

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
New Heights School	
Month and year of current assessment:	Date of last school wellness policy revision:
February 2026	01/15/2023
Website address for the wellness policy and/or information on how the public can access a copy:	
New Heights School Website	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	4/Quarterly
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Designated School Wellness Leader

Name	Job Title	Email Address
Tom Kearney	Principal	tkearney@newheightsschool.org

School Wellness Committee Members

Name	Job Title	Email Address
Angie Bohnert	Special Education Teacher	abohnert@newheightsschool.org
Lindsay Berberich	Operations Manager	lberberich@newheightsschool.org
Anna Ochs	Health Office Assistant	healthoffice@newheightsschool.org
CJ Silver	Parent	csilver@newheightsschool.org
Rikk Sorenson	Community Member	rsorenson@newheightsschool.org

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):

MSBA Policy #533

Describe how your wellness policy compares to model wellness policies.

Our policy, which was largely written by MSBA, contains all necessary components of a wellness policy. It strongly aligns with model 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)	Progress and Next Steps
<p>New Heights School strives to assist our students in living a healthy lifestyle, in part by offering healthy meals for students and staff to access each day, and also through purposeful education on health and nutritional topics.</p>	<ul style="list-style-type: none"> - Regularly provide feedback to meal vendor regarding monthly lunch menus to ensure high quality offerings and maximum student participation. - Staff provides instruction to students at all levels regarding nutrition, to ensure that students are getting up to date and relevant information regarding healthy lifestyle choices. <p>Next steps:</p> <ul style="list-style-type: none"> - Continue to meet as a committee and review health/PE curriculum, goal progress, and lunch menus/nutrition offerings.
<input checked="" type="checkbox"/> Meeting Goal	<input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal
Physical Activity Goal(s)	Progress and Next Steps
<p>New Heights School strives to provide as many students as possible opportunities for physical activity during the school day. In cases where those opportunities are limited, the school strives to provide guidance for students to seek healthy physical activities outside of the school day to promote a healthy lifestyle.</p>	<ul style="list-style-type: none"> - Students in grades K-9 have Physical Education class daily. - Students in grades K-5 have recess and PE daily. - Teachers of students in grades K-5 are encouraged to incorporate action breaks, which means taking small breaks throughout the school day to allow for movement. This includes activities such as dance alongs or guided stretching. - Teachers of students in grades 6-12 encourage students to use passing time to address needs in relation to nutrition, hydration, and self-care. <p>Next Steps:</p> <ul style="list-style-type: none"> - Need to find ways to incorporate more movement for the upper secondary students.
<input type="checkbox"/> Meeting Goal	<input checked="" type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal
School Based Activities to promote student wellness goal(s)	Progress and Next Steps
<p>Participation in School meal program, Participation in Recess and PE class, Participation in Health and Nutrition classes, Guided/targeted self-care lessons in secondary advisory sessions</p>	<ul style="list-style-type: none"> - School has a participation rate of approximately 70% of students participating in daily meal service. - All students in grades K-5 are scheduled for recess and PE class daily. - Students in grades 6-9 are scheduled for PE and health classes. - Students in grades K-8 routinely walk to the local public library (which is several blocks away), which encourages both physical and mental activity. - Students in grades 6-12 participate in "Fun Fridays" intermittently throughout the year, which typically have activities that promote movement in addition to mental well-being. - Students in grades 6-12 participate in monthly Advisory sessions, which typically involve instruction on one or more self-care components. <p>Next Steps:</p> <ul style="list-style-type: none"> - Continue to monitor and revise instructional targets as needed
<input checked="" type="checkbox"/> Meeting Goal	<input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	Progress and Next Steps
<p>NHS will limit unhealthy choices for students to make while on campus by offering a very limited number of food items for purchase (outside of the standard meal service) and only offering options that meet state and federal nutrition guidelines. NHS will partner with a reputable vendor to provide healthy options to students through the school meal program.</p>	<ul style="list-style-type: none"> - Food service manager regularly communicates with vendor regarding meal options - Wellness committee reviews student meal participation and makes suggestions to the food service manager and vendor with a goal of optimizing participation <p>Next Steps:</p> <ul style="list-style-type: none"> - Continue to meet and review participation and options
<input checked="" type="checkbox"/> Meeting Goal	<input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal
Guidelines for other foods and beverages available on the school campus, but not sold	Progress and Next Steps
<p>NHS will provide families with a list of suggest food and beverage options that meet SmartSnack nutrition standards, for them to provide during school functions, such as birthday parties and other activities.</p>	<ul style="list-style-type: none"> - Parents are provided information at the beginning of each school year <p>Next Steps:</p> <ul style="list-style-type: none"> - Increase level of communication regarding healthier food options for school activities and celebrations - Add component to nutrition tab of website so families can easily and more frequently access information
<input type="checkbox"/> Meeting Goal	<input checked="" type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal
Marketing and advertising of only foods and beverages that meet Smart Snacks	Progress and Next Steps
<p>The school does not advertise any foods or beverages, and only offers SmartSnacks as a la carte options for students in grades 6-12.</p>	<ul style="list-style-type: none"> - Continue with current process (no advertising).
<input checked="" type="checkbox"/> Meeting Goal	<input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal