

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Lafayette High School and J.A. Hughes Elementary

Month and year of current assessment: 12-23

Date of last Local Wellness Policy revision: 7/19/23

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

<https://www.redlakefalls.k12.mn.us/copy-of-wellness-information-1>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 3

Designated School Wellness Leader

Name	Job Title	Email Address
Kris Kennett	Teacher	kkennett@rlfedu.org

School Wellness Committee Members

Name	Job Title	Email Address
James Guetter	Superintendent	RLCCandRLFsupt@gvtel.com
Brad Kennett	Principal	bkennett@redlakefalls.k12.mn.us
Lona Thode	Head Cook	lthoderl@rlfedu.org
Kris Kennett	Health/Phy Ed Teacher	kkennett@rlfedu.org
Chris Bjerklie	Principal	cbjerklie@redlakefalls.k12.mn.us
Pete Hagl	Phy Ed Teacher	phagl@rlfedu.org
Cindy Ducharme	Secretary	cducharme@redlakefalls.k12.mn.us

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): MSBA 533 Wellness Policy

Describe how your wellness policy compares to model wellness policies.

The district wellness policy follows all state and federal guidelines and is modeled by the MSBA Wellness Policy.

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
promoting student health, well-being and ability to learn by encouraging healthy eating and physical activity.		X		This goal is always in progress.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Each student in physical education class needs to meet certain goals each year.	X			To pass a physical education class students must meet certain criteria, such as the mile run (less for elementary), etc.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Activities such as contests, promotions, taste testing, and field trips, as well as classroom instruction in Health education classes.	x			Elementary students enjoy physical activity in gym class as well as going on field trips. High school students are active in physical education and weightlifting.

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
The school district will provide healthy and safe school meal programs that comply with all applicable federal, state and local laws.	X			All meals follow the state guidelines.

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
Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus.		X		Working on this with teachers and staff to comply with meeting the USDA nutrition standards

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
No advertisement of food and beverages that don't meet the Smart Snacks requirements are allowed at schools.	X			

Include any additional notes, if necessary:

After taking the Wellness Triennial Assessment for the Red Lake School District the school rated the following;

Nutrition Education 88%,

Standards for USDA Child Nutrition Programs and School Meals 100%

Nutrition Standards for Competitive and Other Foods and Beverages 60%

Physical Education and Physical Activity 83%

Implementation, Evaluation and Communication 100%

Overall Total Comprehensiveness District Score is 83%

The Red Lake Falls School District is constantly looking for ways to improve in all areas.