

Triennial Assessment Summary of the Local Wellness Policy

Instructions: The template below is offered to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template.

Requirement: An assessment of your school wellness policy must be conducted at a minimum once every three years per United States Department of Agriculture (USDA) regulations. Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy.

Results: The final rule requires that LEAs update their wellness policy as appropriate and requires that LEAS must make available to the public:

- The wellness policy, including any updates to and about the policy at minimum on an annual basis.
- The Triennial Assessment results, including the progress that has been made in meeting the goals of the wellness policy.

Record Keeping: A copy of the most recent triennial assessment along with supporting documentation must be kept on file with your wellness policy documentation for three years plus the current year. The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy
- Documentation on how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

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General Information:

School(s) included in the assessment: Freeman Academy _____

Month and year of current assessment: October/November, 2024 _____

Date of last Local Wellness Policy revision: April, 2024 _____

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

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? Once _____

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Suzanne Koerner	Food Service Director	skoerner@freemanacademy.org

School Wellness Committee Members:

Name	Job Title	Email Address
Brad Anderson	Head of School	banderson@freemanacademy.org
Vince Green	Director of Operations	vgreen@freemanacademy.org
Craig Wollman	Math, PE	cwollman@freemanacademy.org
Carol Stastny	Science, health	cstastny@freemanacademy.org

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:

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:

Freeman Academy's wellness policy follows the model which is laid out in the SD Model 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
Involve elementary students in preparing FFVP snack for all the classrooms		X		Two of the four classrooms have regularly prepared snack. Next step is for the other two groups to help.
Cook a Lakota Indian meal which meets NSLP standards and honors Indigenous peoples day	X			3 of the 4 elementary classes researched, cooked, and served the entire meal. October, 2024. Get JH and HS involved in a similar endeavor
Speak to staff about wellness opportunities and goals			X	Plan a power point presentation for school staff

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Construct new, safe playground equipment	X			Playground equipment has been constructed. Summer, 2022
Take a PE group off campus for an evening physical activity.	X			8 th and 9 th grade went with PE teacher to Yankton for a bike ride along the bike trail. May 2024. Take another group for a similar outing

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Leaf raking day to serve others while promoting fitness.	X			Accomplished November 2024. Set date for next year.
Incorporating school garden planting, harvesting and preserving produce for all ages at Freeman Academy.		X		Elementary students have been involved, but JH and HS have not. Involve JH and HS in the upcoming planting season.
Have a speaker come to help staff with wellness training.			X	Work on finding someone to talk with staff
Students harvesting from school garden and using produce to cook healthy side	X			3 classrooms harvested 6 different

dishes for dorm students.				vegetables on 6 consecutive weeks and researched and cooked 6 different side dishes using those vegetables. September/October 2024. Involve HS/dorm students next year in this process.
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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
Speak to each classroom about why we participate in NSLP and why/what are the requirements.			X	Plan to do this in the winter of 2024/25.
Have teacher formerly selling snacks research smart snacks to sell in his classroom.		X		Have spoken to teacher. Need to get teacher materials to study.

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
There are currently no guidelines for foods and beverages available on campus, but not sold.			X	Develop guidelines for foods and beverages available on campus

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
Currently, no food and beverages are advertised or marketed.			X	Develop a marketing strategy for foods and beverages on campus.

Additional information: