

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

St. John's Lutheran School

Month and year of current assessment: **January 2025**

Date of last Local Wellness Policy revision: **December 2024**

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

<https://www.stjlutheralschool.org/parent>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? **8**

Designated School Wellness Leader

Name	Job Title	Email Address
Kristen Skura	Principal	kristen.skura@stjlutheralschool.org

School Wellness Committee Members

Name	Job Title	Email Address
Deanne Kania	Chef	stjohnsacademy@newhorizonfoods.com
Megan Basham	Teacher	megan.basham@stjlutheralschool.org
Kyle Peterman	Athletic Director/Teacher	kyle.peterman@stjlutheralschool.org
Rhoda Davis	Teacher Aide	
Leif Briel	Parent	
Angie Hooper	Parent	
Rachel Kolstad	Parent	

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 wellness policy follows model language in most items. Some differences exist because the nature of our school is small and independent from a larger district.

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

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.

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
Work with the lunch program to improve healthy food options beyond the minimum nutritional standards required.		X		Our food service provider, New Horizon Foods, is researching possible options to add more fresh fruit and vegetables. We are also exploring the possibility of adding a salad bar option.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Review health objectives and curriculum options along with science objectives within our seven-year curriculum cycle.			X	We already meet the standards for physical activity. However, we do not have a PE curriculum aligned across grade levels. Finding and/or writing a curriculum for implementation is the next step.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Promote health and nutrition awareness and explore the topics of healthy use of technology and SEL.		X		We have planned our first parent information night, bringing in a counselor to speak about student mental health. We will plan additional sessions in the next year.

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
Meals served through the food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.		X		All food served or sold during the school day meets nutrition guidelines with the exception of rare fundraisers approved by the principal.

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
Teachers are encouraged to use non-food alternatives such as physical activity as rewards. Teachers should encourage healthy food choices at class parties, etc.		X		More communication with parents is necessary to create a culture of healthy nutritional choices, even for class parties and birthday celebrations.

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
N/A				We do not market or advertise foods and beverages. We inform students of what tomorrow's meal will be.

Include any additional notes, if necessary: