

SPSL Triennial Assessment Summary 2024

Hello SPSL Community Members,

I am writing to update you on SPSL's recently completed USDA Local Wellness Policy Triennial Assessment. The U.S. Department of Agriculture (USDA) requires that any entity participating in the USDA's National School Lunch Program complete an assessment of its local school wellness policy at least once every three years; this is referred to as a triennial assessment. Also, as part of this process, it is required that we update our Wellness Policy and also give our school community a summary of our assessment and our plans to improve in this area.

The Triennial Assessment is comprised of four steps:

1. Measure the extent to which the local wellness policy complies with the USDA wellness policy requirements and model policy language (WellSAT assessment)
2. Demonstrates progress made in reaching the goals of the wellness policy
3. Measure the extent of compliance of all schools in the District in meeting LSWP requirements
4. Make the Triennial Assessment results available to the public

In measuring our local school wellness policy (LSWP) through the WellSAT assessment, we found that the areas of strength for our policy were in the following standards: Nutrition Education, Standards for USDA Child Nutrition Programs and School Meals and Nutrition Standards for Competitive and Other Food Beverages. We also identified areas for improvement in Physical Education & Physical Activity, Wellness Promotion and Marketing and Implementation, Evaluation and Communication. One thing we found with our LWP was that we met a lot of the requirements through what we do in those areas at SPSL but they were not specifically delineated in our LWP. That updated LSWP with those delineations is available on our school website under the "For Parents" section.

In demonstrating our progress, we found that our school does a good job in meeting the requirements for the National School Lunch Program, that we offer opportunities for students to experience a variety of physical activities with PE (twice a week) and recess (daily) for all students and also that other wellness goals, like social emotional and mental health, we have many resources for our students and school community members.

In measuring our compliance with our LSWP, we had partial or full compliance in all areas, we included our school board in this process and gained their approval of our updated LSWP and we are updating our community accordingly. Lastly, part of our improvement was to create a local wellness plan committee that you can see on our updated LSWP.

Thank you all for your help and support for making SPSL the healthiest environment we can for our entire school community.

Cory Sepich
Principal
St. Pius X / St. Leo School

4/24/24