



Shelby County Catholic School Wellness Policy: Triennial Assessment

Obtained from the Iowa Dept. of Education:

<https://educateiowa.gov/sites/default/files/2023-10/iowa%20Local%20Wellness%20Policy%20Triennial%20Assessment.pdf>

Date Triennial Assessment was Completed	March 11,2022
Date of Last Wellness Policy Review	July 30, 2021
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www.shelcocath.pvt.k12.ia.us Information is in the annual report.
How often does the school wellness committee meet? Date of last meeting?	Two times per year.

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
Ann Andersen	Principal	aanderse@shelcoath.pvt.k12.ia.us

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Cheryl Long	Teacher	clong@shelcoccath.pvt.k12.ia.us
Joy Petersen	Physical Education	jpeters@shelcoccath.pvt.k12.ia.us
Emily Sonderman	Teacher	esonderman@shelcoccath.pvt.k12ia.us
Holli Plambeck	Parent	
Pam Grudle	Food Service Director	pgrudle@shelcoccath.pvt.k12ia.us

Compliance with the Wellness Policy

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

- X Specific goals for nutrition promotion and education
- X Specific goals for physical activity
- X Specific goals for other school-based activities that promote student wellness
- X Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day
- X 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.)
- X 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
- X Description of public involvement, public updates, policy leadership, and evaluation plan.

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
<p>Wellness Committee, Members & Roles</p> <ul style="list-style-type: none"> ●Our policy indicates that we will “establish a local wellness committee” and membership shall include inviting “parents, students, food service director, physical education teachers, health education teachers; school nurse, school board members; health professionals from within the school’s community. ●Policy specifies that we “will periodically review progress on the school’s wellness goals.” We have been doing this at least once a year. 	<p>Wellness Committee, Members & Roles</p> <ul style="list-style-type: none"> ●Our policy does not specify how often to meet. We have been meeting only once or twice a year. This is an area where we can improve and look at meeting at least four times a year. ●Our policy does not specify we should have a designated official for oversight. At this time, we will designate our school principal for this. ●We could add to our policy that an evaluation of the policy needs to take place at least every three years (triennial

Nutritional Education and Promotion

- Food served through the National School Lunch and School Breakfast Program meet or exceed the federal nutrition standards.
- Our policy specifies that we will “promote good nutrition through the implementation of the diocesan health education and physical education standards.” We are teaching health topics and nutrition in PE and at some grade levels. Menus are posted on the school website.
- Our policy specifies foods available on school grounds and at school sponsored activities during the instructional day “shall meet or exceed federal nutrition standards and Smart Snacks in School Nutrition Standards.”

Physical Activity

- Our policy states we will implement the physical education standards and incorporate physical activities into classrooms and school activities as part of the total learning environment.
- Our policy requires us to set goals in the physical activity area.
- We provide 60 minutes of physical education a week at all grade levels. We also provide all students a 25 minute recess after lunch. K-2 students also receive a 15 minute morning and afternoon recess. Grade 3 receives a 15 minute afternoon recess. PE is required and never withheld from students unless students have a doctor’s excuse. Recess is sometimes used for students to catch up on classwork.

Other School Based Activities

- Our policy requires us to set a goal in this area.

assessment).

Nutritional Education and Promotion

- While our hot lunch program follows the NSLP requirements and federal nutrition standards, we need to do some research into the USDA Smart Snacks and also look at what we are providing for treats in the classroom. The wording could be strengthened by clarifying in the policy where and when Smart Snacks are to be promoted.
- While our students are able to bring water bottles to school, are allowed to get drinks when needed, and are able to bring their water bottles to lunch, our policy does not address water availability and promotion. This is something to bring up for consideration at the next policy review.
- With the promotion and importance of supporting local farmers and providing fresh fruits and vegetables, the policy could include a statement about working to include Farm to School products into the hot lunch program.

Physical Activity

- Wording could be added to the policy specifying the required minutes for physical activity.
- Wording could also be added ensuring physical activity or withholding physical activity is never used as a consequence. We also need to discuss and determine if and when recess can be used for other activities and consider increasing physical activity time for 4th & 5th graders.

Other School Based Activities

- Language in the model policy states we “ will support classroom teachers incorporating

	<p>physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities.” This is an area where we can discuss what language needs to be added to our policy to ensure the support of the teachers.</p> <ul style="list-style-type: none"> • There is no language in our policy for “opportunities for students to participate in physical activity either before and/or after the school day.” This is another way we could strengthen our policy.
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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.

Progress Towards Goals

Progress is recorded in the SCCS Wellness Goal Assessment Tool found on our website.

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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

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