

North Nodaway R-VI School District

Local School Wellness Policy Triennial Assessment

Assessment Period	<u>March 2023</u> through <u>March 2026</u>
Date Assessment Completed	<u>March 25, 2026</u>
Date Current Wellness Policy Adopted/Revised	<u>April 15, 2025</u>
Wellness Coordinator	<u>Chris Turpin</u>
Title	<u>Superintendent</u>
Next Triennial Assessment Due	<u>March 2029</u>

Purpose

Federal regulations require school districts participating in the National School Lunch Program and/or School Breakfast Program to assess their Local School Wellness Policy at least once every three years.

The triennial assessment must determine:

1. The extent to which the District is in compliance with its Local School Wellness Policy.
2. The extent to which the District's policy compares with one or more model wellness policies.
3. The District's progress toward achieving the goals established in its wellness policy.

The results of this assessment will be made available to the public.

Part I - Participants

The following individuals participated in or were provided an opportunity to participate in the assessment process. See Attached Sign in Sheet. This is the wellness committee members.

Stakeholder categories represented or invited:

- ☒ Parent/Guardian
- ☒ Student
- ☒ School Food Authority/Food Service
- ☒ Physical Education Teacher
- ☒ School Health Professional
- ☒ Teacher/School Employee
- ☒ School Administrator
- ☒ Board of Education Member
- ☒ Community Member/General Public

Method used to invite stakeholder participation:

Mr. Turpin called all of the committee members and invitation slips sent home with kids to be involved.

Part II - Compliance with the Local Wellness Policy

Use the following rating system:

Meets: District practices demonstrate compliance with the policy.

Partially Meets: Some requirements are implemented, but improvement or additional documentation is needed.

Does Not Meet: Requirement is not currently implemented.

N/A: Requirement is not applicable to current District operations.

Wellness Policy Requirement	Meets	Partially Meets	Does Not Meet	N/A
A responsible official is designated to oversee the policy.	X	☐	☐	☐
The current policy is available to the public.	X	☐	☐	☐
The public is informed about implementation of the policy at least annually.	X	☐	☐	☐
Parents are permitted to participate in the wellness process.	X	☐	☐	☐
Students are permitted to participate.	X	☐	☐	☐
Food service representatives are permitted to participate.	X	☐	☐	☐
Physical education teachers are permitted to participate.	X	☐	☐	☐
School health professionals are permitted to participate.	X	☐	☐	☐
School administrators are permitted to participate.	X	☐	☐	☐
Board members are permitted to participate.	X	☐	☐	☐
The general public is permitted to participate.	☐	X	☐	☐
The policy contains measurable goals for nutrition education.	X	☐	☐	☐
Nutrition education activities are being implemented.	X	☐	☐	☐
The policy contains measurable goals for nutrition promotion.	X	☐	☐	☐
Nutrition promotion activities are being implemented.	X	☐	☐	☐
The policy addresses physical activity.	X	☐	☐	☐
Physical activity opportunities are being implemented.	X	☐	☐	☐
The policy addresses other school-based wellness activities.	X	☐	☐	☐
School meals meet applicable federal nutrition standards.	X	☐	☐	☐
Foods and beverages sold during the school day meet Smart Snacks requirements.	☐	☐	☐	X
Standards exist for foods provided but not sold to students.	☐	☐	☐	X
Food and beverage marketing is addressed.	☐	☐	☐	X
Only foods and beverages meeting Smart Snacks standards are marketed during the school day.	X	☐	☐	☐
Documentation of policy implementation is maintained.	X	☐	☐	☐
Wellness policy review/update efforts are documented.	X	☐	☐	☐

Overall Compliance Determination

- ☐ Fully Compliant
☒ Substantially Compliant; Minor Improvements Needed
☐ Partially Compliant; Corrective Actions Needed
☐ Significant Improvements Needed

Evidence Reviewed

Check all that apply:

- ☒ Current wellness policy
☒ Board approval records
☒ District website
☐ Public notices
☐ Committee invitations
☒ Committee agendas
☒ Sign-in sheets
☒ Meeting minutes
☐ Nutrition education documentation
☐ Nutrition promotion documentation
☐ Menus/production records
☐ Smart Snacks documentation
☒ PE/recess schedules

- ☐ School activity records
- X0 Previous annual wellness reviews
- ☐ Other: _____

Compliance Findings

The school district is in compliance. The district has a wellness policy and wellness committee. Things are done but nothing extravagant is being done in this area. All of the necessary documents are listed on the school website under the district tab and then under the Central Office tab. Scroll to the bottom and all documentation is there.

Part III - Progress Toward Wellness Policy Goals

Goal 1 - Nutrition Education

District Goal: Students in each grade span will receive at least one nutrition-focused learning activity each school year.

Evidence of Progress

Elementary activity/evidence:

The fourth grade does the health challenge with MOSIAC for eight week each year. We also do an annual dental assembly each year about how eating effect oral health. This usually takes place prior to the dental screenings that we do.

Middle school activity/evidence:

The sixth, seventh, and eighth grade students get health and nutrition education in a their health units during PE classes.

High school activity/evidence:

Ninth grader get health and nutrition education in their PE class.

Progress Rating:

- X Goal Met
- ☐ Goal Partially Met
- ☐ Goal Not Met

Three-Year Progress Summary:

This is an area that we can continue to improve in area.. Keep looking for opportunities from the community to improve in this

Goal 2 - Nutrition Promotion

District Goal: Conduct or participate in at least two nutrition promotion activities each school year.

Activities completed during the assessment period:

1. Dental screening yearly
2. Vision screening yearly
3. Promotion posters in each cafeteria.
4. Health challenge for Nodaway County- 4th graders participate
5. _____
6. _____

Progress Rating:

- X Goal Met
- ☐ Goal Partially Met
- ☐ Goal Not Met

Comments:

We need some new promotional materials for each cafeteria area. Possible mural on the wall in the cafeteria.

Goal 3 - School Meal Standards

District Goal: Maintain compliance with applicable USDA school meal requirements.

Evidence reviewed:

- ☒ Menus
- ☐ Production records
- ☐ Meal pattern documentation
- ☐ Administrative Review findings
- ☐ Professional Standards records
- ☒ Other: Software

Progress Rating:

- ☐ Goal Met
- ☒ Goal Partially Met
- ☐ Goal Not Met

Comments:

The district has given surveys to students about menu options to get their input. Software is being examines to help with administrative paperwork and future reviews.

Goal 4 - Smart Snacks

District Goal: Verify that foods and beverages sold to students outside reimbursable meals during the school day comply with Smart Snacks requirements.

During the assessment period:

- ☐ All applicable products were reviewed.
- ☐ Nutrition documentation was maintained.
- ☐ Noncompliant products were corrected when identified.
- ☒ No foods/beverages were sold outside reimbursable meals.

Progress Rating:

- ☒ Goal Met
- ☐ Goal Partially Met
- ☐ Goal Not Met
- ☐ Not Applicable

Comments:

The district does not sell any food or snacks outside of the reimbursable meals.

Goal 5 - Physical Activity

District Goal: Provide regular physical education and physical activity opportunities.

Evidence:

- ☒ PE schedule
- ☒ Elementary recess
- ☒ Athletics
- ☐ Extracurricular activities
- ☐ Classroom movement opportunities
- ☒ Other: Walk and talk, gyminar after lunch

Progress Rating:

- ☒ Goal Met
- ☐ Goal Partially Met
- ☐ Goal Not Met

Comments:

This is an area that the district excels in for kids. The district offers recess for all kids in the elementary and there is a PE for all for all of the students in the district. A wide variety of extra-curricular activities and sports are being offered to the students in grades 6-12. A dribbler's club was offered for students in grades 1-5 each week. In addition, students in the elementary participate in walk and talk each morning prior to school starting if students aren't eating breakfast. At the middle/high school level a gym opportunity is given after lunch each day for student who are not ineligible academically.

Goal 6 - Wellness Engagement

District Goal: Provide at least one annual opportunity for stakeholders to participate in the wellness process.

The district holds an annual wellness committee meeting in March to look over the wellness policy.

☒ Goal Met

☐ Goal Partially Met

☐ Goal Not Met

Goal 7 - Public Notification

District Goal: Make the current wellness policy available to the public annually.

School Year	Policy/Public Update Made Available?	Method
2025-2026	☒ Yes ☐ No	Posted on school website and presented at board meeting
2024-2025	☒ Yes ☐ No	Posted on school website and presented at board meeting
2023-2024	☒ Yes ☐ No	Posted on school website and presented at board meeting

Progress Rating:

☒ Goal Met

☐ Goal Partially Met

☐ Goal Not Met

Part IV - Comparison to a Model Wellness Policy

The District compared its Local School Wellness Policy with the following model/tool:

☒ Missouri DESE Local Wellness Policy Checklist

☒ Missouri School Boards' Association Model Wellness Policy

☐ Missouri Consultants for Education Model Wellness Policy

☐ Alliance for a Healthier Generation Model Wellness Policy

☐ WellSAT

☐ Other: _____

Date comparison completed: March 25, 2026

Areas in Which the District Policy Meets or Exceeds the Model

Mr. Turpin is on the Nodaway County Health Board so he is able to share things that are going on within our county. For example: we have collaborated with the county on colorectal screenings at ballgames, and introducing PAT families to the Happy Bottoms program and WIC.

Areas Where the Model Policy Is Stronger or More Specific

No vending within the district for kids. Staff are now allowed to use the district fitness center free of charge. PE every day in the elementary. Stand-alone health classes in the high school.

Changes Recommended as a Result of the Comparison

Provide kitchen staff opportunities for continued education. Add more variety on the salad bar. Explore food service software that might improve the food service program as a whole. Consider a recess or activity time for all kids including MS/HS. Create a program to help those that can't pay their lunch bills.

Action Steps for the Next Three-Year Period

Action Step	Responsible Person	Target Date	Evidence of Completion
Look into purchasing software to help with menu planning, compliance, and production records	Cristi Fountain, Food Service Director Chris Turpin, Superintendent	Fall 2026	Invoice
Add time after lunch to allow students in 6-12 to have physical activity.	Cody Jenkins, Principal	Fall 2026	Schedule

Part V - Public Notification of Assessment

The completed triennial assessment was made available to the public.

Date: April 16, 2026

Method:

- ☒ District website
- ☐ School newsletter
- ☐ Public notice
- ☒ Board meeting/materials
- ☐ Email communication
- ☒ Other: paper copy available in office

Certification

I certify that the North Nodaway R-VI School District has completed its Local School Wellness Policy Triennial Assessment and that the information contained in this report accurately reflects the District's review of wellness policy implementation and progress.

Wellness Coordinator: Christopher Turpin, Superintendent

Signature: _____

Date: _____