



Local Wellness Policy: Triennial Assessment

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Saydel Community School District
Date Triennial Assessment was Completed	5/3/23
Date of Last Wellness Policy Review	5/24/22
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	
How often does the school wellness committee meet? Date of last meeting?	Annually 5/24/22

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
Amanda Durflinger	Food Service Director	durflingeramanda@saydel.net

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Pat Rial	Middle School Principal	rialpatrick@saydel.net
Ida Nady	Family Consumer Science	nadyida@saydel.net
Jacob Santos	Physical Education	santosjacob@saydel.net
Nicole Wilson	School Nurse	wilsonnicole@saydel.net
Beth Vittrito	Admin Assistant	vitrittobeth@saydel.net
Jake Speers	Health Teacher/ Coach	speerjake@saydel.net
JR Gebhart	Physical Education	gebhartjr@saydel.net
Rachel Demastus	School Nurse	demastusrachel@saydel.net
Todd Martin	Superintendent	martintodd@saydel.net
Dakota Cluff	Student	cluffdakota@saydel.net
Brian Vaughan	Principal	vaughnbrian@saydel.net
Aimee Rhode	Director of Special Education	rhodeaimee@saydel.net
Alex Stubbers	Director of of Programs and Services	stubbersalex@saydel.net

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 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 (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
<p>Nutritional Education and Promotion</p> <ul style="list-style-type: none"> ● Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law ● Provide students with the knowledge and skills necessary to promote and protect their mental and physical health; ● Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects; ● Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food; ● Ensure menus will be posted on the District website; 	<ul style="list-style-type: none"> ● School Wellness Committee- Wording could be strengthened to clearly state “Committee membership represents all school levels, community members, parents and students” ● Wellness Policy Implementation- <ul style="list-style-type: none"> ○ Add wordage stating that the most recent assessment and progress report will be available online. ● Nutrition Education and Promotion- <ul style="list-style-type: none"> ○ Add wordage such as “Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams <i>trans</i>-fat per serving; and to meeting the nutrition needs of

Physical Activity

- Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:
 - Physical education, recess;
 - Classroom-based physical activity
 - Out of school time activities
- Ensure physical activity is not used for or withheld as a punishment;
- Afford elementary students with recess according to the following:
 - At least 20 minutes a day;
 - Outdoors as weather and time permits;
 - Encourages moderate to vigorous physical activity.
- All middle and high school students will participate in 120 minutes of physical activity weekly through Physical Education class, with additional documentation of activities, or Physical Education Contract; and,
- All elementary students will participate in physical activity 30 minutes per day through a combination of Physical Education class, recess, and other planned times of activity during the school day.

Other School Based Activities

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Permit and encourage students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during meal times;
- Encourage fundraising efforts to be held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards;
- Comply with the state nutrition guidelines to involve only food that meet the Smart Snacks nutrition standards when sold during the school day (midnight before to 30 minutes after the end of school day);
- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20

school children within their calorie requirements”

- Add in “The District will work to implement Farm to School products into school meal programs ”
 - Fundraising- this has been difficult to control, but the district has put in a procedure for fundraising requests that the Food Service Director has to sign off on prior to the fundraiser. This gives the FSD time to inform the group of the policy.
- Physical Activity
 - Work to increase the elementary activity minutes
 - Other School Based Activities
 - Celebration and Rewards- work to strengthen communications that go out to parents about healthy snack options
 - Promote staff modeling healthy eating and physical activity

<p>minutes after sitting down for lunch;</p> <ul style="list-style-type: none"> ● Strive to schedule meal periods at appropriate times: e.g. lunch to be scheduled between 11AM and 1 PM and not scheduled conflicting activities during mealtimes. ● The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy. <p style="text-align: center;">Staff Qualifications and Professional Development</p> <ul style="list-style-type: none"> ● Provide staff development programs that include appropriate certification and / or training programs for staff. 	
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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.

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).

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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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