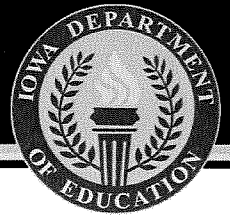


# Local Wellness Policy: Triennial Assessment



## Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

## Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 1) Compliance with the wellness policy
- 2) How the wellness policy compares to model wellness policies
- 3) Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

## Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

## Public Updates

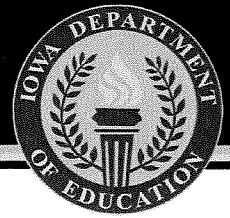
HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

## Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): the Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

# Local Wellness Policy: Triennial Assessment



## Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	CAM Community School District
Date Triennial Assessment was Completed	November 3, 2021
Date of Last Wellness Policy Review	April 2018
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	<a href="http://www.camcougars.org">www.camcougars.org</a> - side button
How often does the school wellness committee meet? Date of last meeting?	<i>Annually</i>

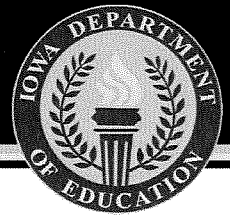
### Designated School Wellness Leader

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
Dominic Giegerich	Principal	dgiegerich@cam.k12.ia.us

### School Wellness Committee Members

Name	Job Title/Volunteer	Email
Tami Williamson	Food Service	twilliamson@cam.k12.ia.us
Shawna Bohnsack	Food Service/Parent	Sbohnsack@cam.k12.ia.us
Bridget Clayton	Food Service/Parent	bclayton@cam.k12.ia.us
Joe Wollum	P.E./A.D./Parent	jwollum@cam.k12.ia.us
Bev Johnson	Retired F&CS	bakoppjohnson@gmail.com
Bobby Bower	CAM Nurse/Parent	bobower@cam.k12.ia.us
Barry Bower	Elem Principal/Parent	bbower@cam.k12.ia.us
Larry Hunt	Elem/MS Principal/Parent	lhunt@cam.k12.ia.us
Heather Kauffman	Nurse/Parent	hkauffman@yahoo.com
Alex Petersen	Student	alexandriapetersen@cam..
Anastasia Peron	Student	Anastasiaperon@cam...
Julie Williamson	School Board Member	jwilliamson@cam.k12.ia.us



## 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:

- X Nutrition promotion and education,
  - X Physical activity, and
  - X Other school based activities that promote student wellness.
- 
- X Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
  - X 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).
  - X 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.
  - X 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
Our language matches up very well with the language of the model policy and we see no need to strengthen	Well with the language of the model policy and we see no need to strengthen

### 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).

# Local Wellness Policy Progress Report

School Name:

Wellness Policy Contact:

Date Completed:

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	Contact Person	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. EXAMPLE: Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Cindy Smith (Curriculum Director)	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. <i>SSCA Health Goals</i>	<i>Tami Williams</i>	<i>X</i>			<i>Teach in health PE classes / covered</i>	<i>check in on full coverage for each building</i>
3.						

## Physical Activity Goals

District Wellness Policy Goals	Contact Person	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.	<i>Ta Williams</i>	<i>X</i>			<i>Full implementation of Fall Goals</i>	<i>continue to plan</i>
2.						

### Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	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. See attached Goals	Dominic C. Stiglich	X			No challenge	we will meet annually
2.						

### 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	Contact Person	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. See attached Goals	Tami Williams	X			No challenge	we will meet monthly
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	Contact Person	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. See attached Goals	Tami Williams	X			No challenge	we will meet annually
2.						

# Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	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. <i>CSA (at the level)</i>	<i>ADMINIC CIGRAIN</i>	<i>X</i>			<i>No challenges</i>	<i>meet annually</i>
2.						

This institution is an equal opportunity provider.



# 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: April 2018
  - 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: Dominic Ojereich CAWHS

- 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 checked="" type="checkbox"/> Teachers of Physical Education	<input checked="" type="checkbox"/> School Health Professionals	<input checked="" 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.*

- 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 policies;
  - Progress made in attaining the goals of the wellness policySchool Wellness Building Progress Report

- 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)

## WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

**Goal 1 – Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion to help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, Smarter Lunchroom techniques, other school foods, and nutrition-related community services;

**Goal 2 – Physical Activity:** Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following *[select goal(s) from the list below]*:

- Promote the benefits of physically active lifestyle and help students develop skills to engage in lifelong healthy habits
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Afford elementary students with recess according to the following:
  - At least 20 minutes a day;
  - Outdoors as weather and time permits;
  - Encourages moderate to vigorous physical activity;

**Goal 3 – Other School-Based Activities that Promote Student Wellness:** Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following *[select goal(s) from the list below]*:

- Develop a plan to promote staff health and wellness;
- Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtimes;



## WELLNESS POLICY

The CAM CSD Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. In accordance with law and this belief, the board commits to the following:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.
- 

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy;

## MINUTES

Regular Meeting

CAM Board of Education

Monday, March 19 2018, 5:00 p.m.

The CAM Community School District Board of Education held its regular meeting on March 19, 2018, at 5:00 p.m. in the media center at the CAM High School in Anita. Present were Directors Gary Dinkla, Chuck Kinzie, Julie Williamson, and Nick Kauffman. Director Todd McKee arrived at 6:26 pm. Also present were Superintendent Casey Berlau, Principals Dominic Giegerich, Brian Fogleman and Larry Hunt, Secretaries Lindsay Jahde and Linda Edwards. Principal James Brauer was absent. Visitors in attendance were Dan Crozier and Kristi Burg with the Anita Child Care Center, Kaley Hohenshell and Courtney Long with Iowa State University Community & Regional Planning, Kate Olson, Cass County Extension, Sue Riggs, Farm to School Coordinator, Tami Williamson, Paul Upmeyer, Adam Warntjes, and Matthew Williamson.

**CONSENT AGENDA:** President Gary Dinkla read the mission statement, welcomed the visitors, and called the meeting to order. Motion to approve the agenda was made by Chuck Kinzie, seconded by Julie Williamson and carried on a 4-0 voice vote. A motion to approve the minutes of the February 19, and February 28, 2018 meetings, bills (with additions), and financial statements was made by Chuck Kinzie, seconded by Nick Kauffman, and carried on a 4-0 voice vote. General Fund bills were \$56,562.79, PPEL Fund bills \$24,567.84, Nutrition Fund bills \$14,533.91, Management Fund bills \$16,584.00, and Activity Fund bills \$15,492.66.

**ADMINISTRATIVE REPORTS:** Principal Fogleman reported that teachers and students will be helping him with the monthly newsletters.

Principal Hunt reported that he is wrapping things up with the Iowa Assessments. Trevor Conner, a 3 sport All-State athlete from Creston High school and Owner of TCMC2, a private consulting and coaching business will be coming to the CAM district to work with kids in grades 5-12 on how to be competitive and handle stress. Mr. Conner holds a Master's Degree in Counseling with an emphasis in Sport Psychology.

Superintendent Berlau advised the Wellness Committee has met and will be setting up a second meeting. Our wellness policy needs revised. The wellness committee will recommend the necessary revision, hopefully at the April board meeting. He is working with the academy on the enrollment process for next year. All buildings in the district have been tested for radon and a proposal for continuous monitoring is in the works. The roofing company has made some patches to the roof at the north elementary building as a result of damage from the freeze and thaw over the winter. The roof is under warranty for another year or two and then we will need to consider our options. The skylights will eventually need updated as well.

**COMMUNICATIONS:** Kristi Burg and Dan Crozier with Anita Child Care were in attendance to share current statistics regarding their organization and let the board know of their continued interest in sharing a partnership with CAM School District.

Kate Olson introduced the Farm to School planning committee and shared information regarding the program. The initial stages of the program involve a planning grant. The committee is working with multiple school districts in the county to gather information regarding the needs of teachers in efforts to incorporate a hands-on-learning approach in the classrooms. Tool kits for

curriculum have been developed and are available to districts. The committee suggested phase 1 of the project include raised garden beds as well as input on a greenhouse building. Comments from the board suggested we look at building from what is currently being done at the middle school.

**OPEN ENROLLMENT APPLICATIONS:** Applications were approved for Greta Boysen and Gracie Bartz from CAM schools to attend in the Exira-EHK schools next year and Logan Tibken, Landon Tibken, Macy Miller, Emersen Meyer, Kennedy Meyer, from CAM schools to attend in the Atlantic CSD next year. Also, Josie Molina, and Tyler Molina to continue in the Atlantic CSD following a move to the CAM district. The applications were approved on a motion by Chuck Kinzie, seconded by Julie Williamson on a 4-0 voice vote. Applications received after the deadline without good cause were denied on motion by Chuck Kinzie, seconded by Julie Williamson and carried on a 4-0 voice vote.

**RESIGNATIONS:** The following resignations were received and approved as follows:

Jordan Aggen, Model Teacher position on motion by Chuck Kinzie to approve with regrets, seconded by Julie Williamson, and carried on a 4-0 voice vote.

Jodi Scholl, M.S. Cook on motion by Julie Williamson to approve with regrets, seconded by Nick Kauffman, and carried on a 4-0 voice vote.

**CONTRACTS:** A contract was approved for Manda Thomas, H.S. Science on a motion by Chuck Kinzie, seconded by Julie Williamson and carried on a 4-0 voice vote. A contract for Sarah Bartlett, M.S. Cook on a motion by Julie Williamson, seconded by Nick Kauffman and carried on a 4-0 voice vote. A contract for Barry Bower, M.S. Track Coach on motion by Chuck Kinzie, seconded by Nick Kauffman and carried on a 4-0 voice vote. A contract for Bridget Clayton, part-time M.S. Cook on motion by Chuck Kinzie, seconded by Nick Kauffman and carried on a 4-0 voice vote.

**MOWING BIDS:** Discussion was held regarding bids submitted. Motion by Chuck Kinzie to accept Blackie's Lawn Service bid at \$400 per time at the Anita grounds, (athletic fields will be mowed by the CAM CSD custodial staff) and \$135 per time at the Massena grounds and \$80 per time at the Massena Athletic field, seconded by Nick Kauffman and carried on a 4-0 voice vote.

**PUBLIC HEARINGS:** Motion by Julie Williamson to hold the budget hearing on April 9<sup>th</sup> at 6:30 p.m., seconded by Nick Kauffman and carried on a 4-0 voice vote. Motion by Julie Williamson to hold the hearing for the 2018-2019 calendar on April 9<sup>th</sup> following the budget hearing, seconded by Nick Kauffman and carried on a 4-0 voice vote.

**BUDGET GUARANTEE RESOLUTION:** Superintendent Berlau presented the proposed FY18/19 budget. The following resolution was adopted on a motion by Chuck Kinzie:

**RESOLVED**, that the Board of Directors of CAM Community School District, will levy property tax for fiscal year 2018-2019 for the regular program budget adjustment as allowed under section 257.14, Code of Iowa. Motion was seconded by Nick Kauffman and carried on a 4-0 voice vote. We are not eligible for the budget guarantee this year but have made it a standard practice to pass this resolution each year.