

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*

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Parnassus Preparatory School	
Month and year of current assessment:	Date of last school wellness policy revision:
May 2025	01/14/2025
Website address for the wellness policy and/or information on how the public can access a copy:	
https://parnassusprep.com/wp-content/uploads/2025/12/533-Wellness-REVISED-2025.pdf	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	2
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Designated School Wellness Leader

Name	Job Title	Email Address
Michelle Hahn	School Nurse	hahn@parnassusprep.com

School Wellness Committee Members

Name	Job Title	Email Address
Debrah Banas	School Operations and Accounts Payable	banas@parnassusprep.com
Matthew Kasowicz	Director of Operations	kasowicz@parnassusprep.com
Pam Barker	Community Member	pjbarkerh@gmail.com
Holly Walters	School Health Support Staff	walters@parnassusprep.com
TK Goldsmith	Health & PE Teacher	goldsmith@parnassusprep.com
Bryson Ciolkosz	District Staff	ciolkosz@parnassusprep.com

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 aligned with key WELLST3.0 example policy language, but could have language that is more directive and explicit in certain areas.

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
<p>1. The School will encourage and support healthy eating by students and engage in nutrition promotion that is:</p> <ol style="list-style-type: none"> offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health; part of health education classes, as well as classroom instruction, where appropriate; and enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. <p>2. The School will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising</p>	<p>The school encourages healthy eating education integrated into classes and participatory activities where appropriate; there are, however, opportunities to create more explicit targets.</p>

Meeting Goal Partially Meeting Goal Not Meeting Goal

Physical Activity Goal(s)	Describe progress and next steps
<p>1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as screen-based activities;</p> <p>2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and</p> <p>3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.</p>	<p>Unlike other schools, Parnassus provides recess opportunities for older students beyond the elementary grades. One area we would like to see emphasized further is the incorporation of more regular physical activity breaks during instruction in the School of Logic and Rhetoric, similar to those offered in the School of Grammar.</p>

Meeting Goal Partially Meeting Goal Not Meeting Goal

School-based activities to promote student wellness goal(s)	Describe progress and next steps

Meeting Goal Partially Meeting Goal 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
<p>Per the policy, the school follows all USDA guidelines. No snacks or similar a la carte items are offered for sale at school, but the smart snacks nutrition standards are listed in the policy should this change.</p>	<p>Parnassus offers a healthy selection of foods to students. We will continue to maintain our standards and our practice of not allowing the sale of competitive foods and requiring strict standards for all items consumed at school.</p>

Meeting Goal Partially Meeting Goal Not Meeting Goal

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
<p>D. Other Foods and Beverages Made Available to Students</p> <p>1. Student wellness will be a consideration for all foods offered, but not sold, to students on the Parnassus campus, including those foods provided through:</p> <ul style="list-style-type: none"> a. Celebrations and parties. The School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. Classroom snacks brought by parents. The School will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards. <p><small>2. Rewards and incentives. The School will not use foods or</small></p>	<p>We have strong guidelines in place for other foods offered on campus, such as those at celebrations or as part of classroom snacks. These must meet the Smart Snacks nutrition standards. One potential opportunity for growth is in stronger monitoring of these items as they are brought in.</p>

Meeting Goal Partially Meeting Goal Not Meeting Goal

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
<p>1. School-based marketing will be consistent with nutrition education and health promotion.</p> <p>2. The School will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.</p>	<p>The school currently does not permit any food marketing at school. Should this change the provisions of the policy will apply.</p>

Meeting Goal Partially Meeting Goal Not Meeting Goal

Include any additional notes, if necessary: