

## **\*\*Triennial Assessment for School Wellness Policy\*\***

### **\*\*Introduction:\*\***

This triennial assessment is conducted to evaluate the effectiveness and implementation of Holy Family School's School Wellness Policy, as required by federal regulations. The purpose of this assessment is to review the policy's goals, procedures, and outcomes related to promoting student health and well-being within the school environment.

### **\*\*I. Goals and Objectives:\*\***

1. **\*Goal 1:\*** Promote a healthy school environment that supports students' physical, mental, and emotional well-being.
  - Objective: Implement nutrition and physical activity programs that encourage healthy habits and choices among students.
2. **\*Goal 2:\*** Enhance nutrition education and practices for students and staff.
  - Objective: Integrate nutrition education into the curriculum, providing students with knowledge and skills for a balanced diet.
3. **\*Goal 3:\*** Increase opportunities for physical activity and physical education.
  - Objective: Incorporate physical activity breaks and promote extracurricular activities that encourage students to be active.
4. **\*Goal 4:\*** Provide access to safe and nutritious meals for all students.
  - Objective: Ensure that all meals served on campus meet nutritional guidelines and accommodate dietary needs.

### **\*\*II. Progress and Implementation:\*\***

- Holy Family School has made notable progress in achieving the outlined goals and objectives of the School Wellness Policy over the past three years. Efforts have been made to increase awareness of healthy eating, physical activity, and mental health through various programs such as participation in the Fresh Fruit and Vegetable Program and other initiatives such as promoting healthy snacks in the classroom for parties.

- A comprehensive nutrition education curriculum has been developed and implemented, involving collaboration among teachers and staff. These efforts have positively influenced students' knowledge and behavior regarding nutrition.

- Physical activity opportunities have been expanded, with the integration of physical activity breaks. Additionally, partnerships with local organizations have enhanced physical education programs (Jump Rope for Heart) and extracurricular sports activities.

- Holy Family School has maintained compliance with nutritional standards for school meals, offering a variety of nutritious options and accommodating special dietary needs, such as allergies and cultural preferences.

**\*\*III. Areas for Improvement:\*\***

- While progress has been made, further enhancements are needed to fully achieve the outlined goals and objectives. Specifically, more focus is required on evaluating and addressing mental health concerns among students and promoting adequate nutrition and hydration throughout the school day but especially away from school.

- It is essential to continue engaging with parents, staff, and community members to raise awareness of the School Wellness Policy and encourage their active involvement in its implementation and evaluation.

**\*\*IV. Recommendations:\*\***

1. Conduct regular evaluations of mental wellness programs and services, and incorporate additional mental health/wellness education into the curriculum to support students' emotional well-being.

2. Strengthen community partnerships and involve local healthcare providers in wellness initiatives, providing expert insights and resources to enhance the school wellness program.

**\*\*Conclusion:\*\***

This triennial assessment indicates progress in implementing the School Wellness Policy, with areas identified for improvement. Holy Family School remains committed to promoting a healthy and supportive environment for its students, and efforts will continue to align with the goals and objectives set forth in the policy.

Sincerely,

Robin Lockwood  
CNP Director  
Holy Family School