

Local Wellness Policy: Triennial Assessment Summary

Results, Progress and Goals

1. General Information

School(s) included in assessment: Avilla R13 School

Month and year of assessment April 2026 Date of last LWP revision: April 2023

Website address for LWP and/or details on how public can access a copy: www.avillapanthers.org

2. Wellness Committee Information

How many times per year does your Wellness Committee meet?

The wellness committee meets annually prior to the start of the school year, to review and update the district's wellness policy and goals. We meet additionally throughout the year as needed to address any emerging issues, monitor progress, and ensure on going compliance with established wellness standards.

POLICY LEADERSHIP: Designated School Wellness Leader

Name	Job Title	Email Address
Sheila Andrews	School Nurse	sandres@avillapanthers.org

PUBLIC INVOLVEMENT: School Wellness Committee Members

*A diverse group of stakeholders should be invited including Administrators, Classroom Teachers, PE Teachers, SFA Reps, School Nurses, Community Members, Parents, Students, Medical/Healthcare Professionals

Name	Job Title	Email Address
Stephanie Lee	Middle School History Teacher/Parent	slee@avillapanthers.org
Nicole Eisensee	Middle School ELA Teacher/ Parent	neisensee@avillapanthers.org
Mark Eisensee	Custodial/Transportation Director	meisensee@avillapantherse.org
Debbie Johnston	Head Cook	djohnston@avillapanthers.org
Leslie Strubberg	PAT Coordinator/Parent	lstrubberg@avillapanthers.org
Emily Brinkhoff	Physical Education Instructor/Parent	ebrinkhoff@avillapanthers.org
Tammi Brinkhoff	Counselor	tbrinkhoff@avillapanthers.org
Brittni Ritchie	Librarian/Parent	britchie@avillapanthers.org
Chuck Wolfe	Principal/ Athletic Director	cwolfe@avillapanthers.org

3. COMPARE LEA's Local Wellness Policy to Model Local Wellness Policy

- Complete the *Rudd Center WellSAT3.0 Assessment Tool* - <https://www.wellsat.org/>; OR *Alliance for a Healthier Generation District Level Thriving School Integrated Assessment (TSIA)* - <https://www.healthiergeneration.org/take-action/get-help/how-to-complete-an-assessment#districts> OR *similar assessment tool*: _____

**Refer to language in your current local wellness policy to assist in determining preferred assessment tools for your district*

- Assessment Tool Scores: 99% on WellSAT3.0
- Keep a copy of the results on file for at least three full school years plus the current year.
- Indicate model policy language used for comparison:
 - Missouri School Boards' Association
 - Missouri Consultants for Education
 - Alliance for a Healthier Generation
 - Other: _____
- Describe how your wellness policy compares to model wellness policies:

Our wellness policy is guided by the recommendations from the Missouri School Board Association, particularly in promoting student health, nutritional standards, and physical activity. Both policies emphasize the importance of creating a school environment that promotes healthy choices. While MSBA provides a broad framework and model guidelines, our local wellness policy provides specific procedures for implementation, monitoring, and accountability, making it more operational in day-to-day practice.

4. ASSESS School Compliance with LWP and Progress Towards Goals

- Complete the *CDC's School Health Index (SHI)* - <https://www.cdc.gov/healthyschools/shi/index.htm>; _____
OR *Alliance for a Healthier Generation School Level Thriving Schools Integrated Assessment (TSIA)* - <https://www.healthiergeneration.org/take-action/get-help/how-to-complete-an-assessment#schools>;
OR *CDC's Wellness Policy in Action Tool (WPAT)* - <https://www.cdc.gov/healthyschools/wpat/index.htm> _____
OR *similar assessment tool*: _____
*Refer to language in your current local wellness policy to assist in determining preferred assessment tools for your district
- Assessment Tool Scores: 75% on SHI
- Keep a copy of the results on file for at least three full school years plus the current year.

Using the tables below:

First, indicate language that is currently written in district local wellness policy in relation to each topic listed.

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 Guidelines for All Foods & Beverages for Sale at School (School Meals, Smart Snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The foods and beverages sold and served during the school day outside the reimbursable school meal programs (competitive foods and beverages) will meet or exceed the USDA Smart Snacks in School (Smart Snacks) nutrition standards. These standards will apply in all locations any time foods and beverages are sold to students during the school day, which includes, but is not limited to, foods and beverages sold in vending machines, school stores, and snack or food carts; à la carte options in cafeterias; and food and beverages sold through district-sponsored fundraising, including fundraising by student-initiated groups, unless an exemption applies.	X			In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually. Vending machines and/or snack stores are not available during school hours.

Guidelines for Other Foods and Beverages Available at School, but Not Sold (celebration snacks, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
All foods and beverages the district provides or makes available to students during the school day will meet or exceed the Smart Snacks nutrition standards. This includes, but is not limited to, foods and beverages provided or made available to students for celebrations, classroom parties, and birthdays, regardless of the source of the food. The district, upon request, will provide parents/guardians and district employees with a list of foods and beverages that meet the Smart Snacks nutrition standards and a list of healthy party ideas, including nonfood celebration ideas.	X			In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually. We continue to emphasize healthy snacks for all classroom parties in our Parent/Student Handbook.

Marketing and Advertising of Only Food and Beverages that Meet Smart Snack Guidelines	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<p>Marketing in district facilities will be consistent with the goals of the district's wellness program and comply with board policy. The district will strive to promote the wellness program and educate parents/guardians regarding the quality of district foods.</p> <p>Food and beverage marketing will be limited to the promotion of foods and beverages that meet the Smart Snacks nutrition standards. Other examples of marketing and advertising the district will scrutinize include, but are not limited to, pricing strategies that promote healthy food choices; audiovisual programming; educational incentive programs; scoreboards; book covers; district transportation; and vending machine displays.</p>	X			<p>In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually.</p> <p>The district's Health curriculum covers healthy habit marketing and advertising. There are no vending machines or snack bars to advertise through in the district.</p>

Nutrition Education & Nutrition Promotion Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<p>The district's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the core curriculum taught at every grade level to provide students with the necessary knowledge and skills to make healthy nutrition decisions. Nutrition promotion that uses evidence-based techniques to encourage healthy nutrition choices and participation in school meal programs positively influences lifelong eating behaviors. Students and staff will receive consistent nutrition messages throughout district facilities. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently by school staff, parents/guardians, and the community.</p>	X			<p>In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually.</p> <p>The district's Health Curriculum is up to date and contains units on healthy nutrition education.</p>

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
<p>The district's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge, skills, and desire to perform a variety of physical activities, maintain physical fitness, and regularly participate in physical activity</p>	X			<p>In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually.</p> <p>Our Physical Education curriculum and additional time designated to physical activity provides the foundation for future physical fitness.</p>

Other School-based Strategies for Wellness Goal(s) (staff wellness, community partnership, family engagement, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The district's goal for other school-based activities is to ensure an integrated whole-school approach to the district's wellness program.	X			In order to continually meet this goal, the local wellness committee will evaluate the effectiveness of this goal annually.

- Include additional notes, if needed:
The survey findings indicate that new devices are available for use in emergency situations. We have equipped both the building and the busses with Stop The Bleed kits, along with a LifeVac device for choking emergencies in our cafeteria.

5. SHARE Triennial Assessment Results with the Public

- UPDATE/INFORM THE PUBLIC: WellSAT 3.0 results, SHI results, or similar evaluation tool results, and Triennial Assessment Summary, or similar document which includes summary of goals and progress, should be posted publicly.
- Where to share publicly? *school newsletter, social media, school website, school board meeting, district wellness committee meeting, open house events, etc.*