

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Waukee Community School District
Date Triennial Assessment was Completed	12/29/21
Date of Last Wellness Policy Review	3/22/21
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://waukeeschools.org/departments/nutrition/wellness/
How often does the school wellness committee meet? Date of last meeting?	<i>Monthly, 10/21/21 Moving to bi-monthly meetings starting January 2022</i>

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
Kaitlyn Scheuermann, MPP-D, RDN, LD	Dietitian	kscheuermann@waukeeschools.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Adam Shockey	Timberline Principal	ashockey@waukeeschools.org
Alex Dreier	Timberline Assistant Principal	adreier@waukeeschools.org
Angela Bower	Health/Spanish Teacher (South Middle School)	abower@waukeeschools.org
Anne Boesen	APEX Human Services Instructor	aboesen@waukeeschools.org
Ashley Danielson	Hy-Vee Dietitian	ashleydanielson@hy-vee.com
Brad Buck	District Superintendent	bbuck@waukeeschools.org
Brady Fleming	Associate Superintendent	bfleming@waukeeschools.org
Brittany Wallace	South Middle School Nutrition Supervisor	bwallace@waukeeschools.org
Chris Buckley	Radiant Elementary Nurse	cbuckley@waukeeschools.org
Cindy Pion	Prairieview Nurse	cpion@waukeeschools.org
Daira Driftmier	Hy-Vee Dietitian (KidsFit)	ddriftmier@hy-vee.com
David Sharp	Grant Ragan Elementary Nutrition Supervisor	dsharp@waukeeschools.org
Dena Jordan	Timberline Nurse	rjordan@waukeeschools.org
Erin Hoisington	Iowa Wellness Manager - Midwest Dairy	ehoisington@midwestdairy.com
Erin Olson	Parent Volunteer and Community Health Consultant (IA Dept. of Public Health)	erin.olson@idph.iowa.gov

Name	Job Title/Volunteer	Email
Heather Shaver	Shuler Nurse	hshaver@waukeeschools.org
Jamie Seiler	Brookview Elementary PE Teacher	jseiler@waukeeschools.org
Jeannie Allgood	Director of Nutrition Services	jallgood@waukeeschools.org
Jenny Gaskill	Waukee Middle School Nurse	jgaskill@waukeeschools.org
Jo Hromatka	District Lead Nurse	mhromatka@waukeeschools.org
Kathleen Sender	Waukee High School PE/Health Teacher, APEX Human Services Instructor	ksender@waukeeschools.org
Kelli Vellinga	Woodland Hills Elementary Nurse	kvellinga@waukeeschools.org
Kim Hunt	Waukee Elementary Nurse	khunt@waukeeschools.org
Kirk Johnson	Chief Operations Officer	kjohnson3@waukeeschools.org
Laura Calvert	Waukee High School Family and Consumer Sciences Teacher	lcalvert@waukeeschools.org
Lisa Spears	Maple Grove Elementary Nurse	lspears@waukeeschools.org
Marie Simon	Timberline Health Teacher	msimon@waukeeschools.org
Nate Grebner	Radiant Elementary Nutrition Supervisor	ngrebner@waukeeschools.org
Terry Hurlburt	Associate Superintendent	thurlburt@waukeeschools.org
Wes Nyberg	Community Volunteer	drwes@waukeewellness.com

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
<ul style="list-style-type: none"> • Committee meets at least 4 times per year – District committee meets monthly • Community involvement – Several of our active members are from external organizations related to wellness. • Nutrition <ul style="list-style-type: none"> ○ School meals – District participates in USDA child nutrition programs and follows all federal guidelines for meal components and nutrition standards. ○ Farm to School – District has operated a district-wide Farm to School program for past three years implementing school gardens in three buildings, a district-wide Harvest of the Month program, hands-on agricultural experiences in classrooms, and will provide curriculum resources in work going forward. ○ Menus are available online and include nutrient content and allergens. ○ Menus are created by a Registered Dietitian. ○ Accommodations are available for students with special dietary needs. • Staff Qualifications and Professional Development – Supervisory staff and a second staff member at each building are required to be ServSafe certified. Staff complete SafeSchools training each year, and supervisory staff complete additional trainings throughout the year. • Water – Cups of water are available during lunch and students are allowed to carry water bottles throughout the day. • Competitive foods – All competitive foods follow Smart Snack standards. • Physical Activity <ul style="list-style-type: none"> ○ Added language in most recent revision about physical activity during the school day outside of recess, such as classroom physical activity breaks. While not required, these opportunities are highly encouraged. 	<ul style="list-style-type: none"> • Committee membership represents all school levels – We are working toward having a building champion at each school building that would be a liaison between building-level activities and district wellness committee • Evaluation – We need to work to have more consistent evaluation measures for buildings to make it clear if they are compliant with the policy. We have explored options, including setting benchmarks for achievement and having buildings complete a “Wellness Report Card” that can be shared with the public. • Nutrition <ul style="list-style-type: none"> ○ Merchandising of healthy options – While this is not specifically written into our policy, this is an area where we could improve. ○ Time to eat and recess before lunch– This is not in our policy and is currently out of our control. Recess before lunch had been piloted several years ago at one building. ○ Healthy celebrations – We are continuing to work to find a balance between “traditional” choices for celebrations and healthy options. ○ Fundraisers – This has been challenging for us to control with many student groups in the district, but we work to inform building administrators that food sales to students must meet Smart Snack standards during the school day. ○ Nutrition education – We are working through our Farm to School programming and curriculum integration initiative to promote healthy habits and wellness. • Physical Activity <ul style="list-style-type: none"> ○ Withholding activity as punishment – We had attempted to add this into our most recent policy revision, but were asked to remove it by building administrators as sometimes parents ask for students to be kept inside to catch up on work or removing the

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> ○ Physical Education – Meets state and national standards for number of minutes and curriculum used. ○ Recess – At least 20 minutes per day is offered and language was added to the most recent revision about making indoor recess active when feasible ○ Before and After School Activities – These opportunities are offered and families are informed of these opportunities through district communication channels. ● Staff Wellness – District started a formal staff wellness program using the beBetter Health software with cash incentives staff can earn and challenges throughout the year to encourage staff to work on various tennets of health. 	<p style="text-align: center;">student from recess may be the most appropriate punishment at the time.</p> <ul style="list-style-type: none"> ● Family Engagement – While this continues to be a challenge, the district does its best to continually communicate with families about activities happening in the building and how they can connect home life to those activities.

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).

Link to Wellness Policy:

[Wellness Policy 604.3](#)

[Wellness Policy 604.3-R\(1\)](#)

[Wellness Policy Assessment SY 20-21 \(link\)](#)

District School Wellness public page: <https://waukeeschools.org/departments/nutrition/wellness/>