

Local Wellness Policy: Triennial Assessment

Southeast Polk Community School District



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Southeast Polk CSD
Date Triennial Assessment was Completed	11/11/2025
Date of Last Wellness Policy Review	02/01/2024
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	Wellness page Board policy
How often does the school wellness committee meet? Date of last meeting?	2 times annually DATE: 5/7/25

Designated School Wellness Leader

Name	Job Title	Email
Sara Salvini	Director of Food & Nutrition	sara.salvini@southeastpolk.org

School Wellness Committee Members

Name	Job Title/Volunteer
Altoona Elementary	Amanda Kielman, PE Teacher/Parent
Centennial Elementary	Lori Waddell, Principal
Clay Elementary	Taylor Bowie, PE Teacher
Clay Elementary	Andrea Bruns, Principal/Parent
Delaware Elementary	Chelsea Clark, Principal/Parent
Four Mile Elementary	Andrea Seiberling, Nurse
Four Mile Elementary	Cassie Farley, PE
Mitchellville Elementary	Nikole Robbins, Nurse
Runnells Elementary	Jacob Bartels, Principal/Parent
Willowbrook Elementary	George Panosh, Principal
Jr. High	Emily Blackford, Nurse/Parent
Middle School	Joshua Griffith, Principal
High School	Scott Belger, Assistant Principal
District Office School	Cory Goldsmith, Principal
District Wide	Nicole Wilson, District Nurse
District Wide	Amy Anderson Sorenson, At Risk Coordinator
District Wide	Brent Badde, Nutrition Specialist
District Lead	Sara Salvini, Director of Food & Nutrition

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.

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"> ● Preamble <ul style="list-style-type: none"> ○ The school district will develop a local wellness committee which may be comprised of: parents, students, and representatives of the school food authority, the school board, school administrators, and the public, physical education teachers, and school health professionals. The local wellness policy committee will develop a plan to implement the local wellness policy and periodically review and update the policy. ● Nutrition Education and Promotion <ul style="list-style-type: none"> ○ The school district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, 	<ul style="list-style-type: none"> ● Preamble <ul style="list-style-type: none"> ○ The local wellness leader will develop the local wellness committee and recruit members via multiple channels. ○ Committee membership invitations should be extended annually to community members, parents and students. ● Nutrition education & Promotion <ul style="list-style-type: none"> ○ Nutrition education and physical activity education are taught using evidence-based curricula that are aligned with national education standards. ● Physical Activity <ul style="list-style-type: none"> ○ Science backed language surrounding best practices: ○ Participation in active transportation to and from school (e.g., walking and bicycling), recess, physical activity breaks, physical education and extracurricular activities involving physical activity results in better academic outcomes for students.

Areas with Similar Language	Potential Areas to Strengthen Language
<p>standards-based program designed to: be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, physical education and elective subjects.</p> <ul style="list-style-type: none"> ● Physical activity <ul style="list-style-type: none"> ○ The school district will provide physical education that: is for all students in grades K-12 for the entire year; provides an alternative educational setting for students with disabilities and students with special healthcare needs. ○ Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. ○ Elementary schools should provide recess for students that: is at least 20 minutes a day; encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and discourages extended periods (i.e., periods of two or more hours) of inactivity. ● Communication with Parents <ul style="list-style-type: none"> ○ Provide a list of healthy ideas for school parties. Parents are encouraged to bring healthy snacks or non-food items. ● Food Marketing in Schools <ul style="list-style-type: none"> ○ School-based marketing will be consistent with nutrition education and health promotion. The school district will: 	<ul style="list-style-type: none"> ○ There is evidence that adequate hydration is associated with better cognitive performance ○ Lunch follows the recess period to better support learning and healthy eating ○ Physical activity opportunities are adapted in order to make them accessible to students with disabilities ○ The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. <ul style="list-style-type: none"> ● Fundraising Activities <ul style="list-style-type: none"> ○ Fundraising conducted in schools and during the school day will be in compliance with state and federal laws and meet Smart Snacks requirements. <ul style="list-style-type: none"> ▪ Annual updates will be provided to those organizing fundraising efforts. ● Communications with Parents <ul style="list-style-type: none"> ○ The District will develop, enhance, and/or continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. ● Food Marketing in Schools

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> ○ limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually; ○ prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages; ○ promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and ○ market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym membership ● Staff Wellness <ul style="list-style-type: none"> ○ District values health and well-being of every staff member ○ Establish and maintain a staff wellness committee ● School Meals <ul style="list-style-type: none"> ○ Meals served through the National School Lunch and Breakfast Programs will: <ul style="list-style-type: none"> ○ be appealing and attractive to children; ○ be served in clean and pleasant settings; ○ meet, at a minimum, nutrition requirements established by state and federal law; ○ offer a variety of fruits and vegetables, legumes, lean proteins and whole grains; 	<ul style="list-style-type: none"> ○ Whole fruit options are available daily and displayed in attractive ways. Sliced or cut fruit is available daily. ○ White milk is placed in front of other beverages in all coolers. – Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.). ○ The district will teach, model, encourage and support healthy eating among students. ○ Water: Free, safe and unflavored drinking water is available to students during the school day and extended school day ○ Students can bring and carry approved water bottles filled with only water ○ All water sources and containers will be maintained regularly to ensure adherence to health and safety standards ● School Meals <ul style="list-style-type: none"> ○ School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations ○ Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas. ○ List any additional Federal child nutrition programs in which the District participates, to include the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs and others. ● Food Safety <ul style="list-style-type: none"> ○ Removal of fns.usda.gov/fs/fr-121509 as link changes or is not updated. ● Other activities that promote student wellness

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> ○ serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); ● Foods Sold Outside the Meal (e.g. vending, a la carte, sales) <ul style="list-style-type: none"> ○ All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student’s stores or fundraising activities) during the school day, or through programs for students after the school day will meet Smart Snack nutrition standards as required by state and federal law. ● Fundraising Activities <ul style="list-style-type: none"> ○ The school district encourages fundraising activities that promote physical activity. Fundraisers are at the discretion of the school principal. Fundraising conducted in schools and during the school day will be in compliance with state and federal laws. 	<ul style="list-style-type: none"> ○ School-sponsored events will adhere to the local wellness policy and will include physical activity and healthy eating opportunities when appropriate ● Professional Development <ul style="list-style-type: none"> ○ When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts. ○ Professional learning will promote staff modeling healthy eating and physical activity.

Section 4: Progress Towards Goals

- SEP School Wellness Progress Report
- [507-10 Wellness Policy](#)

