# Wellness Policy Triennial Assessment

An assessment of your school wellness policy must be conducted at a minimum once every three years per United States Department of Agriculture (USDA) regulations. Local Educational Agencies (LEAs) may assess their policy more frequently. This assessment will determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

**General Information:**

District Name: ___Newkirk Public Schools_____

Month and year of current assessment: ___9/30/2023_____

Date of last Local Wellness Policy revision: ____9/24/2026__updated 9/28/2026_____

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

_____www.newkirk.k12.ok.us / Newkirk Central Admin Office for a copy _____

**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. *Table rows may be added for additional goals.*

How many times per year does your school wellness committee meet? ___1_____

**Designated School Wellness Coordinator** *(table rows may be added):*

| Name | Title | Email Address |
|---|---|---|
| **Robin Johnson** | **CNP DIRECTOR** | **RJOHNSON@NEWKIRK.K12.OK.US** |

**School Wellness Committee Members** *(table rows may be added):*

| Name | Title | Email Address |
|---|---|---|
| **TAMMY HASSELBRING** | **KITCHEN STAFF** | **thasselbring@newkirk.k12.ok.us** |
| **AMBER EUBANK** | **KITCHEN Mgr/KEYSTONE** | **aeubank@newkirk.k12.ok.us** |
| **LANCE WILLIAMS** | **PRINCIPAL** | **lwilliams@newkirk.k12.ok.us** |
| **NANETTE CROW** | **GRANDPARENT** | **Ncrow@newkirk.k12.ok.us** |
| **WYATT HOLLINGSWORTH** | **STUDENT** | **whollingsworth@newkirk.k12.ok.us** |
| **HANNAH GODDARD** | **STUDENT** | **hgoddard@newkirk.k12.ok.us** |
| **REANNA SAGE** | **SRO** | |
| **DENYS MAYSE** | **TEACHER** | **dmayse@newkirk.k12.ok.su** |
| **PATTY ROWE** | **COUNSELOR** | **Prowe@newkirk.k12.ok.us** |

**Record Keeping:** A copy of the most recent triennial assessment, along with supporting documentation, must be kept on file with your wellness policy documentation for three years plus the current year. The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy
- Documentation on how the policy and assessments are made available to the public
- The most recent assessment and the implementation of the policy

- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate

**Part I: Content Checklist**

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) and state guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, you must take steps to add the item(s) to the policy in the future.

☒ Nutrition Education and Promotion
☒ Wellness Leadership
☒ Nutrition Standards for Competitive Foods (Foods Sold)
☒ Standards for All Food/Beverages Provided but Not Sold
☒ Marketing of Food/Beverages that meet Smart Snack Standards
☒ Triennial Assessment
☒ Nutrition Standards for School Meals
☒ Physical Activity
☒ Public Involvement
☒ Other School-based Wellness Activities
☒ Reporting

**Part II: 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.

Indicate the model policy used for comparison:

☐ **Alliance for a Healthier Generation's Model Wellness Policy –** Local wellness policy created in collaboration with USDA, which exceeds the minimum requirements. Select the Model Wellness policy in Step 3. You are required to create an account to access. ***https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy/local-school-wellness-policy/refresh-your-policy***

☐ **WellSAT 3.0** – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users must create an account to access this tool. ***https://www.wellsat.org/triennial***

☒ **Oklahoma TSET Wellness Policy** *(The TSET wellness policy goes above USDA Wellness Policy standards*) – located in Other Documents, which exceed the minimum requirements.

**Part III: Progress towards wellness goals and compliance with the wellness policy:** The triennial assessment measures the extent to which the district complies with the Local School Wellness Policy; **describe how the wellness policy compares to the model wellness policy chosen in Part II; and describes the district's progress toward meeting its wellness policy goals**. The triennial assessment results must be made available to the public. The State agency will review this documentation during the Administrative Review. The areas to assess include:

- **Specific goals for**: Nutrition promotion and education, Physical activity, and 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).
- **Description of public involvement, public updates, policy leadership, and evaluation plan**.

**Rating Scale**: 2 = The district's current wellness policy meets **all** of the requirements;
1 = The district's current wellness policy meets **some** of the requirements; and
0 = The district's current wellness policy meets **none** of the requirements

| Rating | Nutrition Promotion and Education Goal(s) |
|---|---|
| **2** | The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the *United States Department of Agriculture's (USDA) requirements* and follow the Dietary Guidelines for Americans (DGA).Schools will offer—and integrate into the core curriculum—nutrition education to all grades (K-12), providing students the knowledge and skills necessary for lifelong healthy eating behaviors |
| **Describe Process and Next Steps, if applicable** | |
| | |

| Rating | Physical Activity Goal(s) |
|---|---|
| **2** | The District will ensure that all *elementary school students (K-5) will* participate in a minimum of 60 minutes of physical *activity each day,* whether through physical education, exercise programs, after-school athletics, fitness breaks, recess, classroom activities, or wellness and nutrition education |
| **Describe Process and Next Steps, if applicable** | |
| | |

| Rating | School-based activities to promote student wellness goal(s) | |
|---|---|---|
| **2** | **The District will ensure that elementary school students (K – 5) participate in a minimum of forty (40) minutes of recess per school day (in addition to the physical activity and PE requirements). Recess may be divided into two recess periods of twenty (20) minutes each and shall consist of supervised, unstructured time for play. No student shall be prohibited from participating in recess as a form of discipline.** | Elementary walking recess, National walk and roll to school day. |
| **Describe Process and Next Steps, if applicable** | | |
| | | |

| Rating | **Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks).** Reference: 7 CFR 210.10-11 and 7 CFR 220.8 |
|---|---|
| **2** | All competitive foods and beverages sold to students during the school day must meet or exceed the *USDA's Smart Snacks standards.*[1] |
| **Describe Process and Next Steps, if applicable** | |
| We do have exemptions which is limited by site, if applicable | |

| Rating | Guidelines for other foods and beverages available on the school campus, but not sold |
|---|---|
| **2** | Other foods and beverages provided (not sold) on campus (e.g., for classroom parties, celebrations, and afterschool-programming) must meet the USDA's Smart Snacks standards. [*The District, however, may allow exemptions for up to [two] celebrations during the school year, during which the foods and beverages served are not required to meet the Smart Snack standards.*]<br><br>The District will provide parents and teachers with a list of ideas for healthy food as well as non-food |

| | |
|---|---|
| | alternatives for classroom parties (e.g., the USDA's resources on "Healthy Celebrations") and after-school programming (including celebrations |
| **Describe Process and Next Steps, if applicable** | |
| | |

| Rating | Marketing and advertising of foods and beverages that meet Smart Snacks standards |
|---|---|
| **2** | Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. The marketing of any brand, without reference to a specific product, is prohibited unless every food and beverage product manufactured, sold, or distributed under the corporate brand name meets the Smart Snacks standards |
| **Describe Process and Next Steps, if applicable** | |
| | |

| Rating | Description of public involvement, public updates, policy leadership, and evaluation plan |
|---|---|
| **2** | The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, |
| **Describe Process and Next Steps, if applicable** | |
| | |

1. **What strengths does your current local wellness policy possess? Strong community support and teacher/staff involvement, committee has best interest of the kids as top priority.**

2. **Based on the review of the current local wellness policy, what improvements could be made to the district's local wellness policy?**

3. **Indicate any progress made from the previous triennial assessment to this triennial assessment. Fresh Fruit and Vegetable Program has been added. We have increased our student physical activity and more participation in the annual walk or roll to school day. Also, we increased our main meal options, which increased more students eating healthy meals**