

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Lake Benton Elementary	
Month and year of current assessment:	Date of last school wellness policy revision:
September 2024	09/20/2024
Website address for the wellness policy and/or information on how the public can access a copy:	
www.lakebentonschool.org	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	3
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Designated School Wellness Leader

Name	Job Title	Email Address
Jeff Hansen	Principal	jeff.hansen@lb.K12.mn.us

School Wellness Committee Members

Name	Job Title	Email Address
Loy Woelber	Superintendent	lwoelber@wwgschools.org
Anna Finzen	Food Service Director	anna.finzen@lb.K12.mn.us
Gina Zaske	PE Teacher	Gina.zaske@lb.K12.mn.us
Chelsey Hillard	Teacher, staff wellness committee head	Chelsey.Hillard@lb.K12.mn.us
Kylie Rochel	Admin. Assistant	Kylie.rochel@lb.K12.mn.us

Section 3. Comparison to Model School Wellness Policies

Complete the **WellSAT3.0 assessment tool** and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- ☐ Alliance for a Healthier Generation: Model Policy
- ☒ WellSAT 3.0 example policy language
- ☐ Other (please specify):

Describe how your wellness policy compares to model wellness policies.

Very similar. I have reviewed a few other district policies and we all pretty much use a sample of what the State of MN provides and then customize some of the categories to fit our own district.

Section 4. Compliance with the Wellness Policy and Progress Toward Goals

At a minimum, school 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.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Describe progress and next steps
<p>Our policy includes goals for nutrition education that is designed to promote student wellness, Assure compliance with reimbursable meals, and protect students privacy. Offer free drinking water, regulate what is available to students in regards to nutrition,</p> <p>We address the education of these goals to students, staff and parents how this will be distributed to them and how we will communicate it with them.</p>	<p>Our district is doing a very good job in regards to all of these topics. We are providing healthy foods recommended by the USDA, we promote healthy foods and make sure all of our school community is educated in such topics.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
<p>Our PE has a written curriculum in which she teaches all MN PE standards ALONG with the food table, food groups and how much activity students should be doing.</p> <p>We have recess along with outside break for kids during the day and at least 20 minutes of PE class daily for all grades PreK - 6th</p>	<p>Maybe include more about the qualifications for our PE teacher, address exemption requirements, along with addressing family and community engagement opportunities. Ex - pickleball we host along with open gym for PreK-6th students and engaging in that with family.</p>
<input type="checkbox"/> Meeting Goal <input checked="" type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
<p>We have lots of outside activities come in for students including roller skating for 2 week, we do Jump Rope for heart, provide open gyms for students and also summer rec opportunities for students.</p>	<p>Our district is going a good job for providing school based activities to promote student and staff wellness.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	Describe progress and next steps
<p>The school district will provide healthy and safe school meal programs. Provide students with access to a variety of healthy and affordable options.</p>	<p>Only food provided to our students on campus, food and beverage are followed by USDA guidelines. The only "smart snacks" our district provides is milk.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
<p>We provide a list of healthy snack party ideas to parents and teachers including non food celebrations idea. Snacks brought by parents - we provide a list of suggested food and beverage the meet smart snacks nutrition standards. We will not use food or beverages as rewards for academic performance or good behavior.</p>	<p>Our district does a good job of communicating to parents AND students what food and drink are acceptable to have in school outside of time and school hours.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
<p>School based marketing will be consistent with nutrition education and health promotion. We restrict food and beverages marketing to the promotion of only those foods and beverages that meet smart snack nutrition.</p>	<p>This doesn't really apply to our district we don't really market any outside food and beverage to any students.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Include any additional notes, if necessary:

There are a few things that we could add to our current Wellness policy in order to abide by more of what is a part of the assessment. For the most part what we provide in our Wellness policy covers the main topics listed. If anything we just needs to add in a few more "specific" details here and there.