

## Triennial Assessment Summary of the Local Wellness Policy

### General Information:

School(s) included in the assessment: Pierre Indian Learning Center

Month and year of current assessment: November 2022

Date of last Local Wellness Policy revision: May 20, 2022

Website address for the wellness policy and/or information on how the public can access a copy:

Pilc.k12.sd.us. Our local wellness policy is available on our school website, along with our assessment.

**Wellness Policy Leadership:** LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? Annually, once a year

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Cheryl Reed	Food service director	Cheryl.reed@k12.sd.us

School Wellness Committee Members:

Name	Job Title	Email Address
Brian Korber	Principal	Brian.korber@k12.sd.us
Renee Sears	PE Teacher	Renee.sears@k12.sd.us
Mitch Kleinsasser	School Nurse	Mitch.Kleinsasser@k12.sd.us

**Comparison to Model School Wellness Policies:** A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

**SD Model Wellness Policy:** A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

**WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](#) .

**Other Model Wellness Policy:** If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:  
Slightly below average. Pierre Indian Learning Center needs to do find ways to include stakeholders better in the development and revision of our Wellness Policy. With stakeholders from three states, we realize it is a challenging endeavor, but not impossible to complete this task.

### **Progress towards wellness goals and compliance with the wellness policy:**

At a minimum, local wellness policies are required to include:

- **Specific goals for:**
  - Nutrition promotion and education
  - Physical activity
  - Other school-based activities that promote student wellness.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- **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 other foods given as 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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
First through sixth grade are required 45 minutes of health instruction per week.	X			We are minimally meeting this goal. We are working on improving this goal to have more health education per week.
Seventh and eighth grade are required 90 minutes of health education per week.	X			

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
1-5 <sup>th</sup> grade students have at least 20 minutes a day of supervised recess.	X			1-5 <sup>th</sup> grade students have 25 minutes a day of recess and meet this goal. Afternoon schedules for first through fifth grade have students in class from 1:15-3:30 with minimal movement. We are going to try to incorporate more physical activity for students in the afternoon.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The South Dakota MyPlate through the South Dakota extension office.		X		Bryce from MyPlate teaches this program once a week. We are going to try to find more programs like this to incorporate into our residential program.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
			X	N/A since we are a residential school.

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Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Students are allowed to receive food out of their packages after school until supper time.		X		Many of the foods students receive from their packages are sent from guardians and are unhealthy snacks. We are going to try to find strategies to minimize the amount of unhealthy snacks students receive after school.

**Additional information:**

We are working on finding strategies to have students move more in the residential setting. Many times, students do not move much in the evenings. We are working on having more community activities, and residential activities, that engage our students in physical activities that promote wellness.