

# Xavier Wellness Policy Triennial Assessment

**School Name:** Xavier High School

**Wellness Policy Contact:** Chuckie Geilenfeld

**Date Completed:** May 2023

This tool is to document progress in meeting the goals written in Xavier's wellness policy. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	PE and Fitness/Wellness Teachers Assoc. Principal	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
Xavier's Health Club encourages and promotes healthy snacks.	Kris Naeve-School Nurse	X			Foods are periodically taste tested (e.g. salsa, smoothies)-with recipes being distributed	
Promote fruits, vegetables, whole grain products, low-fat and fat free dairy products.	Lorraine Gaffney-Food Service	X			Menus are planned and recorded in compliance with USDA guidelines.	
					Food items that are low fat, low sodium, whole grain, and are lower in	

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					<p>sugar are utilized when available.</p> <p>Fresh and frozen fruits and vegetables are utilized before canned items.</p> <p>Fat Free plain and flavored milk will be offered daily</p> <p>Food items are prepared utilizing health food preparation methods such as baking and steaming.</p> <p>Foods are seasoned with salt free products.</p>	
Provide information about the healthy kids act and nutrition standards in the national school lunch and school breakfast programs.	Lorraine Gaffney-Food Service	X			Information is provided on Xavier Website under Student Services or by request.	

## Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Xavier High School will provide wellness education that includes students with disabilities; engages students in moderate to vigorous activity during at least 75	Assoc. Principal	X			Students are required to complete a PE Course during one semester of each year.	

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percent of physical education class time; and is taught by a certified physical education teacher.						

## Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Xavier High School will permit students to bring and carry water bottles filled with water throughout the day	Assoc. Principal	X				
Students are allowed electrolyte drinks when Doctor recommended	Kris Naeve-School Nurse	X				

## Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
All foods sold outside of the reimbursable meal program will meet USDA Smart Snacks in Schools nutrition standards	Lorraine Gaffney-Food Service	X			There are no vending machines in Xavier for students to use, so all snacks are sold through the meal program, with printouts from the Smart Snacks Calculator kept on file by Food Service	

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					Director.	

### Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Snacks provided to students during the school day without charge (e.g. classroom parties or rewards) will meet standards by the USDA for Smart snacks	Assoc. Principal		X		Teachers and staff have been notified that snacks should meet USDA Smart Snack guidelines	We will continually remind teachers and staff of necessity to meet USDA Smart Snack guidelines.
Xavier is a “peanut aware” campus	Kris Naeve-School Nurse				Teachers and staff are educated as to how to maintain awareness on adult snack days.	

### Policies for Food and Beverage Marketing

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Xavier will only allow marketing and advertising of foods and beverages that meet the Smart Snack in School nutrition standards on campus during the school day.</b>	<b>Lorraine Gaffney- Food Service Assoc.Principal</b>	<b>X</b>			<b>All ala carte items sold from cafeteria meet Smart Snacks standards. All Marketing signs and labels should not promote items that are not smart snack approved.</b>	<b>This is verified every time a new item is introduced into the school cafeteria.</b>

This institution is an equal opportunity provider.