
• Sara Ingle	HS parent, ^{Learning} RN - myNesco clinic ^{Learning}	sara.ingle@mercyhealth.com
• Mary Wilkins	Element + HS parent ISU extension	mwilkins@iastate.edu

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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. - improved on from last assessment

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

10/23/2020

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">• Nutritional promotions: Education• Physical Activities Goals.• School Based Activities/Goals.	<ul style="list-style-type: none">• Foods class/students interacting with Foods director to try & put new & healthy items on the menu that they like• Still make improvements on communication

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).

Colo-NESCO Wellness Policy Progress Report for Triennial Assessment

Wellness Policy Contact: **Marc Snavelly , Elementary Principal/Superintendent**
 Jackie Dunlap, RN, School Nurse for C-N Schools

Policy written by: **Jackie Dunlap, RN, School Nurse**

Date Completed: 1/20/2023

NUTRITION EDUCATION & PROMOTION GOALS:

- Using the State of Iowa 5-2-1-0 program more and working with Live Healthy Iowa and ISU Extension Services.
10/2022: Our School was registered on the Live Healthy Iowa Walk. We worked with our elementary, K-4th, with Kara Kinser, Counselor, Tony Stalzer, Elementary PE, and Jackie Dunlap, Nurse along with Mary Wilkins from ISU extension and Kelsie Engelken, HS, FCS teacher, Worked to bring these topics weekly to the elementary:
5 fruits and vegetables per week had Mary Wilkens come to each class and discuss healthy snacks. Each class was able to sample items that the food class had made for them. Healthy recipes were also sent home to parents. Ms. Kinser talked about less screen time in her counseling sessions. Mr. Stalzer talked about physical activities and all of our Kindergarten - 4th participated in the Live Healthy Iowa Walk around Dakin's Lake which is just across the road from our elementary. We also got Story County Law enforcement involved to make sure the busy road was blocked for kids to cross. Information was sent home to parents that they could also join. We had several parents walk with us along with most of our staff. The HS also did a walk outside that day. Nurse Jackie talked to the kids about 0 sugary drinks and did a demonstration in grades K-4th
- Pictures of Food are available each day for breakfast and lunch. (Sheryl Gilmore, Foods Director)
- We now have an updated website, **colo-nesco.org**, and it is easier for parents to use and find items. We have improved on posting our wellness minutes and when our next meetings will be . These are under the District heading and then under the Nutrition tab and then on that page is the Wellness Meeting agenda.
- Another improvement has been the daily announcements of any menu changes. This allows for parents and students to be kept up to date.
- Food Director, Sheryl Gilmore, will be working with Kelsie Engelken the HS Foods teacher and students to see if there are different healthy foods the kids would like to see on next year's food menu.

PHYSICAL ACTIVITY GOAL:

- **Elementary:**

1. Preschool-4th Grade participated 10/2022 in the Live Healthy Iowa Walk around Dakin's Lake.
2. Mileage Club will start up this spring. At the end of it the elementary school goes to the HS and has a fun day with HS students to celebrate their awards.
3. Jump for Heart is a fundraiser and physical challenge to raise money for the American Heart Association. The elementary school has started this program.
4. The kids enjoy the "tossing unit" along with other skills that help develop motor skills along with team building skills.
5. Mr. Stalzer is adding new and additional ideas to promote activity.

Goals for next year are to try and get the Blanks Children's Fire Safety House and continue to work with local fire departments for Fire Safety Week and getting to ride in a fire truck to school.

- **Middle School/High School:**

1. Participated in Live Healthy Iowa Walk in Fall, Oct. 2022
2. RollerSkating was a fun unit but due to a severe injury last winter they will not be doing that in the gym this year. Instead they are looking to go bowling as it can also be a lifelong activity/skill.
3. Spring of 2023: Plans are in the works to do fishing at our local lakes, Dakin's Lake and Hickory Grove along with Kayaking.
4. Frisbee Golf is a fun unit for all the MS/HS as well.
5. Weight lifting has been added to Mr. Owens PE activities along with nutrition and how it influences training and what to eat after weight training.

OTHER SCHOOL BASED ACTIVITIES GOALS

COMMUNITY SERVICE, STUDENT BODY IMPROVEMENTS, STAFF WELLNESS

- **Community Service:**

1. Veterans Day Service 11/2023, Local Veterans can attend and speak to student body. After a lunch is served to all that attend
2. Spring Clean up day was done in 2022 and will be planned again for this year by Kim Heidemann. Last year all three communities the following was done:
McCallsburg: Planted trees along the Prairie Rail Trail
Zearing: Help was given to Threshold Learning Center
Colo: The town park was cleaned up.
This is done by the HS student body.

