

# Local Wellness Policy Triennial Assessment

Sponsor Name: Christ Lutheran School

Site Name: Christ Lutheran School

Date Completed: 12/11/25 Completed By: Nathaniel Schmidtke

## Part I: Content Checklist

- Goals for Nutrition Education
- Goals for Nutrition Promotion
- Goals for Physical Activity
- Goals for Other School-Based Wellness Activities
- Nutrition Standards for School Meals
- Nutrition Standards for Competitive Foods
- Standards for All Foods/Beverages Provided, but Not Sold
- Food & Beverage Marketing
- Wellness Leadership
- Public Involvement
- Reporting
- Triennial Assessments
- Unused Food Sharing Plan

## Part II: Goal Assessment

### Nutrition Education

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Students receive nutrition education supporting lifelong healthy eating habits	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition education aligns with USDA dietary guidelines	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## Nutrition Promotion

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Promotion of healthy food and beverage choices	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Staff model healthy eating behaviors	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Participation in school meal programs is encouraged	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## Physical Activity

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Regular physical education is provided	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Daily opportunities for physical activity	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Appropriate accommodations for students	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## Other School-Based Wellness Activities

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Safe and pleasant meal environments	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Healthy practices at celebrations and events	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Community engagement in	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

wellness initiatives				
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### Part III: Model Policy Comparison

Model Policy Selected:

Alliance for a Healthier Generation Model Wellness Policy  
 Rudd Center WellSAT 3.0  
 Other: \_\_\_\_\_

1. What strengths does your current local wellness policy possess?

The CLS Wellness Policy is comprehensive, clear, and aligned with USDA and state requirements. It includes strong nutrition, physical activity, and wellness leadership components.

2. What improvements could be made to your local wellness policy?

The policy could be enhanced by adding an unused food sharing plan and streamlining some repetitive language.

3. List any next steps that can be taken to make the changes discussed above.

Develop a food sharing plan, periodically review the policy, and continue documenting implementation.