

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
LIFE Prep	
Month and year of current assessment:	Date of last school wellness policy revision:
October 2025	10/21/2025
Website address for the wellness policy and/or information on how the public can access a copy:	
www.lifeprepschool.org	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	Minimum of 3
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Designated School Wellness Leader

Name	Job Title	Email Address
Kelsey Nelson	Chief Operating Officer	Kelsey.Nelson@lifeprepschool.org

School Wellness Committee Members

Name	Job Title	Email Address
Kelsey Nelson	COO	Kelsey.Nelson@lifeprepschool.org
Leah Jones	Executive Director	Leah.Jones@lifeprepschool.org
Christyna Sherrod	Assistant Director	Christyna.Sherrod@lifeprepschool.org
Katie Schlosser	Teacher and Parent	Katie.Schlosser@lifeprepschool.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.

Our wellness policy scored well on the WellSat exam. We made a few updates during this review but we believe we have now incorporated all of the required elements.

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
Provide nutrition education that is: a.) offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health; b.) embedded within classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and c.) enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. School will encourage all students to make age appropriate, healthy selections of foods and beverages.	LIFE Prep will apply to participate in the Fresh Fruit and Vegetable Program again next year. With this program, teachers are able to do monthly lessons related to a fruit or vegetable that is served during their snack period For the current year, the school will look into supporting teachers with 2-3 nutritional lessons they can complete in their classrooms.
☐ Meeting Goal ☐ Partially Meeting Goal ☒ Not Meeting Goal	

Physical Activity Goal(s)	Describe progress and next steps
Students will be provided with at least 20 minutes of active daily recess. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Classroom teachers will also be encouraged to use physical activity as a classroom reward, such as extra recess. Classroom teachers shall not withhold physical activity as a punishment, such as missing recess due to poor behavior. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (ex:running laps)	This goal is fully met.
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
The charter school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.	The school actively informs families of physical education opportunities in our surrounding community. The school is going to run a Jump-Rope-Athon during the month of February where students can track their minutes jumping at home or during indoor and outdoor recess.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ 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
The school will serve lunch and breakfast daily. Meals served through the food service program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served as specified in 7CRF 210.10 or 220.8. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers. All competitive foods will meet the USDA Smart Snacks nutrition standards	The school complies with NSLP guidelines for meals and does not serve any non program food,
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through: a. Celebrations and parties. The charter school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. b. Classroom snacks brought by parents. The charter school will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards. 2. Rewards and incentives. Schools will not use foods or beverages as rewards for academic performance or good behavior	Teachers are encouraged not to use food rewards in their classrooms and instead use House Points which go towards all school assemblies and celebrations. We also encourage teachers to use extra recess as a reward in their classes. The school will look at putting together a document of healthy ideas for classroom celebrations that can be shared with parents each year.
☐ Meeting Goal ☒ Partially Meeting Goal ☐ Not Meeting Goal	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
School-based marketing will be consistent with nutrition education and health promotion. 2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.	The school does not market or advertise for any foods and beverages
☒ Meeting Goal ☐ Partially Meeting Goal ☐ Not Meeting Goal	

Include any additional notes, if necessary: