

## 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: Alcester-Hudson School District \_\_\_\_\_

Month and year of current assessment: November 2025 \_\_\_\_\_

Date of last Local Wellness Policy revision: August 2021 \_\_\_\_\_

Website address for the wellness policy and/or information on how the public can access a copy:  
<https://www.alcester-hudson.k12.sd.us/district/food-service.cfm> \_\_\_\_\_

**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? Four times per year \_\_\_\_\_

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Jason A. Van Engen	Secondary Principal	<a href="mailto:Jason.VanEngen@k12.sd.us">Jason.VanEngen@k12.sd.us</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Joe Miller	PK-12 PE/Health	<a href="mailto:Joe.Miller@k12.sd.us">Joe.Miller@k12.sd.us</a>
Hillary Terpstra	7-12 FACS	<a href="mailto:Hillary.Terpstra@k12.sd.us">Hillary.Terpstra@k12.sd.us</a>
Kathy Behnke	Food Service Director	<a href="mailto:Kathy.Behnke@k12.sd.us">Kathy.Behnke@k12.sd.us</a>
Amber Harris	School Nurse	<a href="mailto:Amber.Harris@k12.sd.us">Amber.Harris@k12.sd.us</a>

**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:

There are some areas in which we are doing well. However, the WellSAT showed that we need to do some revising to our policy to ensure that we have enough information. When we went through this process a few years ago, we revised then. We will continue to make changes to improve our lunch program and the overall experience for our students and those who eat at our school. While our wellness policy doesn't always state overtly some of the information, we are doing many of the things mentioned in the WellSAT 3.0.

### **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
Our lunch menu is printed in a calendar format and posted online. It is also sent out each week in our family bulletin. Caloric guidelines are followed as recommended by USDA. Lunch options are coded for fat, protein, etc.	xxx			We will continue to show students and families dietary options for healthy eating.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
All students in grades JK-6 have recess. Students in grades 7, 8, and 9 have physical education and health. High school students have an elective physical education class. We also offer a morning weight lifting course and after-school extra-curricular sports.	xxx			We encourage all students to stay active and will continue to do so. We have our high school students serve as role models for younger students in getting involved in sports. We promote heart healthy activities.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Within K-6 and 7-9 grade physical education and health classes, students learn about healthy lifestyles – physical, mental, emotional.		xxx		Ensure that students in all grades JK-12 have access to course materials that promote healthy lifestyles.

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
Our nutrition program meets federal guidelines. Our food service director is careful to make sure and follow caloric intakes, sodium and fat guidelines, etc.	xxx			Our goal is to continue to expand our students' palates with more healthy options.

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
We follow the USDA Smart Snack Options and have links within our policy. Teachers are provided with this information within the wellness policy.	xxx			Continue to promote healthy options in all eating – at events and during school-sponsored parties.

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
We do not market much food within the school other than our lunch menu. We continue to stress to any groups who fundraise that we follow the Smart Snack Options.		xxx		Continue to promote healthy foods and stress to all groups that fundraising needs to follow Smart Snack Options.

**Additional information:**

Although we added information to our wellness policy last time, the completion of the WellSAT 3.0 shows that we may need to add some more information to strengthen it again. When our Wellness Committee next meets, we will address this and examine the WellSAT 3.0 guide that was completed so we can address issues and strengthen the policy.