

# Triennial Wellness Assessment

## St. Stanislaus School

### Compliance with the Local School Wellness Policy

The Local School Wellness Committee met during the 2025–2026 school year to review the St. Stanislaus School Local School Wellness Policy and evaluate implementation of the policy as required by federal regulations.

The committee determined the following:

| Requirement                                        | Status                   | Notes                                                                                                                    |
|----------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------|
| USDA school meals meet federal nutrition standards | ✓ Compliant              | All reimbursable meals meet USDA requirements.                                                                           |
| Competitive foods/Smart Snacks                     | ✓ Compliant              | No competitive foods or beverages are sold during the school day.                                                        |
| Classroom celebrations                             | ✓ Compliant              | Classroom celebrations do not include food.                                                                              |
| Food and beverage marketing                        | ✓ Compliant              | No marketing of foods or beverages that fail to meet Smart Snack standards is permitted on campus during the school day. |
| Nutrition education                                | ✓ Compliant              | Nutrition education is incorporated into classroom instruction.                                                          |
| Nutrition promotion                                | ✓ Compliant              | The school promotes healthy food choices through nutrition messaging and cafeteria practices.                            |
| Physical activity                                  | ✓ Compliant              | Students participate in daily recess and regular physical education classes.                                             |
| Other school-based wellness activities             | ✓ Compliant              | Students have access to athletics and other activities that support wellness.                                            |
| Annual communication of the wellness policy        | <b>Needs Improvement</b> | The wellness policy was not communicated annually to families and the community.                                         |

Public posting of the triennial assessment

**Needs Improvement**

Results of the required triennial assessment had not previously been made available to the public.

## Overall Compliance

The committee determined that **St. Stanislaus School is substantially implementing its Local School Wellness Policy**. The school demonstrates strong implementation of nutrition, physical activity, and student wellness practices. The committee identified opportunities to strengthen compliance by improving documentation, conducting the required triennial assessment, and annually communicating the wellness policy and assessment results to families and the community.

## Comparison to a Model School Wellness Policy

**Model Policy Used for Comparison:** Indiana Model School Wellness Policy (Indiana Department of Education) and current USDA Local School Wellness Policy requirements.

The Local School Wellness Committee compared the St. Stanislaus School Local School Wellness Policy to the Indiana Model School Wellness Policy and current USDA Local School Wellness Policy requirements.

The committee determined that the school's wellness policy includes all federally required components, including:

- Designation of a School Wellness Coordinator.
- Participation of required stakeholders through the Local School Wellness Committee.
- Compliance with USDA nutrition standards for school meals.
- Nutrition guidelines for foods and beverages sold and made available during the school day.
- Food and beverage marketing standards consistent with Smart Snacks requirements.
- Goals for nutrition education, nutrition promotion, physical activity, and other school-based wellness activities.
- Procedures for implementation, monitoring, triennial assessment, and public notification.

During the review process, the committee updated the policy to better align with current USDA guidance by:

- Updating committee terminology to "Local School Wellness Committee."
- Designating the Principal as the School Wellness Coordinator.
- Strengthening language regarding annual communication with families and the public.

## Overall Comparison

The committee determined that the revised St. Stanislaus School Local School Wellness Policy is **substantially aligned with the Indiana Model School Wellness Policy and meets current USDA Local School Wellness Policy requirements**. The policy provides a comprehensive framework for promoting student health, nutrition, physical activity, and overall wellness while supporting continuous improvement through regular evaluation and stakeholder involvement.

## **Review of Goals**

### **Nutrition Education**

**Goal 1:** Provide nutrition education that is integrated into classroom instruction.

**Progress: Achieved**

Nutrition education is incorporated into classroom instruction through health education and other curricular opportunities. Students receive age-appropriate instruction that supports healthy eating habits and encourages lifelong wellness.

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**Goal 2:** Increase student knowledge of healthy food choices.

**Progress: Achieved**

Students are encouraged to make healthy food choices through nutrition education, cafeteria discussions, and exposure to healthy meal options offered through the National School Lunch and School Breakfast Programs.

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### **Nutrition Promotion**

**Goal 1:** Promote healthy food choices throughout the school environment.

**Progress: Achieved**

Healthy meal options are promoted through the school's food service program. Students have access to nutritious meals that meet USDA nutrition standards, and healthy choices are encouraged during meal service.

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**Goal 2:** Encourage families to support healthy nutrition habits.

**Progress: Partially Achieved**

Nutrition information is available to families through school communications and meal program information. The Wellness Committee identified opportunities to increase communication regarding nutrition resources and wellness initiatives during future school years.

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## **Physical Activity**

**Goal 1:** Provide students with regular opportunities for physical activity.

**Progress: Achieved**

Elementary students participate in daily recess, and all students receive regular physical education instruction aligned with Indiana Academic Standards. Students also have opportunities to participate in athletics and other physical activities throughout the school year.

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**Goal 2:** Encourage physical activity throughout the school day.

**Progress: Achieved**

Teachers encourage student movement through recess, physical education classes, and other opportunities for activity as appropriate throughout the school day.

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## **Other School-Based Wellness Activities**

**Goal 1:** Foster a school environment that supports overall student wellness.

**Progress: Achieved**

The school promotes a safe, supportive learning environment that encourages healthy habits, student engagement, and positive social-emotional development. School staff work collaboratively to support student well-being throughout the school year.

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**Goal 2:** Promote staff wellness and healthy role modeling.

**Progress: Partially Achieved**

Staff members are encouraged to model healthy behaviors and participate in wellness opportunities. The Wellness Committee identified additional opportunities to expand staff wellness initiatives in future years.

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# Committee Conclusions

Following its review, the Local School Wellness Committee determined that:

- St. Stanislaus School is **substantially compliant** with its Local School Wellness Policy.
- School meal programs fully comply with USDA nutrition requirements.
- Students have consistent access to nutrition education, physical education, recess, and wellness-promoting activities.
- No competitive foods are sold during the school day, supporting compliance with Smart Snacks requirements.
- The committee identified opportunities to strengthen annual communication of the wellness policy and improve documentation of the required triennial assessment.
- As a result of this review, the Wellness Committee recommended updating the Local School Wellness Policy to reflect current USDA guidance, identify the Principal as the School Wellness Coordinator, specify the WellSAT 3.0 evaluation tool, and strengthen annual communication procedures with families and the community.

**Overall Determination:** The committee concludes that St. Stanislaus School has made significant progress toward achieving the goals of its Local School Wellness Policy and remains committed to continuous improvement in supporting the health and wellness of all students.