

## Allen Consolidated Schools

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## Allen Consolidated Schools Community,

Our school takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools — such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting use of exclusionary discipline — have been found to be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

### Step#1-

<https://drive.google.com/file/d/1UZZO-3akqrjozym9-1YHskf5OPYcPxGe/view>

### Step #2-

[https://www.allenschools.org/vimages/shared/vnews/stories/64627dc8877bb/Step%20%20Progress%20Toward%20LWP%20Goals\\_Compliance.pdf](https://www.allenschools.org/vimages/shared/vnews/stories/64627dc8877bb/Step%20%20Progress%20Toward%20LWP%20Goals_Compliance.pdf)

Allen Consolidated Schools completed a review of the Local School Wellness Policy (LSWP) and evaluated progress toward meeting wellness goals in the areas of nutrition education/promotion, physical activity, and overall student wellness. The district continues to meet the primary wellness goals established within the policy, including providing healthy school meals that meet USDA guidelines, offering K-12 physical education opportunities, and promoting wellness activities throughout the school environment.

Through the policy assessment process, areas were identified where current practices could be better reflected through updated policy language. These areas include strengthening guidelines related to vending machines, food-based fundraisers, classroom celebrations, food used as rewards, physical education professional development opportunities, community engagement opportunities, and ensuring physical activity is not used as punishment.

To address these areas, Allen Consolidated Schools will review and update the Local School Wellness Policy to ensure written procedures accurately reflect current practices and meet wellness policy expectations. The district will continue monitoring food and beverage options available to students to ensure alignment with Smart Snacks standards and will communicate expectations for classroom celebrations, incentives, and fundraising activities.

The district will also continue supporting opportunities for student physical activity through K-12 physical education, daily elementary recess, school activities, Track and Field Day, Kids' Heart Challenge, and other wellness initiatives. Opportunities for staff training and community involvement will continue to be reviewed and expanded when possible.

Allen Consolidated Schools will continue gathering feedback from students, staff, parents, and community members through wellness committee discussions, school communication channels, and public meetings. Future updates to the Wellness Policy will focus on

strengthening identified areas while continuing successful practices that promote the physical, social, and emotional well-being of all students.

**Document how you updated the public below. Below is the link with sharing our successes with stakeholders.**

<https://www.allenschools.org/vimages/shared/vnews/stories/64627dc8877bb/Step%204%20-%20Sharing%20Your%20Triennial%20Summary%20Results.pdf>

If you have any questions, please contact **Chris Blohm** at [cblohm@allenschools.org](mailto:cblohm@allenschools.org).

**Respectfully,**

**Chris Blohm**