

**Little Flower Union Free School District
Wellness Plan
Triennial Assessment**

The wellness committee will utilize this checklist to evaluate the effectiveness of the policy.

Identified Compliance Areas	Description of Goals To Meet	Goals Met Changes/Suggestions
Nutrition Education/Knowledge	<ul style="list-style-type: none"> ✓ Planning healthy meals ✓ Evaluating nutrition information/misinformation ✓ Food advertising ✓ Assessing personal eating habits ✓ Setting and achieving goals 	
Marketing & Promotion	<ul style="list-style-type: none"> ✓ Healthy food and beverage choices for all students ✓ Meet the Smart Snacks School nutrition standards ✓ Promote school and community awareness of this policy ✓ Publication on District website ✓ Marketing and advertising of foods and beverages on school campus 	
Additional Provisions	<ul style="list-style-type: none"> ✓ Parents/teachers list of healthy party ideas ✓ Parents/teachers will be aware of Smart Snacks nutrition standards ✓ Teachers and other appropriate school staff will be provided with a list of alternative ways to reward students ✓ District staff will model healthy eating, drinking, and physical activity behaviors for students 	
Physical Activity	<ul style="list-style-type: none"> ✓ Certified physical education teacher ✓ Professional development related to physical education ✓ Participate in moderate to vigorous activity at least 50% of class time ✓ Adequate space and equipment conforms to all applicable safety standards ✓ Age-appropriate, sequential physical education curriculum 	

Identified Compliance Areas	Description of Goals To Meet	Goals Met Changes/Suggestions
Physical Activity (cont'd)	<ul style="list-style-type: none"> ✓ Activity/equipment adapted to meet needs of students unable to participate in regular program of physical education. ✓ All elementary students will be offered a period of recess ✓ Environment that provides safe and enjoyable activity for all students 	
Other School-Based Activities Federal School Meal Program Meal Environment	<ul style="list-style-type: none"> ✓ Food served through these programs will meet all applicable federal and state standards ✓ Annual professional development in the areas of food and nutrition ✓ USDA Professional Standards for State and Local Nutrition Programs ✓ Sufficient dining spaces ✓ Clean, safe, pleasant environments ✓ Scheduled lunch periods ✓ Adequate time to eat ✓ Free, safe, and fresh drinking water 	
Community Partnerships	<ul style="list-style-type: none"> ✓ Seek relationships with community partners 	
Communications	<ul style="list-style-type: none"> ✓ Official website ✓ Wellness Policy Committee ✓ Ongoing community publications 	
Fundraising	<ul style="list-style-type: none"> ✓ Meet, or exceed, the nutritional requirements 	
Implementation and Evaluation	<ul style="list-style-type: none"> ✓ Superintendent and/or designee to ensure goals and mandates of policy ✓ A copy of or web address for the policy ✓ Required substantive elements ✓ Information on how the public is made aware of policy ✓ Documentation indicates when and how the review and update occurs 	

Identified Compliance Areas	Description of Goals To Meet	Goals Met Changes/Suggestions
Implementation and Evaluation (cont'd)	<ul style="list-style-type: none"> ✓ Documentation to show how stakeholders are made aware of their ability to participate in the policy's development, review, update and implementation ✓ Copy of the most recent triennial assessment and documentation indicating how the public is made aware of such results. 	

The District will, as necessary, revise and update this wellness policy accordingly.

In 2020 and at least every three years following the District shall evaluate the Wellness Policy per regulations. The results of the assessment will be posted on the Little Flower UFSD website.