



Dallas Center-Grimes Community School District Local Wellness Policy: Triennial Assessment

Background

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The Dallas Center-Grimes Community School District is proud to partner with district and community stakeholders to conduct this assessment and identify our strengths as well as our areas for greatest improvement.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

1. Compliance with the wellness policy
2. How the wellness policy compares to model wellness policies
3. Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Public Updates

HHKA requires that LEAs make the following available to the public on an annual basis:

- The wellness policy, including any updates
- Position title of the designated school official(s) who lead the local wellness committee
- Information on how the public can get involved with the local wellness committee
- The Triennial assessment also needs to be made available to the public every 3 years

Resources

- [Iowa Sample Wellness Policy](#): Developed by Iowa Association of School Boards and Iowa Department of Education, can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Dallas Center-Grimes Community School District
Date Triennial Assessment was Completed	April 14, 2025
Date of last wellness policy review	10/01/2020
How often does the school wellness committee meet? Date of last meeting?	Wellness Leadership Planning Team: 1x per Month Wellness Committee: 3x per year (April 14, 2025)
Were the required annual public notifications completed this year?	Yes

Designated School Wellness Leader – LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction follows the wellness policy.

Name:	Dr. Greg Carenza
Job Title:	Associate Superintendent of School Improvement
Email:	greg.carenza@dcgschools.com

School Wellness Committee Members – Schools must permit involvement from parents, students, school food service, teachers of physical education, school health professionals, school board members, school administrators and general public.

Name	Job Title / Volunteer	Email
DCG School Board Members		
Nancy Baker-Curtis	DCG School Board	nancy.bakercurtis@dcgschools.com
Shaylee Vander Velden	DCG School Board	shaylee.vandervelden@dcgschools.com
Administrators		
Dr. Greg Carenza	Associate Superintendent of School Improvement	greg.carenza@dcgschools.com
Mr. Cary Justmann	Director of Human Resources	cary.justmann@dcgschools.com
Mrs. April Heitland	Building Principal	april.heitland@dcgschools.com
Mrs. Donna Sevenich	Interim Director of Dining Services	foodservicedirector@dcgschools.com

Mrs. Michelle Weamouth	Business Manager	michelle.weamouth@dcgschools.com
Shelia Hudson	Assistant Principal	sheila.hudson@dcgschools.com
Teacher Leaders		
Mr. Adam Tjeerdsma	Curriculum Facilitator	adam.tjeerdsma@dcgschools.com
Teachers		
Emma Olejniczak	Counselor - Middle School	emma.olejniczak@dcgschools.com
Sarah Irlmeier	Kindergarten Teacher - North Ridge	sarah.irlmeier@dcgschools.com
Bre Nelson	Second Grade Teacher - Heritage	bre.nelson@dcgschools.com
Whitney Boaz	PE Teacher - DCE and Heritage	whitney.boaz@dcgschools.com
Mikayla Everman	Art Teacher - Oak View	mikayla.everman@dcgschools.com
Jordan Sump	PE Teacher - High School	jordan.sump@dcgschools.com
Beth Grose	PE/Health Teacher - High School	beth.grose@dcgschools.com
School Health Professionals		
Cara Piepho	Nurse - Middle School	cara.piepho@dcgschools.com
Sara Walsh	Nurse - Heritage/South Prairie	sara.walsh@dcgschools.com
Brittany Halsrud	Health Associate - DCE	brittany.halsrud@dcgschools.com
Pam Short	Health Associate - High School	pam.short@dcgschools.com
School Food Service		
Amy Carrigan	Area Director, Chartwells Food Service	Amy.carrigan@compass-usa.com
Students		
Max Johansen	9th Grade	28Max.Johansen@dcgschools.com
Emma Stoecken	8th Grade	29Emma.Stoecken@dcgschools.com
Tenley Heidgerken	8th Grade	29Tenley.Heidgerken@dcgschools.com
Sydnee Keller	8th Grade	29Sydnee.Keller@dcgschools.com
Callen Tjeerdsma	8th Grade	29Callen.Tjeerdsma@dcgschools.com
Ally Anderson	10th Grade	27Allyson.Anderson@dcgschools.com
Kyleigh Dannen	10th Grade	27Kyleigh@Dannen@dcgschools.com
Cally Seidl	10th Grade	27Cally.Seidl@dcgschools.com
Makenna Falke	10th Grade	27Makenna.Falke@dcgschools.com
Grace Evans	8th Grade	29Grace.Evans@dcgschools.com
Wyatt Valenta	10th Grade	27Wyatt.Valenta@dcgschools.com
Chase Heitland	10th Grade	27Chase.Heitland@dcgschools.com
Osborn Grimm	10th Grade	27Osborn.Grimm@dcgschools.com
Kennedy Carbine	10th Grade	27Kennedy.Carbine@dcgschools.com
Parents		
Bailey Pudenz	Preschool/Heritage	broelfs@gmail.com
Lee Goldsmith	South Prairie	lee.trebbien@gmail.com

