



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



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Chariton Community Schools
Date Triennial Assessment was Completed	3/29/24
Date of Last Wellness Policy Review	4/30/24
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www/Charitonschools.org
How often does the school wellness committee meet? Date of last meeting?	Annually 4/30/24

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
Karla Trenary	Food Service Director	Karla.trenary@chariton.k12.ia.us

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Brad Baker	Superintendent	brad.baker@chariton.k12.ia.us
Josh Morgan	Elementary Principal	Josh.morgan@charitonk12.ia.us
Karla. Trenary	Food Service Director	karla.trenary@chariton.k12.ia.us
Sue Curnutte	Counselor	sue.curnutte@chariton.k12.ia.us
Eli Horton	PE Teacher/coach	eli.horton@chariton.k12.ia.us
Donna Krutsinger	School Nurse	donna.krutsinger@chariton.k12.ia.us
Peggy White	Administrative Assistant	Peggy.white@chariton.k12.ia.us
Ann Aulwes	Elementary teacher	Ann.aulwes@chariton.k12.ia.us
Jayme Braid	Elementary Principal	Jayme.braid@chariton.k12.ia.us
Sarah Peterson	Hy-Vee Dietitian/Parent	



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., × 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.

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
Completed the WellSTAT 3.0 online- attached printed copy	

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