

Auburn School District

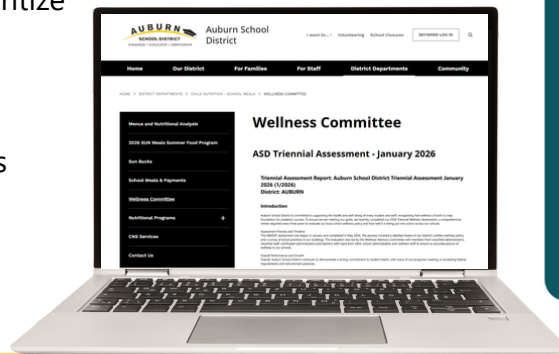
Janis Campbell-Aikins
Executive Director,
Child Nutrition Services



Janis joined Power Up Your Program to complete a triennial assessment for her school district's Local School Wellness Policy. To build capacity and strengthen the district's wellness practices, Janis prioritized foundational work by recruiting new members to grow the district's wellness committee. Over the year, they explored a variety of topics to enhance their vision for student wellness. She worked with committee members, the district communications team, and administration to develop a wellness committee web page to house the triennial assessment, policy updates, committee projects, parent and teacher resources, and opportunities to support student wellness.

With this infrastructure in place, Janis circled back to her initial goal, using the Rudd Center's free [WellSAT Policy assessment tool](#) to complete a triennial assessment. The assessment results provide a list of policy updates that the wellness committee will use to prioritize their work and share with district administrators.

The triennial assessment is now posted on the new [Wellness Committee webpage!](#)



The Power of Local School Wellness Policies

- Local Education Agencies (LEA) participating in federal school meals programs must establish Local School Wellness Policies.
- The required triennial assessment process provides an opportunity to monitor implementation, update policies, and reinvigorate work on wellness priorities.
- Building partnerships and leadership support are critical steps in rolling out successful wellness initiatives.
- Local School Wellness Policies can be tailored to the priorities and needs of each LEA, and create a blueprint for supporting student health and well-being.
- Engaging students, staff, and community partners ensures that those who are impacted have a voice in decisions.

