

# School Wellness Policy: Triennial Assessment Summary

## Section 1: General Information

<b>School(s) included in the assessment:</b>	
McCloud Union School District	
<b>Month and year of current assessment:</b>	<b>Date of last school wellness policy revision:</b>
12/2025	12/2012
<b>Website address for the wellness policy and/or information on how the public can access a copy:</b>	
https://www.mccloudelementary.com/Nutrition/Wellness-Policy/index.html or in the school office	

## Section 2: Wellness Committee Information

<b>How many times per year does your school wellness committee meet?</b>	2-3
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### Designated School Wellness Leader

Name	Job Title	Email Address
Rosa Mero	Administrative Secretary	rmero@sisnet.ssku.k12.ca.us

### School Wellness Committee Members

Name	Job Title	Email Address
Norman May	Food Service Manager	nmay@sisnet.ssku.k12.ca.us
Amber Ramos	Preschool Director	aramos@sisnet.ssku.k12.ca.us
Greta Jones	Board President	ermml_sg@hotmail.com
Shelley Cain	Superintend/Principal/Jr. High Teache	scain@sisnet.ssku.k12.ca.us

### 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 WellSAT3.0 assessment yielded policy scores of 86/100 in comprehensiveness and 44 in strength. Our wellness policy appears to be about average or slightly above average in terms of comprehensiveness and strength, compared to other schools around the country. Compared to model wellness policies, however, we have room for growth.

Importantly, several of the items which are not addressed in the current language of our Wellness Policy can be updated promptly considering they are already taking place at our school on a daily basis. Having free drinking water available during meals [#SM8], access to USDA School Breakfast Program [#SM2], and recess time for all elementary students [#PEPA13] are examples of things that are provided by our school but are not yet included in our Wellness Policy.

The WellSAT3.0 assessment results will be a valuable tool in modifying and improving our Wellness Policy.

### 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> <p>a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;</p> <p>b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate;</p> <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, fundraising events, and concession stands.</p>	<p>Nutrition education is integrated into Health and Physical Education classes for Preschool through 9th grade. Classroom instruction in various subjects from Preschool through 12th grade promotes healthy eating and incorporates nutrition education where appropriate.</p> <p>Students are supported in making healthy selections of foods and beverages through exclusive offering of:            -school meals that comply with all applicable federal, state, and local laws, rules, and regulations;            -"competitive foods and beverages" that meet USDA Smart Snacks standards.</p> <p>MES will continue to refine practices that support nutrition education.</p>
<p><input type="checkbox"/> Meeting Goal    <input checked="" type="checkbox"/> Partially Meeting Goal    <input type="checkbox"/> Not Meeting Goal</p>	

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;</p> <p>2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. All students in grades preschool through 8th grade will participate in a physical education.</p>	<p>All students at MES are provided with opportunities for physical activity through recess time, Physical Education class, and short physical activity breaks throughout the school day. Physical Education class is required for Preschool through 8th grade.</p> <p>In an effort to create an environment that is more supportive of physical activity throughout the day, MES will display educational posters throughout the school that guide students and staff through engaging exercise routines that are modifiable to the needs of different groups and ages. Students and staff will be encouraged to make physical activity a part of their normal transitional periods throughout the day (i.e. traveling between classes, on the way to lunch, etc.).</p>
<p><input checked="" type="checkbox"/> Meeting Goal    <input type="checkbox"/> Partially Meeting Goal    <input type="checkbox"/> Not Meeting Goal</p>	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
<p>1. The school recognizes that parents and guardians have a primary role in promoting their children's health and well-being. With this understanding, the school will support parents' efforts to provide a healthy diet and daily physical activity for their children;</p> <p>2. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value;</p> <p>3. The school will provide information about Physical Education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school;</p> <p>4. The school will provide information about mental health and/or will refer to the school counselor.</p>	<p>Communication with parents and guardians takes place consistently and through various platforms. For example, Ms. Cain shares social media posts, and our Administration sends out monthly updates to our school community.</p> <p>These communications occasionally highlight different ways our students can choose healthy food items, drinks and avoiding sweets.</p> <p>Information about community mental health resources when available.</p> <p>Moving forward, communication and promotion of healthy choices around nutrition will be included more regularly.</p>
<p><input type="checkbox"/> Meeting Goal    <input checked="" type="checkbox"/> Partially Meeting Goal    <input type="checkbox"/> Not Meeting Goal</p>	

<b>Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)</b>	<b>Describe progress and next steps</b>
<p>Food and beverages that are served and sold to students comply with all applicable federal, state, and local laws, rules and regulations as well as safety and security guidelines. All competitive foods meet USDA Smart Snacks nutrition standards and any applicable state nutrition standards, at a minimum.</p>	<p>School meals and competitive foods at MES consistently comply with stated guidelines. We do not have vending machines or ala-carte items.</p> <p>Child Nutrition Personnel will continue to monitor federal, state, and local laws, rules, and regulations as well as safety and security guidelines in order to meet all applicable standards.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

<b>Guidelines for other foods and beverages available on the school campus, but not sold</b>	<b>Describe progress and next steps</b>
<p>Student wellness will be a consideration for all foods and beverages offered, but not sold, to students on the school campus. This includes foods and beverages served in aftercare programs as well as classroom snacks brought by parents.</p> <p>Aftercare programs must comply with MES nutrition standards.</p> <p>The school has provided families with Smart Snack nutrition standards, USDA recommendations, and a suggested list of applicable foods and beverages for consideration when providing food and beverages for students at MES.</p>	<p>All snacks provided in the MES aftercare program meet Smart Snacks requirements. Child Nutrition Personnel will continue to add variety to the snack selection for aftercare students.</p> <p>Families will be provided with updated links to Smart Snack nutrition standards, USDA recommendations, and a suggested list of foods and beverages to ensure foods and beverages brought to the school campus, but not sold, are supporting high-quality nutrition for the MES community.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

<b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b>	<b>Describe progress and next steps</b>
<p>School-based marketing will be consistent with nutritional education and health promotion. MES will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutritional standards. MES ensures all on-campus marketing reinforces our commitment to nutrition education and student health. Advertising is strictly limited to food and beverage items that fulfill the USDA Smart Snacks nutrition requirements.</p>	<p>Only foods and beverages meeting Smart Snacks nutritional standards are marketed and advertised at MES.</p> <p>Smart Snacks are offered to Preschool through 8th grade students in the cafeteria during lunch service only. We do not have vending machines on campus nor do we sale ala-carte items.</p> <p>MES will continue to market and advertise only foods and beverages meeting Smart Snacks standards to promote wellness and nutrition.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	