3. FFA was lead this year by a new teacher, Mr. Frohwein. They did a farm safety day and the elementary students participated.

GOAL for next year: Get the FFA, FCS, Community leaders, booster to have a HEALTH AND SAFETY FAIR

FFA: Farm Safety

FCS: Healthy recipes and snack ideas for after school ideas.

Booster: Provide food for supper

Blank Fire house to this event?

ISU Extension

Area Libraries

PE classes: Fun games and activities to get parents and kids involved

Health clinic in Zearing: Free B/P checks and other ideas. Flu shots available as well.

Local Fire Stations/EMS get involved as well: Hands only CPR for people to learn and practice and AED use.

Student Body Improvements/Programs:

1. Vaping program was done with the 9-12th grade. Speaker was brought in and did an assembly on the dangers of vaping.
2. Fall of 2022 we had a guest speaker, Author and Social/Emotional leader, Mike Donahue, came and addressed the 5-6th grades, 9-12th grades about harassment, bullying, social and emotional issues attached to social media. He was well received and several spoke to him after the assembly. This was done shortly after the unexpected death of a 10th grade boy killed in a car accident on his way to school. This boy was an active member of the school and HS sports. He also has a sister who attends classes at C-N School. Mr. Donahue stayed later that night to meet with parents as well. We had hoped for more parent participation. Mr. Kelley, HS Principal, wants to have him come back in the fall for orientation night with 5-6th grade parents. He also is looking to have him come the first day of school and have small group participation with students.
3. YSS employee Mindi Speake came and talked with the 9-10th on healthy relationships. Mental health issues as well. She is planning on talking to the 5-6th grade in the spring in regards to mental health.
4. We were also able to have four students join our wellness team and that will help to give us insight into what the students feel we as a district can improve on.

STAFF WELLNESS:

1. Covid Boosters offered to the staff in September of 2022. Over 20 took advantage of them coming to the school to give the booster, free of charge.
2. Flu Shots offered by My NESCO Clinic, Zearing. These were offered to students K-12 grades and all staff. There was a cost or insurance could also be billed. We had a fair number of staff do this along with some students. The clinic went to both schools to offer these.
3. ROYAL RESPONSE TEAMS were put together this fall and training was done in Oct. with both buildings. These teams have more training about possible medical emergencies we may see at school. TWO additional AED's were added to our schools as the size and location of the AED's would be hard to find otherwise. We have one AED in the lobby at the Zearing school and one back by the elementary classrooms along with Two at the Colo school being located up the ramp from the gym and one added by the Central Office. We also were given Narcan for our schools by a grant that Jackie Dunlap applied for. The 4 Narcan's were placed in the AED boxes along with a STOP THE BLEED KIT. and gloves. Signs were also purchased and put up to direct the public as to where the AED's are located.
4. With this being our 2nd year post pandemic we have continued to see stress/behavior concerns in our students and staff. December of 2022, Jackie Dunlap RN, reported to the state 10% absentee for three days as we battled thru Covid, Influenza. We have been supplied with an abundance of Lysol wipes which have been given to every teacher in the district.
5. WELLNESS IDEAS for STAFF: Teresa Hill, Elementary Teacher, enjoys Pickle Ball and has extra racquets and a net and is willing to teach others how to play. This would be done at the Elementary in Zearing. This is also done 3x/week at the McCallsburg Health Center. Membership is only \$20.00/year. Another idea was learning some golf from teacher Ms. Rempe in the spring. Another idea was line-dancing for Elementary and HS staff 1 day/week (Nurse) Yoga for beginners: Ms. Kinser does yoga and could forward good videos.

NEXT YEAR: Wellness BINGO ideas for staff.

- ALSO Todd Frohwen new FFA Teacher just joined our team and as a committee we are looking forward to working with him.

STANDARDS AND NUTRITION GUIDELINE FOR ALL FOOD AND BEVERAGES SOLD TO STUDENT DURING THE SCHOOL DAY, (e.g. vending machines, school stores, etc)

1. Alacarte Items are healthy, Sheryl Gilmore orders and attends to sales during school.
2. Vending Machines that are accessible to students sell only Body Armor Light and water. Body armor has 20 cal's per serving.
3. Vending machines with pop are sold in the teacher's lounge during the day at both the Colo building and Zearing Elementary Building. New this year the machines are stocked by the C-N BOOSTERS. The Boosters are a wonderful organization that gives back to the schools for various projects.

STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED (NOT SOLD) TO STUDENTS DURING THE SCHOOL DAY.

1. Fundraising for the FFA: They sell only fruits/cheese/meats.

