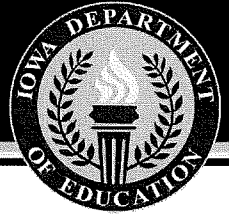


# Local Wellness Policy: Triennial Assessment



## Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Red Oak Community Schools
Date Triennial Assessment was Completed	10/27/2022
Date of Last Wellness Policy Review	no records from past
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	redoakschooldistrict.com
How often does the school wellness committee meet? Date of last meeting?	1 or 2 times per year last time was 2018 from what we can find this will be happening 1 to 2 times per year starting 2022. first meeting Nov. 10th

### Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Tammi VanMeter	Admin Assistant	vanmeter@redoakschools.org

### School Wellness Committee Members

Name	Job Title/Volunteer	Email
Tammi VanMeter	Admin Asst. ROCSD	vanmetert@redoakschools.org
Nate Perrien	Parent Volunteer	
Jessie Bruning	Parent volunteer	
Kelscy Mangold	Student Support	mangoldk@redoakschools.org
Jamie Sherley	Asst. Principal	sherleyj@redoakschools.org
Nolan Perrien	Student 10 <sup>th</sup> grade	
Brett Erickson	Student 10 <sup>th</sup> grade	
Sheena Davis	Student 8 <sup>th</sup> grade	
Dailon Reafleng	Student 7 <sup>th</sup> grade	
Keegan Williams	Student 12 <sup>th</sup> grade	
Heather Haeel	District Nurse	hah@redoakschools.org
Ron Lorenz	Superintendent	lorenzr@redoakschools.org
Steph Meyer	Food Nut. Director	stmeyer@oppabod.org

# Local Wellness Policy: Triennial Assessment



## Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

**Specific goals for:**

- Nutrition promotion and education,
- Physical activity, and
- Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- 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 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.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

## Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
Committed to supporting wellness, & healthy environment for students reviewing policy at least once every 3 yrs.	Committee to meet more times a year Active Transport

**Optional Resource:**

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

## Section 4: Progress Towards Goals

- Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).



# School Wellness Policy Checklist



A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation*. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

- LEA has current wellness policy. Date it was last updated: 8/27/2018 then a gain to board 11/28/2022
- Includes goals for nutrition program
- Includes goals for nutrition education
- Includes goals for physical activities
- Includes goals for other school based-activities
- Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
- Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.)
- Includes policies for food and beverage marketing

- Wellness Policy Leadership: LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.  
Name/Title of Designated Leader: Ron Lorenz Superintendent

- LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy:
 

<input checked="" type="checkbox"/> Parents	<input checked="" type="checkbox"/> Students	<input checked="" type="checkbox"/> School Food Service
<input type="checkbox"/> Teachers of Physical Education	<input checked="" type="checkbox"/> School Health Professionals	<input type="checkbox"/> School Board Members
<input checked="" type="checkbox"/> School Administrators	<input checked="" type="checkbox"/> General Public	

*Documentation: current committee list, meeting announcements, committee invitations, etc.*

- o Triennial Assessment is completed every 3 years and contains the required components:
  - Compliance with the wellness policy
  - How the wellness policy compares to model wellness polices;
  - Progress made in attaining the goals of the wellness policy

School Wellness Building Progress Report

- o Informs and updates the public on the content and implementation of the wellness policy including building progress reports.

*Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.*

## School Wellness Policy Resources:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

or contact [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)

# Local Wellness Policy Progress Report

**School Name:** Red Oak Community School District

**Wellness Policy Contact:** Tammi VanMeter

**Date Completed:** 10/27/2022

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Schools will provide nutrition education & engage in nutrition promotion that helps students develop lifelong healthy eating behaviors	X			By promoting fruits, vegetables, whole-grain products, low-fat & fat-free dairy and healthy foods. Work with our food service provider to ensure products are available and by promoting healthy options to our K-12 students.	
2. Provide students with the knowledge and skills necessary to promote and protect their health.		X		By providing fresh fruit and vegetable snacks. To encourage students to try foods they may not normally eat. This has been challenging due to the supply chain issues.	Continue to provide fresh fruits and vegetables and encourage our students to choose those options instead of sugary snacks.
3. Emphasize the balance between food intake and physical activity	X			Student meals are designed to meet the USDA standards by age group. Semi-annual monitoring of meals and menu plans.	

## Physical Activity Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Health Kids Act.	X			Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.	ROCSO offers K-12 Physical Education that is provided by certified staff.
2. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.	X			Afford elementary students with recess according to the following: At least 20 minutes a day, outdoors as weather and time permits, and encourage moderate to vigorous physical activity.	Discourage all employees from using physical activity, such as running laps, pushups or withholding opportunities for physical activity as punishment.

## Other School Based Activities Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle		X		Permit students to bring and carry water bottles filled with water throughout the day. Could be disruptive if several students needed to fill their bottles at the same time.	Encourage implementing a schedule where students can take a short break to fill water bottles.
2. Promote wellness activities and opportunities during professional development		X		Encourage opportunities for physical activities to be incorporated into lessons across all subject areas.	Encourage implementing this by supplying staff with the Get Movin' Activity Breaks packet from the IA Dept of Public Health and the Iowa Nutrition Network

**Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)**

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. A la carte foods must meet USDA Smart Snacks in Schools nutrition standards.	X				Our district does not have vending machines. All snacks are a la carte and USDA approved.
2.					

**Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.**

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. At this time, we do not have a policy in place for this.			X		Look at implementing a policy that encourages only healthy snacks for class parties and food rewards.
2.					

**Policies for Food and Beverage Marketing**

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. At this time, we do not have a policy in place for this.			X		Look into implementing a policy that will promote healthy behavior.
2.					

**This institution is an equal opportunity provider.**