

Triennial Assessment Summary of the Local Wellness Policy

General Information:

School(s) included in the assessment: Elementary, middle and high schools _____

Month and year of current assessment: January 2023 _____

Date of last Local Wellness Policy revision: unknown _____

Website address for the wellness policy and/or information on how the public can access a copy:

<https://www.andescentral.k12.sd.us/documents/district-policies%2Fregulations%2Fforms/section-a-foundations-%26-basic-commitments/66807>

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? 2 _____

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Dr. Cheryl Thaler	Superintendent	Cheryl.thaler@k12.sd.us

School Wellness Committee Members:

Name	Job Title	Email Address
Terri Bambas	School nurse/elementary secretary	Terri.bamba@k12.sd.us
Candace Dvorak	MS/HS FACs teacher	Candace.dvorak@k12.sd.us
Synnora Wilbur	MS/HS counselor	Synnora.wilbur@k12sd.us

Comparison to Model School Wellness Policies: A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

XX SD Model Wellness Policy: A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

☐ **WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](#).

☐ **Other Model Wellness Policy:** If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy: The Andes Central wellness policies closely mirrors the South Dakota Department of Education wellness policy.

Progress towards wellness goals and compliance with the wellness policy:

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

- **Specific goals for:**
 - Nutrition promotion and education
 - Physical activity
 - Other school-based activities that promote student wellness.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- **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 other foods given as 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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Students have access to healthy foods, receive nutrition education	x			Continue to offer nutrition courses, encourage lesson plans related to nutrition, and display nutrition information

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Students have opportunities to be physically active before, during and after school.		x		Would like to offer more PE opportunities for MS/HS students.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Schools engage in nutrition and physical activity promotion. School staff are encouraged and		x		Superintendent, staff and students are invited to participate in local area wellness committee. This practice should be continued to

supported to practice healthy nutrition and physical activity behaviors in and out of schools; community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits				encourage the district/community connection to wellness. School staff is give district time for this activity.
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Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
No other foods are sold to student during the school day.	x			Continue this practice.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Elementary students have fresh fruits and vegetables three times a week.	x			Continue this practice

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The Pepsi machine is located in an area where students have limited access during the school day. The machine is also turned off during school hours.	x			Continue to limit food and beverage marketing.