

School Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:	
Leo A. Hoffmann Center	
Month and year of current assessment:	Date of last school wellness policy revision:
September 2025	08/16/2021
Website address for the wellness policy and/or information on how the public can access a copy:	
https://www.hoffmanncenter.org/resources.php	

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?	minimum of 4
--	--------------

Designated School Wellness Leader

Name	Job Title	Email Address
Tessa Friday	Director of Quality and Compliance	tfriday@hoffmanncenter.org

School Wellness Committee Members

Name	Job Title	Email Address
Tricia Johnson	Executive Director	tjohnson@hoffmanncenter.org
Marcy Nesje	Director of Nursing	mnesje@hoffmanncenter.org
Deb Wenner, as needed/available	Special Education Case Facilitator	dwenner@stpetersschools.org
Jodie Miller, as needed/available	Regional Manager, New Horizon Foods	jodie@newhorizonfoods.com
Gilbert Villas, as needed/available	Regional Manager, New Horizon Foods	gvillas @consolidatedmgmt.com
Amber Reed	Recreation Coordinator	areed@hoffmanncenter.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.

There were quite a few areas identified with weak policy statements or federal requirements not addressed in our policy.

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>Hoffmann Center recognizes the importance of nutrition education to provide residents with the knowledge and skills necessary to lead a healthy life. Thus, we require sequential and comprehensive nutrition education to promote resident wellness that is behavior focused, interactive, and participatory. Our curriculum includes nutrition education for residents in including elementary, middle, and high school.</p> <p>We believe that nutrition education can also be integrated into other parts of the school/treatment day. Staff shall integrate nutrition into treatment services such as through weekly psychoeducational classes facilitated by Hoffmann Center counselors and nursing staff.</p>	<p>Progress: Partially meeting goal Next Steps: Nursing staff to provide nutrition/wellness psycho-education groups a minimum of 1x monthly. Discussion: Discussed ways to group units by age to provide age-appropriate content. Discussed participation being optional in the initial stages to foster engagement and moving towards making participation an expectation. Discussed offering suggestion box so clients can suggest topics they would like to learn about to increase engagement. Scheduling: identified Mondays and Thursdays as days for nursing groups, or focusing on non-school days and early release days.</p>
<p><input type="checkbox"/> Meeting Goal <input checked="" type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

Physical Activity Goal(s)	Describe progress and next steps
<p>Hoffmann Center is committed to promoting an active lifestyle for residents and staff. Residents will have opportunities, support, and encouragement to be physically active on a regular basis. Specific initiatives to champion physical activity include:</p> <p>a. Hoffmann Center provides physical activity opportunities before and after school for residents in all grade levels. All residents walk to and from school each day. Residents are offered after-school physical activity through the Hoffmann Center recreation program.</p> <p>b. Teachers provide residents in all grade levels movement breaks throughout the academic school day.</p> <p>Staff are strongly encouraged to use physical activity as a reward whenever feasible. Physical activity will never be used as a punishment or consequence for any reason.</p>	<p>Progress: Meeting Goal Next Steps: Striving for 1 hour daily of physical activity and .5 hours of creative expression daily after school for all units (during school days, additional on non-school days and weekends). Discussion: How to set up expectations and make it straightforward for youth counselors to lead activities as the recreation coordinator will not be able to facilitate all activities. Create identified recreation cupboard in each staff office so all activity forms, activity directions, and supplies can be kept in one location for ease. Administrative and clinical staff to set parameters specifically related to clients requesting walking breaks with staff. Educating staff so they understand associated risks of being one-on-one with clients, aspects of keeping walks in plain site (parking lot) versus the back play area, etc.</p>
<p><input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

School-based activities to promote student wellness goal(s)	Describe progress and next steps
<p>Hoffmann Learning Center utilizes a comprehensive, standards-based physical education curriculum that identifies the progression of skill development in grades 4-12. The curriculum shall:</p> <p>a. Align with established state physical education standards b. Undergo a formally established periodic review cycle consistent with other academic subjects c. Foster lifelong habits of physical activity for all residents d. Provide elementary school residents 150 minutes of physical education every week throughout the school year e. Provide middle and high school residents 225 minutes of physical education every week throughout the school year</p> <p>No exemptions are not allowed for physical education class.</p>	<p>Progress: Meeting Goal</p> <p>Next steps: Maintain current policy and practice. School staff and residential staff should continue to collaborate regarding options for movement breaks that are safe and contained for our residential clients.</p>
<p><input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

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>Hoffmann Center does not offer sale of a la carte foods and beverages to residents on the school campus or in the agency dining hall. Hoffmann Center does not have vending machines or a school/agency stores. Hoffmann Center does not offer fundraisers for food to be consumed during school days. Hoffmann Center prohibits the sale of foods or beverages that contain caffeine. We also prohibit teachers or staff from using food as a reward in classrooms to encourage resident achievement or desirable behavior, unless required in an IEP. We will maintain water fountains and bottle filling stations in each building so that free water is always available throughout the school day for residents and staff. After the school day. We will require all foods and beverages served meet federal nutrition standards.</p>	<p>Progress: meeting goal Next Steps: Maintain current policy and practice. Continued collaboration between nursing staff and school staff regarding healthy morning snack options.</p>
<p><input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps
<p>Hoffmann Center does not offer sale of a la carte foods and beverages to residents on the school campus or in the agency dining hall. Hoffmann Center does not have vending machines or a school/agency stores. Hoffmann Center does not offer fundraisers for food to be consumed during school days. Hoffmann Center prohibits the sale of foods or beverages that contain caffeine. We also prohibit teachers or staff from using food as a reward in classrooms to encourage resident achievement or desirable behavior, unless required in an IEP. We will maintain water fountains and bottle filling stations in each building so that free water is always available throughout the school day for residents and staff. After the school day. We will require all foods and beverages served meet federal nutrition standards.</p>	<p>Progress: meeting goal Next Steps: Maintain current policy and practice. Continued collaboration between nursing staff and school staff regarding healthy morning snack options. Goal 3: Increase monitoring of extra snacks being provided by parents. Discussion: Some clients are reporting being hungry and indicate they need more food. Clients focusing on needing protein bars and shakes, likely responding to current marketing (outside of Hoffmann Center) strategies focusing on protein. Discussed recent news stories of high levels of lead in protein powders and bars. Plan: Have nursing staff store snacks provided by parents and facilitate dispensing of snacks to ensure clients are not over-consuming.</p>
<p><input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps
<p>Commercial food marketing. Hoffmann Center recognizes that children are targeted with many types of commercial marketing, including for food and beverages. We aim to provide a commercial-free zone in our school buildings and Hoffmann Center campus. Food and beverage logos and branding are not permitted on any type of equipment or school property, including textbooks, or educational materials (unless required for educational purposes). The only exception is food and beverage logos and branding that appear on the package of a product that meets USDA meal or Smart Snack standards.</p>	<p>Hoffmann Center has easily maintained an environment free of commercial marketing. Next Steps: Goal 1: Nursing staff to provide nutrition/wellness psycho-education groups a minimum of 1x monthly. Discussion: Discussed ways to group units by age to provide age-appropriate content. Discussed participation being optional in the initial stages to foster engagement and moving towards making participation an expectation. Discussed offering suggestion box so clients can suggest topics they would like to learn about to increase engagement. Scheduling: identified Mondays and Thursdays as days for nursing groups, or focusing on non-school days and early release days.</p>
<p><input checked="" type="checkbox"/> Meeting Goal <input type="checkbox"/> Partially Meeting Goal <input type="checkbox"/> Not Meeting Goal</p>	

Include any additional notes, if necessary: