

Local Wellness Policy: Triennial Assessment

Zion St. John Lutheran School

Background Information

A local school wellness policy is a written document that guides a school's efforts to establish an environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids Act of 2010. A wellness policy assessment must be conducted at least once every three years.

Zion St. John Lutheran School is committed to supporting the physical, nutritional, social, and emotional wellness of all students in accordance with federal and state guidelines.

Triennial Recordkeeping

This assessment documents the following required components:

1. Compliance with the wellness policy
2. Comparison to model school wellness policies
3. Progress toward achieving wellness goals

Records of the most recent triennial assessment and supporting documentation are maintained on file and made available upon request.

Public Updates

Zion St. John Lutheran School makes the following information available to the public:

- The Local School Wellness Policy and any updates
- The Triennial Assessment, including progress toward policy goals

Information may be accessed through the school office or school communications.

Section 1: General Information and Wellness Committee

School Name:

Zion St. John Lutheran School

Date Triennial Assessment Completed:

December 15, 2025

Date of Last Wellness Policy Review:

December 15, 2025

Access to Policy and Assessment:

Can be found on our website at zsjpaullina.org

Wellness Committee Meeting Frequency:

The wellness committee meets semi-annually.

Date of Last Meeting: December 15, 2025

Designated School Wellness Leader

Zion St. John Lutheran School designates at least one official responsible for wellness policy compliance.

| Name | Job Title | Email |
|----------------------|--------------------|--------------------------------|
| <i>Jared Kirkeby</i> | Lead Administrator | <i>jkirkeby@zsjfalcons.org</i> |

School Wellness Committee Members

| Name | Role |
|------------------|-----------------------|
| Jared Kirkeby | School Administration |
| Courtney Lenhart | Classroom Instruction |
| Kari Kent | Nutrition Services |
| Ryan Paulsen | Health & Wellness |
| Heidi Skadland | Stakeholder Support |

Section 2: Compliance with the Wellness Policy

Zion St. John Lutheran School’s wellness policy includes:

- ✓ Nutrition promotion and education
- ✓ Physical activity goals
- ✓ Other school-based wellness activities
- ✓ Nutrition standards for foods and beverages sold during the school day
- ✓ Nutrition standards for foods provided (class parties, snacks, rewards)
- ✓ Food and beverage marketing policies aligned with Smart Snacks standards

- ✓ Public involvement, leadership, and evaluation procedures

Section 3: Comparison to Model School Wellness Policies

Areas with Similar Language

- Encouragement of healthy eating habits
- Promotion of daily physical activity
- Emphasis on student well-being

Potential Areas for Strengthening

- Clear classroom party and special event food guidelines
- Expanded physical education and activity goals
- Avoidance of food (especially candy) as a reward

Section 4: Progress Toward Goals

Zion St. John Lutheran School promotes wellness through:

- Nutrition education during lunch and classroom activities
- Exposure to new fruits, vegetables, and culturally diverse foods
- Recess, physical education, and movement opportunities
- Increased availability of fresh and minimally processed foods
- Limiting food and beverage marketing to compliant products only

Progress is reviewed annually, and goals are updated as needed.

Nutrition Education and Promotion Goals

| District Wellness Policy Goals | Contact Person | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|-------------------------------------|----------------|----------------|--------------------|--------------|--|--|
| 1 Trying new fruits and vegetables. | Kari Kent | x | | | Started introducing fresh options. | Keep going and keep offering |

Physical Activity Goals

| District Wellness Policy Goals | Contact Person | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|--------------------------------|----------------|----------------|--------------------|--------------|--|--|
| 1. Wellness week | Jared Kirkeby | | x | | We had American Heart Association come in and we did a wellness week to encourage activity | Continue working to grow in teaching about healthy lifestyle. |
| 2. | | | | | | |

Other School Based Activities Goals

| District Wellness Policy Goals | Contact Person | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|--------------------------------|------------------|----------------|--------------------|--------------|--|--|
| 1. More physical movement | Courtney Lenhart | x | | | Recess and gym | |
| 2. | | | | | | |

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)

| District Wellness Policy Goals | Contact Person | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|--|----------------|----------------|--------------------|--------------|--|--|
| 1. Offer healthy options for snack for those that do not have any. | Kari Kent | | x | | Just started to sell extra fruits | |
| 2. | | | | | | |

Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)

| District Wellness Policy Goals NSLP | Contact Person Stephanie Sholes | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|-------------------------------------|---------------------------------|----------------|--------------------|--------------|--|--|
| 1. More fresh foods | | x | | | Buying mostly fresh | |

Polices for Food and Beverage Marketing

| District Wellness Policy Goals | Contact Person | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goal and list challenges of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
|--|----------------|----------------|--------------------|--------------|--|--|
| 1. We do not market food and beverages | | | | | | |
| 2. | | | | | | |