

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Blessed Sacrament School	
Month and year of current assessment:	Date of last school wellness policy revision:
July 2025	07/29/2025
Website address for the wellness policy and/or information on how the public can access a copy:	
https://blessedsacramenttoledo.com/school/meal-information/	

Section 2: Wellness Committee Information

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

Name	Job Title	Email Address
Melissa Empie	Principal	mempie@mbsptoledo.org

School Wellness Committee Members

Name	Job Title	Email Address
Melissa Empie	Principal	mempie@mbsptoledo.org
John Mower	Assistant Principal/Counselor	jmower@mbsptoledo.org
Jeremy Demagall	Operations Manager	jdemagall@mbsptoledo.org
Robert Frank	Physical Education Teacher	rfrank@mbsptoledo.org
Rev. Keith Stripe	Pastor	kstripe@mbsptoledo.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):

Describe how your wellness policy compares to model wellness policies.

Policy needs to include better language about staff being included in the physical exercise and nutrition areas. More detailed information in the Wellness plan about household applications and notifications about Free/Reduced classifications.

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>School staff promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices to students.</p>	<p>All teachers and staff promote eating healthy and encourage beginning the day with breakfast. Next steps is more hands on approach with students developing healthy meal plans.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
<p>Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</p>	<p>Physical education teacher makes sure that students are actively involved in gym class to the best of the student's ability and encourages participation.</p>
<input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
<p>All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.</p>	<p>The recess is happening daily. We struggle getting middle school to be active during this time. Our next step is to develop a game or activity that they will interact with.</p>
<input type="checkbox"/> Meeting Goal <input checked="" 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)	Describe progress and next steps
<p>All school meals meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;</p> <ul style="list-style-type: none"> -offer a variety of fruits and vegetables; - serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that all of the served grains are whole grain. 	<p>Our contracted food vendor works with school staff to provide meals that meet all of the nutritional guidelines.</p>
<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	Describe progress and next steps
<p>N/A</p>	
<input type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
<p>N/A</p>	
<input type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal	

Include any additional notes, if necessary: