

Triennial Assessment of the Local School Wellness Policy

Local School Wellness Policy

Sponsors participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local school wellness policy that promotes the health of students and addresses the problem of childhood obesity. Wellness policies are tailored to the unique needs of each sponsor and present an opportunity to improve the health of each community.

The USDA Food and Nutrition Services (FNS) finalized regulations found at [7 CFR 210.31](#) to create a framework and guidelines for written wellness policies established by sponsors. The final rule required sponsors to begin developing revised local school wellness policies during the 2016-2017 school year. The revised policy was to be in place by June 30, 2017.

Triennial Assessment Requirements

Based on the July 1, 2017 required implementation of the local school wellness policy regulations, the first triennial assessments were originally due on June 30, 2020, however, USDA released an initial waiver extending the deadline to June 30, 2021. An additional extension was granted via [COVID-19: Child Nutrition Response #98](#) further delaying the deadline to **June 30, 2022**. Any sponsors who chose to delay the deadline to the June 30, 2022 extension date, must also complete a second triennial assessment by June 30, 2025.

The regulations found at [7 CFR 210.31\(e\)](#) require sponsors, at least once every three years, to assess compliance with the policy and make the assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:

- The extent to which schools under the jurisdiction of the sponsor are in compliance with the local school wellness policy;
- The extent to which the sponsor's school wellness policy compares to the [model local school wellness policies](#); and
- A description of the progress made in attaining the goals of the local school wellness policy.

Options and Tools for Conducting the Triennial Assessment

Sponsors have flexibility in developing tools that will assess compliance with the specific components of their local school wellness policy. Sponsors in Oregon have the option to develop their own tool, use the [WellsAT 3.0](#) tool, or to use the simplified tool below.

Step 1:

The first step a sponsor must take in conducting their Triennial Assessment is to compare their written LSWP to a [model policy](#). The purpose of comparing a sponsor's school wellness policy to a model policy is to identify areas of strength, opportunities for improvement, and to identify where the sponsor might adopt language to make their wellness policy stronger. This is a useful exercise for school wellness committees to complete together, if possible.

Model Wellness Policy Comparison Results Template

Component	Description
Model LSWP Used for Comparison:	
Areas of Strength:	1. Free breakfast (SBP), Free/Reduced Lunches (NSLP), Free Supper, bags/Weekend food bags
	2. Physical Activity/Education: K-5 approx. 60-90 minutes every school week for P.E. with extra activity/recess it was at least 120 minutes, 6-8th 225 minutes for P.E. every school week plus extra time at recess, 9-12th completed approx. 339 minutes every school week for P.E.
	3. Free, safe, unflavored drinking water
Opportunities for Improvement	1. Length of time for students to eat meals
	2. More collaboration on nutrition education including, but not limited to, involving Food Roots more with nutrition and gardening education. Investment with more outside resources. Examples can be mindful eating meditation and education on feeling satisfied versus feeling full.
	3. Providing a more inclusive health education curriculum.
As a result of the comparison, was new language adopted in the LSWP?	<input type="radio"/> Yes <input checked="" type="radio"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible)	

Component	Description
Describe next steps for strengthening your LSWP	<ul style="list-style-type: none"> ➤ Update current health curriculum to be more inclusive with 6th-12th Teachers and assist K-5 when needed for supplemental education. ➤ Provide more health screenings such as Vision, Hearing, Height/Weight, Blood Pressure, Scoliosis, and Dental. ➤ Enhance the Nutrition education by bringing in outside resources to assist with providing supplemental materials.

Step 2:

The second component of the Triennial Assessment is identifying the extent to which schools within your district are compliant with the LSWP as it is written. The purpose of this is to determine whether schools within the district are following the LSWP. This helps districts identify where to provide additional support to reach the requirements included in the LSWP

To assess the extent of compliance for schools within your district, examine your LSWP as it is written, to ensure you understand the details of the policy. Identify key stakeholders from each school site to assist you, and work together to determine the best approach for conducting your assessment.

Every school and district wellness policy will look different, so it is up to the LSWP committee to determine the best approach for assessing school compliance. However, the examples listed below are common methods of assessment.

Extent of Compliance for All Schools with the LSWP Template

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education Requirements(s)			✓ 3
Nutrition Promotion Requirements(s)			✓ 3
Physical Activity Requirement(s)			✓ 3
Other Student Wellness Requirements(s)			✓ 3
Foods and Beverages Sold Outside Reimbursable Meals			✓ 1
Foods Offered but Not Sold Standards			✓ 3
Food and Beverage Marketing			✓ 3

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Public Notification	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

Step 3

The third component of the Triennial Assessment is to assess and document progress made in reaching the goals outlined in your LSWP. The purpose of assessing and documenting your progress is to demonstrate that your LSWP is being implemented. This is an important step in ensuring your policy is moving from paper to practice.

The Final Rule requires LEAs to provide a “description of the plan for measuring LSWP implementation”. To meet this requirement, LEAs are encouraged to develop an action plan for implementing their LSWP.

Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Nutrition Education Goal(s)	Yes	Health and Nutrition taught in classrooms and with our CTE/ community resource specialist in the garden. Food Roots also sent instructors for demonstrations.	
Nutrition Promotion Goal(s)	Yes	Same as above as well as provided the USDA approved meals throughout school days.	
Physical Activity Goal(s)	Yes	P.E. and physical activity with outdoor walks and recess.	

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Other student wellness Goal(s)	Yes	Nature trail, bike trail/All Bike Program in progress, new baseball, softball, soccer fields at K-8, outside school intramural sport programs, NVELC playground, NVELC nature trail in progress, K-8 community playground in progress, new High School track in progress.	
Additional Goal(s) <i>Add more rows as needed</i>			

Step 4

Once you have completed your Triennial Assessment, the final step is to share your results with the public. The purpose of this step is to ensure the school community is aware of the LSWP work. It is also a great opportunity to recruit new LSWP Committee Members. LEAs are not required to submit the report with The Oregon Department of Education Child Nutrition (ODE CNP) but should keep the report on file in their records.

You can use a variety of methods to share your report with the public including presentations, newsletters, and social media. It is up to you to determine how best to share this information. Complete the table below to indicate how and when you shared your results with the public:

Triennial Assessment Report to the Public Template

Target Audience(s)	Method	Date
NVSD Families		
Tillamook County Health Department		

SAMPLE REPORT

School District name's Local School Wellness Policy Triennial Assessment Report

On (Enter Date) Enter School District's Name's conducted a triennial assessment of the local school wellness policy. The assessment included the following:

- Evaluation of the LSWP and how it compares to model policies
- The extent to which school(s) in our district are in compliance with the LSWP; and
- Evaluation of the progress towards goals listed in the policy

Click on the image below for a fillable version of the sample report

