

# Triennial Assessment of School Wellness Policy

St. Paul's Lutheran School  
Triennial Assessment of Wellness Policy



## SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

Our school has made strong strides toward meeting the goals of our school wellness policy. Some highlights of our recent progress include:

- Ensuring students have 60 minutes of physical activity each day
- Providing before school recess for 20 minutes each day
- Adding a fresh fruit and salad bar to our lunch service to encourage healthy food choices
- Updating our school kitchen equipment, including a new milk cooler, hot cart, and stove to ensure foods are properly stored at hot and cold temperatures.



## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

Our school staff and administration, in coordination with families, wants to focus on improving these practices during the next 3 years

- Share healthy snack ideas with parents who are providing school snacks or celebration items during the school day, as well as encouraging healthy meal choices for packed school lunches
- Providing high quality physical education training for our school teachers
- Work in cooperation with our school child care staff to ensure that before and after school care meals and snacks meet the USDA healthy meal requirements



## SECTION 3: UPDATE POLICIES

Our School Wellness Committee met on November 29, 2022 to assess our wellness policy using the WellSAT 3.0. Our policy received a Comprehensive score of 77 and a Total Strengths score of 70. We revised policy and updated the School Meals, Nutrition Promotion, and Physical Education sections of our Wellness Policy. This work ensured that our policy is a better match to a quality school policy, and also to match our current practices which were not covered by policy.