

St. Peter's Lutheran School

Local School Wellness Policy Triennial Assessment

Section 1: General Information

School(s) included in the assessment: St. Peter's Lutheran School

Month and year of current assessment: September 2026

Date of last wellness policy revision: July 2025

Website address for the wellness policy / public access: Available through the St. Peter's Lutheran School Website or Pieces of the Rock

Public availability note: The completed triennial assessment and current Wellness Policy will be made available to the school community through the school newsletter and school website.

Section 2: Compliance with the Wellness Policy and Progress Toward Goals

The Indiana assessment template asks the school to identify the current policy language, assess whether each area is being met, and describe progress and next steps. The sections below provide room for readable responses.

1. Wellness Coordinator

Template requirement: Has identified at least one person as responsible for facilitating the wellness policy upkeep.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's Lutheran School has identified the Food Service Manager as the Wellness Coordinator. The Wellness Coordinator facilitates implementation, monitoring, evaluation, and updating of the Wellness Policy in collaboration with the Wellness Committee. The Wellness Coordinator, in collaboration with the Wellness Committee, completed the required triennial assessment and updated the Wellness Policy to reflect current school practices and goals.

Next Steps

The Wellness Coordinator will continue to monitor implementation of the Wellness Policy, track progress toward established goals, coordinate with the Wellness Committee, and facilitate future reviews and updates. The Wellness Coordinator will continue to provide opportunities for stakeholder feedback and participation in the wellness policy process.

Name person responsible for facilitating the upkeep: Jessica Arnett, Food Service Manager / Wellness Coordinator

2. Stakeholder Participation

Template requirement: Allows parents, students, school food authority representatives, physical education staff, school health professionals, school administrators, and the general public to participate in development, implementation, evaluation, and updating.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's Lutheran School has an established Wellness Committee that includes representatives from school food service, school administration, physical education, school health, and parents. The committee participates in development, implementation, evaluation, and updating of the Wellness Policy. The committee completed the current triennial assessment and reviewed and updated the policy. Parents and members of the school community also have an opportunity to provide feedback through the wellness email.

Next Steps

The Wellness Coordinator will continue to work with the Wellness Committee to monitor implementation, evaluate progress, and update the policy as needed. The school will continue to provide opportunities for parents and other members of the school community to provide input and participate in future reviews and updates.

3. USDA Requirements for School Meals

Template requirement: Has assured school meals meet USDA requirements.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's continues to operate the school meal program in accordance with USDA requirements and applicable NSLP regulations. The Food Service Manager monitors meal service, menu planning, and program requirements to support compliance. The school reviewed the Wellness Policy as part of the triennial assessment and updated the policy.

Next Steps

The Food Service Manager will continue to monitor the school meal program for compliance with USDA requirements, including meal pattern and nutrition standards, and make adjustments as USDA and Indiana Department of Education requirements change. Staff will continue training and guidance as appropriate.

4. Nutritional Guidelines for All Foods and Beverages Sold

Template requirement: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's has established nutritional guidelines for foods and beverages sold separately from the school meal during the school day. The school continues to follow applicable nutrition standards for foods and beverages sold during the school day and incorporates requirements into food service practices.

Next Steps

The Food Service Manager will continue monitoring foods and beverages sold during the school day to ensure consistency with applicable standards. The school will review and update guidelines as USDA or Indiana Department of Education requirements change.

5. Nutritional Guidelines for Non-Sold Foods and Beverages

Template requirement: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's has established nutrition expectations for foods and beverages provided to students but not sold during the school day, including classroom snacks, birthday treats, and other celebrations or incentives. Parents and staff are informed of and encouraged to consider USDA nutrition guidelines and the school's commitment to student wellness when providing food and beverages. The school recognizes the importance of allowing students to enjoy celebrations and special occasions while encouraging healthy choices.

Next Steps

The school will continue to communicate and encourage healthy choices for classroom snacks, celebrations, and other foods provided while maintaining a balanced approach that allows students to enjoy special occasions. The Wellness Committee will continue to review these practices as part of future policy evaluations.

6. Food & Beverage Marketing

Template requirement: Allows marketing on the school campus during the school day only for foods and beverages that meet applicable competitive food/beverage requirements.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's does not currently have vending machines, concession stands, or other food and beverage marketing on campus during the school day. As a result, food and beverage marketing to students is not occurring.

Next Steps

The school will continue to monitor the school environment for food and beverage marketing. If vending machines, concession stands, or other food or beverage sales or marketing opportunities are introduced in the future, the school will ensure applicable requirements are followed.

7. Nutrition Education

Template requirement: Has at least two goals for nutrition education.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Goals in the Wellness Policy

1. The school will work to increase students' awareness and understanding of healthy food choices through age-appropriate nutrition education and cafeteria-based activities.
2. The school will provide opportunities for students to connect nutrition education with the healthy food choices available through the school meal program.

Progress

St. Peter's continues to provide nutrition education through age-appropriate instruction, cafeteria-based activities, nutrition education signage, and school communications. Nutrition education information is shared with students and families throughout the year. The school meal program provides opportunities for students to apply nutrition concepts by making choices from a variety of healthy foods and beverages.

Next Steps

Continue nutrition education opportunities, use the cafeteria and school meal program to reinforce healthy choices, and review and update nutrition education materials and activities as appropriate.

8. Nutrition Promotion

Template requirement: Has at least two goals for nutrition promotion.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Goals in the Wellness Policy

3. Promotional materials, including bulletin boards and other nutrition-related displays, will be reviewed and refreshed regularly to maintain student interest and provide current, engaging messages promoting healthy food choices.
4. The school will encourage students to make healthy food and beverage choices by making nutritious options appealing, accessible, and easy to identify within the cafeteria.

Progress

St. Peter's uses cafeteria displays, signage, and presentation of nutritious options to promote healthy choices. Healthy items are displayed prominently. The triennial review identified an opportunity to strengthen nutrition promotion by establishing a regular process for reviewing and refreshing promotional materials.

Next Steps

The Wellness Coordinator will continue to review and refresh nutrition-related promotional materials regularly and use the cafeteria environment to encourage recognition and selection of nutritious options.

9. Physical Activity

Template requirement: Has at least two goals for physical activity.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Goals in the Wellness Policy

5. Students will spend at least 50% of physical education class time participating in moderate-to-vigorous physical activity.
6. The school will maintain regular opportunities for physical activity through recess, classroom breaks, extracurricular activities, and enrichment programs.

Progress

St. Peter's provides regular physical activity through physical education, recess, classroom breaks, and extracurricular or enrichment opportunities. Physical education classes provide opportunities for moderate-to-vigorous activity. Indoor activity opportunities are provided when outdoor recess is not possible, and after-school programs incorporate physical activity as appropriate.

Next Steps

Continue supporting regular opportunities for physical activity, active participation in physical education, and appropriate alternatives when weather or other circumstances prevent outdoor activities.

10. Other School-Based Activities

Template requirement: Has at least two goals for other school-based activities that promote student wellness.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Goals in the Wellness Policy

7. The school will work to reduce the use of food-based rewards and incentives by encouraging healthy, non-food alternatives for recognizing student behavior and academic performance.
8. The school will promote positive student wellness and school community through programs and activities that recognize and encourage healthy behaviors, positive choices, and acts of kindness.

Progress

St. Peter's uses non-food approaches to recognize positive behavior and healthy choices. One example, the Crew Points system provides recognition for positive behaviors and participation in Wildcat Essentials, with weekly recognition, quarterly crew recognition, and an end-of-year celebration for the winning crew. The Wildcat Share Station is available during lunch so students may place eligible, unopened food and beverage items for other students, reducing food waste and providing additional nutritious choices to students who are still hungry or thirsty.

Next Steps

Continue non-food recognition through Crew Points and other positive reinforcement. Continue the Wildcat Share Station during lunch and evaluate these programs as part of ongoing wellness implementation. The Wellness Coordinator and Committee will continue to identify opportunities to support positive behavior, healthy choices, and a strong school community.

11. Evaluation

Template requirement: Every three years the LEA evaluates the wellness policy with an evaluation tool and notifies the public of the results. The assessment determines compliance, comparison to model policies, and progress toward goals.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's Lutheran School completed its required triennial assessment of the Wellness Policy. The assessment reviewed compliance with the current policy, compared the policy with the Indiana Department of Education Model Local Wellness Policy, and evaluated progress toward the school's wellness goals. Based on this review, the Wellness Policy was updated to better reflect current school practices and goals. The completed triennial assessment and updated Wellness Policy will be made available to the school community through the school newsletter and school website following completion of the assessment.

Next Steps

The Wellness Coordinator and Wellness Committee will continue to monitor implementation of the Wellness Policy and progress toward established goals. The Wellness Coordinator will maintain documentation of wellness activities and progress and coordinate future evaluations and updates. The school will continue to provide opportunities for parents, staff, students, and other members of the school community to provide feedback on the Wellness Policy.

Name person responsible for monitoring the policy: Jessica Arnett, Food Service Manager / Wellness Coordinator

12. Communication

Template requirement: Annually informs and updates parents, students, staff, and the community about the content and implementation of the wellness policy and provides a way for additional stakeholders to participate.

Assessment status: ☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal

Progress

St. Peter's communicates information regarding the Wellness Policy and provides opportunities for stakeholder feedback. Wellness Committee meetings are announced, and parents and community members may provide feedback through the wellness email. As part of the current triennial assessment, the school will announce the completion of the assessment and provide a link to the updated Wellness Policy in the school newsletter. The updated Wellness Policy and triennial assessment will remain available through the school website.

Next Steps

The school will continue to communicate the Wellness Policy and wellness initiatives to parents, students, staff, and the community. The Wellness Coordinator will provide opportunities for stakeholders to review the policy, provide feedback, and participate in future evaluations and updates.

Additional Notes

The triennial review provided an opportunity for St. Peter's Lutheran School to review current wellness practices, recognize areas of progress, and identify opportunities for continued growth. The updated Wellness Policy reflects current school practices and goals and supports the school's ongoing commitment to student health and well-being.

Section 3: Comparison to Model School Wellness Policies

Model policy used for comparison: ☐ Alliance for a Healthier Generation ☐ Upgrade Sample Language
☒ Other

Other (please specify): Indiana Department of Education Model Local Wellness Policy

St. Peter's Lutheran School compared its Local Wellness Policy with the Indiana Department of Education Model Local Wellness Policy. The review found that St. Peter's policy addresses the required areas of nutrition education, nutrition promotion, physical activity, other school-based activities that promote student wellness, nutrition standards, food and beverage marketing, stakeholder participation, and policy evaluation.

The review also identified opportunities to clarify and strengthen the policy. As part of the triennial review, St. Peter's updated its policy to more clearly identify specific goals within each wellness area and to better reflect current school practices. Updates include goals related to nutrition education, nutrition promotion, physical activity, and other school-based wellness activities. The updated policy also reflects current initiatives such as regularly refreshed nutrition promotion materials, the Wildcat Share Station, and the use of non-food-based recognition through the Crew Points system.

The Indiana Model Local Wellness Policy contains additional best-practice recommendations that may not be applicable or feasible for St. Peter's Lutheran School. The Wellness Committee will continue to review the model policy and consider additional practices as appropriate to the needs, resources, and priorities of the school community.