

Triennial Wellness Policy Assessment Report

As required by law, each school Food Authority (SFA) must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. Assessment should be ongoing. Requirements also include permitting community participation [7 CFR Pat 210.31 (d)] and having a team of collaborators responsible (including those from the community) for reviewing the wellness policy and evaluating results [7 CFR Part 210.31(d) (1)].

A sustained effort by each SFA is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones.

The regulations require each SFA to compare their local wellness policies with the model local wellness policy [USDA Memo SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii)]. **The model local wellness policy is available through OKDHS School Nutrition Programs.**

Note about the model local wellness policy: It is important to keep in mind the fact that the model local wellness policy is best practice, and exceeds current program requirements.

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher/staff member, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

Designated Person(s) responsible for review and compliance [assessment of the policy and implementation of the policy as required by 7 CFR Part 210.31 (e) (1)]:

Designated Person's Name	Designated Person's Name
Suzanne M. Hayes	Michelle Anthamatten

Date of Review	9/11/2023
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Name and title of committee members participating in assessment [7 CFR Part 210.31(d) (1)]:

Name	Title	Relationship to the SFA
Michelle Anthamatten	Principal	Co-worker
Sam Naab	Vice-Principal	Co-worker
Celia Moyer	Volunteer	Co-worker
Penny Guglielmo	PE Teacher	Co-worker
Suzy Hayes	School Office Manager	Co-worker
Andrea Warner	Parent/Board Member	Friend

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the National School Breakfast or Lunch Program change?

The number of students participating in the school lunch program increased because we became a CEP school and all students are free.

We have more students in our school so the number of students participating in nutrition education has increased.

We added the breakfast program so our numbers eating each day has increased.

Because of our demographics our food options have changed.

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2. Are the goals listed in the current Local Wellness Policy implemented (review policy)?

Yes X	No
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If no, what steps are being taken to ensure implementation?

3. Describe the progress toward attaining the following required goals in the local wellness policy [7 CFR Part 210.31 (e) (2) (iii)]:

a. Goals for nutrition education:

Information was sent home from the PE teacher about healthy eating habits as well as participating in the breakfast and lunch program.
Healthy eating habits and nutritional information will be provided during PE and Science classes.

b. Goals for nutrition promotion:

Posters as well as information on the website will be used to promote the school lunch program and to promote good eating habits.

c. Goals for physical activity:

Saint Catherine will provide information on activities for faculty and students to promote physical activity.
60-80 minutes of weekly recess will be provided to each student depending on grade level.

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Clubs and extracurricular activities will be encouraged for all students.

d. Goals for other school based activities:

The school will create a committee that will meet each year regarding the school lunch program and the food that they are providing the students.
The cafeteria will be a place that is clean, safe and enjoyable for all the students.
Students will provide suggestions for the meals for the year.
Students will receive adequate time to eat their lunch each day. It will begin with 5 minutes of silence.

4. What is the assessment of the current Local Wellness Policy?

For example:

- Is it making a difference?
- What's working?
- What's not working?

The assessment is working. It forces the teachers to have to address healthy lifestyle issues in the classroom.
The 5 minutes of silence helps the kids eat their lunch without distraction.

5. Were recommended revisions in the last assessment adopted into policy?

Yes X	No
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If yes, date of last revision	5/23/2023
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6. Has the review team compared policy to other Local Model Wellness Policies as required by USDA mem SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii) (**contact OKDHS School Nutrition Programs for a copy of the model wellness policy**)?

Yes X	No
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7. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

The principal has researched information on the impact of moving recess to before lunch instead of after lunch. She learned that is beneficial to have recess before lunch. It cuts down on kids getting sick after having a big lunch and going outside to play.

The principal researches information yearly on the lunch program and ways to improve it.

8. Did the school provide this review and updates to the community and team collaborators?

Yes X

No

****7 CFR Part 210.31 (d) requires the public posting of the local wellness policy and the triennial wellness assessment report.***

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from ***Understanding Evaluation: The Way to Better Prevention Programs*** [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative. Available at:

<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Reference:

Team Nutrition Local School Wellness Policy Page, United States Department of Agriculture. Located at:

<https://www.fns.usda.gov/tn/local-school-wellness-policy>