

## **Fullerton Schools Wellness Committee Completes Triennial Assessment**

The Fullerton Schools Wellness Committee, consisting of nine staff members, recently completed NDE's Triennial Assessment. The Triennial Assessment requires schools to self-assess various areas of wellness from such items as curriculum offerings to the lunch program. All areas are reflected in the district's Wellness Policy (found on the school website).

The committee reviews the Wellness Policy each year and selects various area goals. The primary goals for the past few years have been Nutrition Education, Nutrition Promotion, Physical Activity, and Monitoring of Future Needs/Mental Health.

The committee assessed and scored each area for its effectiveness and overall compliance. The results revealed the district's strengths in the areas of Physical Activity, Meeting State Meal Standards, and Nutrition Education. Areas for future improvement targets included Nutrition Promotion, Mental Health, and Food Marketing.

The Fullerton Wellness Committee will establish goals for the next three years based upon the results of this self-study. The district's wellness objectives and targets are on-going and reach all students K-12.