

Triennial Assessment Summary of the Local Wellness Policy

General Information:

School(s) included in the assessment: East Dakota Educational Coop dba Teachwell Solutions

Month and year of current assessment: February 2026 _____

Date of last Local Wellness Policy revision: 7/22/2025 _____

Website address for the wellness policy and/or information on how the public can access a copy:
<https://teachwell.org/teachwell-learning-academies/teachwell-academy/wellness-resources/>

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? Once a year _____

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Karin Reisch	Food Service Director/Operations	Karin.Reisch@teachwell.org

School Wellness Committee Members:

Name	Job Title	Email Address
Karin Reisch	Food Service Director	Karin.Reisch@teachwell.org
Joan Frevik	Director	Joan.Frevik@teachwell.org
Sarah Kanable	Principal	Sarah.Kanable@teachwell.org
Mark Stavenger	Dean of Students	Mark.Stavenger@teachwell.org
Lisa Bjorneberg	Human Resources	Lisa.Bjorneberg@teachwell.org
General Public Members	NA	

Comparison to Model School Wellness Policies: A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

SD Model Wellness Policy: A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

WellSAT 3.0 example policy: You may complete the [WellSAT3.0 assessment tool](#) .

Other Model Wellness Policy: If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:

The current wellness policy was compared against the WellSAT 3.0 policy, and scored average, with a few minor adjustments that will be addressed in policy change.

Progress towards wellness goals and compliance with the wellness policy:

At a minimum, local 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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The current wellness policy addresses access to USDA meal programs, strategies to increase participation, health and PE education, and promotion of healthy food and beverage choices.		YES		Wellness policy update recommendation should include addressing meal balances, information on eligibility access, and education on agriculture and food systems.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The current wellness policy addresses physical education curriculum provided to students, physical activity breaks throughout the school day, along with physical activity promotion for a healthy lifestyle.		YES		Wellness policy update recommendation should include how much time per week should be included for all grade bands, PE education training for staff, and how physical activity can be used as rewards.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The current wellness policy addresses activities to promote student wellness goals and integration into daily activities.	YES			No recommendation at this time.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Current wellness policy addresses compliance with USDA food and beverages for sale on campus.	YES			No recommendation at this time.

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Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Current wellness policy addresses the importance of making healthy choices for food and beverages on school campus but does not specify restrictions.		YES		Wellness policy update recommendation should include the restriction of caffeinated beverages, and energy drinks on school grounds. Along with the limitation of candy or high calories snack rewards.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
We do not allow	YES			No recommendation

Additional information: Wellness policy updates will be reviewed and made available to the public.

Policy Assessment: Wellness policy (2/2026)
District: EAST DAKOTA EDUCATIONAL COOPERATIVE

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	1
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
FR4	Free drinking water is available during meals.	1
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	2
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	2
FR10	Addresses fundraising with food to be consumed during the school day.	2
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
FR13	Addresses how all relevant groups will participate.	1

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FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	2
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	2

Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	1
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	0
NES4	Specifies strategies to increase participation in school meal programs.	1
NES5	Specifies marketing to promote healthy food and beverage choices.	1
NES6	Addresses the amount of "seat time" students have to eat school meals.	1
NES7	 Addresses purchasing local foods for the school meals program.	NA
NES8	USDA Smart Snack standards are easily accessed in the policy.	1
NES9	Exemptions for infrequent school-sponsored fundraisers.	1
NES10	Addresses foods and beverages containing caffeine at the high school level.	2

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NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	1
NES14	Addresses availability of free drinking water throughout the school day.	2

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	1
NE3	All middle school students receive sequential and comprehensive nutrition education.	1
NE4	All high school students receive sequential and comprehensive nutrition education.	1
NE5	Nutrition education is integrated into other subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	1
NE7	 Nutrition education addresses agriculture and the food system.	0

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0

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PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	NA
PEPA10	Addresses physical education substitution for all students.	NA
PEPA11	✗ Addresses family and community engagement in physical activity opportunities at all schools.	NA
PEPA12	✗ Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	1
PEPA14	✗ Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
PEPA17	✗ Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	0

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PEPA19	Addresses physical activity not being withheld as a punishment.	0
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Section 5. Employee Wellness

EW1	✗ Addresses strategies to support employee wellness.	0
EW2	Encourages staff to model healthy eating and physical activity behaviors.	0

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	1
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	NA

Overall District Policy Score

Total Comprehensiveness	District Score 67
Total Strength	District Score 17