Lindsay DeMouth	North Ridge	ldemouth@navigatewell.com
Shanna Taylor	High School	shannaet78@gmail.com
Sarah Anderson	North Ridge	anderson.sarah.a@outlook.com
Raelene Carey	Heritage	morrow.raelene@gmail.com
Eliza Johnson	High School/Oak View/Middle School	dredoolittle@gmail.com
Community Representatives		
Brian Becker	Parks and Rec Director	bbecker@grimesiowa.gov

Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include:

- ☒ Specific goals for nutrition promotion and education
- ☒ Specific goals for physical activity
- ☒ Specific goals for other school-based activities that promote student wellness
- ☒ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day
- ☒ Standards for all foods and beverages provided, but not sold, to students during the school day (classroom parties, classroom snacks brought by parents, incentives, etc.)
- ☒ 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.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

[The Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide. Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Optional Resource: [WellSAT 3.0](#), Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample Language.

(See page 5 for Comparison to Model School Wellness Policies)

Areas with Similar Language	Potential Areas to Strengthen Language
<u>GROUP 1: DALLAS CENTER-GRIMES BOARD POLICY 507.09 (POLICY)</u>	
All policy language is the same with the exception of..snacks are so important.	- Lunchtimes are spread out - Snack options at all grade levels - Snacks are so important - Do snacks meet healthy options? - What about students that cannot/don't bring snacks? - Kids aren't eating breakfast - how can we communicate the importance?
<u>GROUP 2: NUTRITION EDUCATION AND PROMOTION (REGULATION)</u>	
Goal for Nutrition Education	- Gardens - HS - Marketing - sampling foods - Green house - Botany Class - Cultural foods - Global Greens - Practical Farmers of Iowa - Speciality crops - Oatmeals - Farm to Table
<u>GROUP 3: PHYSICAL ACTIVITY (REGULATION)</u>	
50% of moderate to vigorous physical activity - Discourage sedentary behavior - Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate - Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible	- At least 20 minutes a day of recess - Physical activity breaks - Middle school PE 1 time every 6 days - Exemption for the high school PE's skinnys for PE and foreign language
<u>GROUP 4: OTHER SCHOOL BASED ACTIVITIES (REGULATION)</u>	
	- General/consistent list for classroom snacks that meet our standards/requirements - More movement within class periods/blocks to improve engagement & achievement - Ensure that recess isn't a consequence for bad behavior (losing recess) - Increase staff ability to learn more professional learning aspect - Update/replace filters in water fountains - Incorporate anything about mental health other the EFR
<u>GROUP 5: PUBLIC INVOLVEMENT, MONITORING POLICY (REGULATION)</u>	
- Committee that advises or should be involved in the process of review - Superintendent has oversight to ensure compliance with the policies	- Add specific individual rep names who should be a part of the wellness team process ← Add to Superintendent wording... "his/her designee" - Add a set # instead of use of the term "periodic" - Add additional ideas/ways to ensure dissemination of information - Consider how we would add student voice to the wellness evaluation and others.

Section 4: Progress Towards Goals

Evaluate your compliance and progress towards each of your goals using a method of your choosing. The [DCG Wellness Policy Assessment Tool and Progress Report](#) is one example that can be used.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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