

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
St Croix Prep Academy	
Month and year of current assessment:	Date of last school wellness policy revision:
October April 2025	?
Website address for the wellness policy and/or information on how the public can access a copy:	
www.stcroixprep.org/health-service/wellness/	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	4
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Designated School Wellness Leader

Name	Job Title	Email Address
Marianne Thole	PS Director	mthole@stcroixprep.org

School Wellness Committee Members

Name	Job Title	Email Address
Kelly Gutierrez	EDFO	
Elizabeth Werner	EA - Kindergarten	
Jessica Skilling	Licensed School Nurse	
Nicole Dockham	School Counselor	
Joann Karetov	LS principal	
Christine Muhlhorn	LS office mgr	
Alec Brand	LS PE	
Lauren Moore	DAPE	
Robin Moore	MS PE	
Anna Tiffany	US PE	
Terri Smith	HR	

Rita Thorson
 Laura Pidgeon
 Susan Schultz
 Claire North

Dean of Students/teacher
 US art teacher
 parent
 student

Willa Lovett - student

Triennial Assessment Template School Wellness Policy

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish. The results of the assessment must be made available to the public.

Purpose

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including:

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

Results

The copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. Many LEA's choose to post the results on their district website.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. This will be needed when you have a School Nutrition Program administrative review.



For questions about this document or school wellness policy requirements, contact:
mde.fns@state.mn.us

Section 3. Comparison to Model School Wellness Policies

Complete the **WellSAT3.0 assessment tool** and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

☒ Alliance for a Healthier Generation: Model Policy

☐ WellSAT 3.0 example policy language

☐ Other (please specify):

Describe how your wellness policy compares to model wellness policies.

Our policy is pretty good -
need to add:
- mental health info
- hydration stations
- farm to school

Section 4. Compliance with the Wellness Policy and Progress Toward Goals

At a minimum, school 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.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Describe progress and next steps
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	Describe progress and next steps
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
	Athletics & Activities after school day do not comply - but popcorn is w/ sunflower oil
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Add info on :

- * mental health for students and staff
- * clean up leadership names
- * clean up Power UP! change to every other year
- * hydration stations available
- * Celebrations & Rewards -
 - change to during the school day
 - take out treats brought from home
- * clean up before & after school
open gym availability
- * Add info on discovery trail, snowshoes
garden club, xc skiing, marathon
- * Farm to school promotion - buy Local