

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment: Community Christian School of Willmar

Month and Year of Current Assessment: 04/24/2023

Date of Last Local Wellness Policy Revision: 03/07/2023

Website address for the wellness policy and/or information on how the public can access a copy:
Willmarccs.com under school life -> parent resources

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 1x/year and as needed

Designated School Wellness Leader:

Name	Job Title	Email Address
Lauren Johnson	Office Manager	Lmjohnson@willmarccs.org

School Wellness Committee Members:

Name	Job Title	Email Address
Lauren Johnson	Office Manager	lmjohnson@willmarccs.org
Tom Tuttle	Head Administrator	ttuttle@willmarccs.org
Julie Nelson	Administrative Assistant	jnelson@willmarccs.org
Anita Werner	School Nurse	awerner@willmarccs.org
Danaca Jensen	Willmar Public School Director of Food and Nutrition Services	jensend@willmar.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.

Our current wellness policy meets the minimum requirements for a school student wellness policy. The following areas had an average-high score: nutrition education, school meals, competitive food/beverages sold to students, local wellness promotion and marketing, and implementation/evaluation/communication of policy. We can show improvement on offering school lunches to students on field trip days.

Section 4: Compliance with the Wellness Policy and Progress towards Goals

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

- Specific goals for:
 - o Nutrition promotion and education
 - o Physical activity
 - o 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 district local 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)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
III. Wellness Goals A1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: <ul style="list-style-type: none"> a) Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health; 	X			Community Christian School follows the National Health Standards (NHS).

b) Part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate, and		X		Elementary and Middle school nutrition education is integrated throughout their day. High School students are required to take health class and have the opportunity to take strength training and conditioning electives.
c) Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips		X		Classrooms have opportunities to do taste testing. 3 rd grade specifically does a passport program that incorporates various foods to try from other countries. Spanish classes are exposed to new foods as they do world culture projects.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte choices snack lines, vending machines, fundraising events		X		We offer a la carte options for lunches to 6-12 grade students. They meet the smart snack guidelines. Fundraising events are a work in progress.
3. The School District will establish and maintain a Staff Wellness Committee, which will develop, promote and oversee a multifaceted plan to promote staff health and wellness and to encourage staff to be role models for healthy behaviors	X			Currently active and led by Lauren Johnson.
4. The School District, to the extent possible, will buy and feature locally grown farm fresh foods; incorporate nutrition education curriculum; and provide students with experiential learning opportunities.	X			Under the umbrella of the WPS lunch program, our students enjoy routinely scheduled local foods on menus when available.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
III. Wellness Goals B1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television;	X			K-9 th grade are required to have gym class in their schedule. 10-12 grades are offered gym electives.
B2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and		X		Many teachers are already doing this, however not all teachers are.
B3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.		X		Many teachers are already doing this, however not all teachers are.

School-Based Activities to Promote Student Wellness Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<p>III. Wellness Goals A1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is: A1b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate</p>		X		<p>Elementary and Middle school nutrition education is integrated throughout their day. High school students are required to take health class. Elective opportunities are available for students in 9-12th grades.</p>
<p>III. Wellness Goals A2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte choices snack lines, vending machines, fundraising events.</p>		X		<p>All a la carte food items sold to 6-12 grade students during lunch meet smart snack guidelines. CCS does not have vending machines or snack bar options for students.</p>
<p>Not IV. Standards and Nutrition Guidelines D1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through: a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.</p>		X		<p>Party and celebration healthy snack guidelines and examples are sent home to parents via classroom teachers.</p>
<p>D2. Rewards and incentives. Schools will use foods or beverages as rewards for academic performance or good behavior sparingly and will not withhold food or beverages as punishment. The school district will make available upon request a list of positive, nonfood rewards.</p>		X		<p>CCS encourages teachers to use non-food rewards. Food rewards are used sparingly.</p>
<p>D3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.</p>		X		<p>Most fundraisers are sold after school hours and to adults.</p>
<p>D4. . When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide</p>			x	<p>CCS families are asked to bring cold lunches from home when students will be out of the building during lunch hours.</p>

families the option of receiving a meal from school.				
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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
IV. Standards and Nutrition Guidelines A1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations	X			
2. Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.	X			
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.	X			
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.	X			CCS has staggered lunch times so there is plenty of space in the lunchroom for students. Staff and volunteers clean between each group.
5. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and those reimbursable school meals meet USDA nutrition standards.	X			
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.	X			
7. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Food and Nutrition Services will utilize electronic identification and payment systems; provide breakfast meals for PreK-8 grade students at no charge, regardless of income; promote the availability of school meals to all students; and/or offer nontraditional methods of servings school meals,	X			

such as “grab-and-go” or classroom breakfast.				
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	X			
9. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day	X			
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.	X			
IV C. Competitive Foods and Beverages C1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.		X		All foods and beverages sold to students a la carte during 6-12 grade lunches meet smart snack guidelines. Fundraising items sold to students are a continual work in progress.
C2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits to students at the Middle and High School only	X			
C3. Before and Aftercare (child care) programs must also comply with the school district’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards	X			

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
IV. Standards and Nutrition Guidelines D1. Student wellness will be a consideration for all foods offered, but not sold, to		X		Party and celebration healthy snack guidelines and examples are sent home to parents via classroom teachers.

students on the school campus, including those foods provided through: a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards				
2. Rewards and incentives. Schools will use foods or beverages as rewards for academic performance or good behavior sparingly and will not withhold food or beverages as punishment. The school district will make available upon request a list of positive, nonfood rewards.		X		CCS encourages teachers to use non-food rewards. Food rewards are used sparingly.
3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.	X			CCS will provide ideas for healthy fundraising ideas upon request.
4. When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide families the option of receiving a meal from school.			X	CCS families are asked to bring cold lunches from home when students will be out of the building during lunch hours.

Marketing and Advertising if only Foods and Beverages that Meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
IV. Standards and Nutrition Guidelines E1. School-based marketing will be consistent with nutrition education and health promotion.	X			
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	X			

Include any additional notes, if necessary: