



Posted to website  
on Nov. 2024



# 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: Reviewed Nov. 2024  
Updated Apr. 2020
- ☒ 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: Superintendent - Joe Burnett

- ☒ LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy: Chair - Mary Dorris BSN, RN - School Nurse
- |  |   |  |
|--|---|--|
| <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. - on file

- ☒ 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 policy

School Wellness Building Progress Report

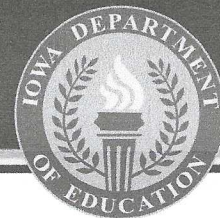
- ☒ Informs and updates the public on the content and implementation of the wellness policy including building progress reports. Policy, Progress report & Assessment are on website  
Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.  
durant.k12.ia.us/domain/20

## School Wellness Policy Resources:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

or contact [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)

# 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

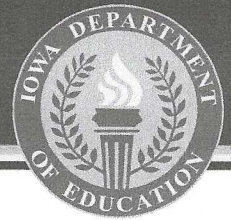
HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- 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	Durant Community Schools
Date Triennial Assessment was Completed	November 25, 2024
Date of Last Wellness Policy Review	November 25, 2024 by committee on Board agenda for December 2024
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	Durant.k12.ia.us (FOR PARENTS-Health and Nutrition)
How often does the school wellness committee meet? Date of last meeting?	Annual – Next Scheduled for Nov. 2025  Past meetings – Nov. 25, 2024 Dec. 6, 2022 Feb. 19, 2020 Jan. 13, 2017 Jan. 15, 2016 Dec. 8, 2014

### Designated School Wellness Leader

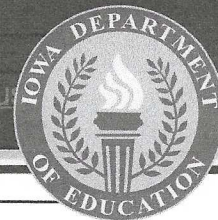
LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Joe Burnett	Superintendent	Joe.burnett@durant.k12.ia.us

### School Wellness Committee Members

Name	Job Title/Volunteer	Email
Mary Dorris BSN, RN	School nurse/parent	Mary.dorris@durant.k12.ia.us
Rebecca Stineman	PK-6 Principal/parent	Rebecca.stineman@durant.k12.ia.us
Joel Diederichs	9-12 Principal	Joel.diederichs@durant.k12.ia.us
Tessa Dierickx	Food/Nutrition Director/parent	Tessa.dierickx@durant.k12.ia.us
Tricia Bullard	Teacher/parent	Tricia.bullard@durant.k12.ia.us
Jeffrey Workman	PE/Health teacher	Jeffrey.workman@durant.k12.ia.us
Mary Feuerbach	Teacher	mary.feuerbach@durant.k12.ia.us
Evelyn Dorris	Student	25edorris@durant.k12.ia.us
Robert Olsen	Student	23rolsen@durant.k12.ia.us
Tara Lindsay	School board/comm. Member	Tara.lindsay@durant.k12.ia.us

Name	Job Title/Volunteer	Email
Carla Whitlock	School Board/Committee Member	Carla.whitlock@durant.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:

- ☒ 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.

Also see policy checklist – Does Your Wellness Policy Measure Up? – found on school website

## 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"> <li>● Both local and model policies encourage public involvement and community communications, and encourage the Committee be comprised of several disciplines /community members</li> <li>● Both local and model policies address goals for nutrition education and promotion, physical activity, and other school-based activities</li> <li>● Both local and model policies refer to USDA Smart Snacks standards</li> </ul>	<ul style="list-style-type: none"> <li>● Committee could increase meetings from annually to four times a year</li> <li>● Include additional activities under each goal area</li> <li>● Activities could be more specific</li> </ul>

Areas with Similar Language	Potential Areas to Strengthen



**Section 4: Progress Towards Goals**

- See 2024 Durant School Wellness Progress Report on school website

# Durant School Wellness Policy Building Progress Report

## November 2024

This tool is to document the school's progress in meeting the expectations of the district's wellness policy. The policy may be found under the Board PolSteps toward implementing the goals that have, or will be taken, are documented. The District has a Wellness Committee that meets every year. Parents, students, administrators, school health professionals, school food service, school board members and the general public are welcome to participate and may contact the school nurse or superintendent for information on how to become involved.

Wellness Contact Name/E-mail: Mary Dorris BSN, RN

[Mary.dorris@durant.k12.ia.us](mailto:Mary.dorris@durant.k12.ia.us)

Joe Burnett, Superintendent Joe.Burnett@durant.k12.ia.us

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Provide students with knowledge and skills necessary to promote and protect health through Health and P.E. Curriculum at all levels, during general education activities, during guidance activities and during encounters with the school nurse.	X			Nutrition education is part of the Health, Foods and P.E. Curriculums. Nutrition is promoted in other classrooms, but not formally built into the curriculum.  Marketing and lunchroom promote healthy choices. A to Z	Encourage teachers to explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.



<ol style="list-style-type: none"> <li>1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations</li> <li>2. Share information about the nutritional content of meals with parents and students.</li> <li>3. Support the consumption of breakfast at school by offering alternative breakfast options to the extent possible (e.g. grab 'n go, breakfast in the classrooms, etc.)</li> <li>4. Permit students to bring and carry water bottles filled with water throughout the day</li> <li>5. Make drinking water available where school meals are served during mealtimes</li> </ol>	X			<p>Team Nutrition Handout – “Snacks from A-Z” handed out at open house and posted to the website.</p> <p>Barrier – Celebration snacks being sent are not always nutritious snacks.</p> <p>The district utilizes NUTRISLICE in order to provide nutritional content for the lunch and breakfast menu each month.</p> <p>Grab 'n go breakfast options are available for students.</p> <p>Students are permitted to carry water bottles. Bottle fillers and water fountains are available in all building wings, as well as the cafeteria</p>	Continue to promote healthy snack choices and provide resources for families.
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## 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 that 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, through health and physical education class curriculums at all levels, during general education class activities, during guidance activities and during encounters with the school nurse.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.

**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:

- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;-
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle
  - Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits
  - Afford elementary students with recess according to the following:
    - At least 20 minutes a day
    - Outdoors as weather 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:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Share information about the nutritional content of meals with parents and students.
  - Support the consumption of breakfast at school by offering alternative breakfast options to the extent possible (e.g., grab 'n go, breakfast in the classroom, etc.)
  - 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

**Public Involvement:** There is 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:

- The district has a Local Wellness Committee to advise the district on the development, implementation, and improvement of the school wellness policy
  - The superintendent or superintendent designee invites suggestions or comments concerning the development, implementation and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent or superintendent's designee.

WELLNESS POLICY

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*  
42 U.S.C. §§ 1771 *et seq.*  
Iowa Code §§ 256.7(29); 256.11(6).  
281 I.A.C. 12.5; 58.11.

Cross Reference: 504.5 Student Fund Raising  
504.6 Student Activity Program  
710 School Food Services

Approved Sept 2007

Reviewed 03/09/2020

Revised 04/13/2020

\* ON Dec. Board agenda.  
2024

## WELLNESS POLICY

The Durant School 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:

The school district will identify at least one goal in each of the following areas:

- **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 by 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 shall implement and ensure compliance with the policy by:

- 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;
- Allowing the Local Wellness Committee to meet at a minimum of annually. The Local Wellness Committee will assist by:
  - Annually assessing the implementation of the Wellness policy
  - Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Making the policy and updated annual assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals consistent with law and district policy.