

Villa Marie School
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Triennial assessment results 2026

Meet our team

- Meagan Heimbrecht, Office Assistant
- Trudy Lee, Head Cook
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- Deb Faith, P.E. Teacher
- Kayla Kobs, Office Manager
- Jennifer Schrage, School Counselor

Policy compliance results

Villa Marie's Local Wellness Policy (LWP) demonstrates several notable strengths. It outlines multiple methods for ensuring that students receive nutrition education, reflecting a comprehensive approach to promoting healthy habits and informed decision-making. In addition, the policy clearly defines physical activity goals and provides evidence that these goals are actively implemented within the school environment. The policy also establishes clear authority and responsibility for ensuring compliance, which supports accountability and consistent oversight of wellness initiatives.

At the same time, there are several opportunities for improvement within the wellness policy. The policy would benefit from a more detailed plan for communicating the Local Wellness Policy (LWP) and assessment results to the public in order to strengthen transparency and community engagement. Additionally, a more specific process for conducting annual and triennial reviews of the LWP should be included to ensure ongoing evaluation and compliance. Finally, the policy should explicitly state the Smart Snacks standards to fully comply with Question 5 of the Alliance for a Healthier Generation 10-Step Checklist.

Wellness policy goals

1. Encourage healthy eating.
2. Develop healthy meals.

3. Encourage students to try new foods and seasonings.
4. Encourage physical fitness and teach the value of healthy living.

Villa Marie encouraged healthy eating throughout all grade levels, and this goal was successfully met across the school. Elementary, middle, and high school students participated in health classes where they learned about nutrition and the importance of healthy food choices. Nutrition education was reinforced through posters displayed throughout the school and through cooking classes that reviewed proper nutrition and balanced eating habits. During lunch and snack times, students were required to select both a fruit and a vegetable, and all meals served at Villa Marie were designed to model healthy eating practices for students.

Villa Marie also met its physical activity goal across all grade levels by encouraging physical fitness and teaching the value of healthy living. Elementary, middle, and high school students participated in daily physical education classes that included activities such as running, dancing, and sports. Students who were eight years old and older, in accordance with Special Olympics requirements, were given the opportunity to participate on Villa Marie's basketball, track, and bowling Special Olympics teams. In addition, students received a daily thirty-minute recess during which they were encouraged to engage in active play with peers. Teachers also provided students with a twenty-minute morning break to support movement and activity throughout the day.

The school successfully achieved its additional wellness goal of teaching students how to develop healthy meals. Across the elementary, middle, and high school levels, students participated in both cooking and health classes where they learned how to prepare balanced meals and gained a greater understanding of the importance of nutrition and healthy food choices.

Villa Marie also encouraged students to try new foods and seasonings across all grade levels. The school cook prepared a variety of meals representing different cultures and ethnicities, while staff encouraged students to sample unfamiliar foods. During field trips, students were often given opportunities to eat at different restaurants, which further exposed them to new foods and dining experiences.

Villa Marie demonstrated compliance with wellness policy requirements related to federal and state meal standards, foods and beverages offered but not sold, and food and beverage marketing and advertising standards. The school also involved the public in the development, implementation, review, and update of the Local Wellness Policy (LWP). Information regarding the policy was posted on the school website, and parents received the LWP in beginning-of-the-year mailings along with an invitation to participate in the development and review process. Community members were also encouraged to become involved through opportunities such as coaching Special Olympics teams.

Key achievements

1. Greater efforts in encouraging healthy eating through health and cooking class.
2. Increased physical exercise through daily P.E., recess, and morning breaks.
3. Positive encouragement by adults to students in trying new foods.

Next Steps

Villa Marie will continue to strengthen and improve its wellness initiatives by reviewing and updating the Local Wellness Policy (LWP) on an annual basis and completing the required triennial assessments. Future steps include developing a more detailed plan for communicating the LWP and assessment results with parents, staff, and community members through the school website and school communications. Villa Marie also plans to update the wellness policy to explicitly include Smart Snacks standards to ensure full compliance with wellness policy requirements. In addition, the school will continue promoting nutrition education, physical activity, and healthy lifestyle habits through health classes, cooking activities, physical education, and Special Olympics participation opportunities for students across all grade levels