



## St. James Catholic School



# Triennial Assessment Results 2026

### Meet our team:

- **Alycia Bates, Terry Van Horn, Rosanne Steer, Karla Tranmer, Donna Talkington, Carol Havlat, Irma Lopez, Fr. Daro and Sr. Mary Alma**

### Policy compliance results:

1. **List areas of strength in the wellness policy:**
  - a. Unfortunately, we did not have any strengths in our current policy.
2. **List opportunities for improvement in the wellness policy:**
  - a. We need to create three wellness goals.
  - b. Create a committee that will meet quarterly.
  - c. Recreate entire school health and wellness policy.

### Wellness policy goals:

St. James previously only had one goal written: Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The School will teach, model, encourage and support healthy eating by all students

This goal did not have documented progress made on it. It also isn't a goal we wished to continue following. Therefore, the wellness team decided to write a new goal for wellness. In addition, we also wrote two additional goals to be in compliance. The following are St. James new goals:

1. St. James school will include opportunities for students to learn about agriculture, the local food system, where food comes from, and participate in field trips that align with these topics within their nutrition education program.
2. St. James school will increase their student and family involvement in physical activity opportunities. St. James school will provide family fitness challenges at a minimum of once a quarter and provide a family fitness night a minimum of once a school year.

3. St. James school will work to build a Farm to School program. We will start with procuring fresh local produce and explore options to see if obtaining local meat is attainable for the school. If it is St. James school will create a program for obtaining local meat as well as produce for students.

## **Key achievements**

1. At the time this assessment was completed, our only achievement was that we did have a written health and wellness policy.

## **Next Steps**

1. Implementing a new Health and Wellness Policy for the 2026-2027 school year.
2. The health and wellness committee will meet quarterly.
  - During these meetings the committee will review the Health and Wellness Policy and determine if any changes need to be made
  - Document progress that has been made towards all three goals.
  - Make sure the Health and Wellness Policy is being followed.

St. James Catholic School  
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May 27<sup>th</sup>, 2026

## St. James Catholic School Community,

Our St. James 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-** Policy compliance results: Areas of strength in the wellness policy: Unfortunately, we did not have any strengths in our current policy.

List opportunities for improvement in the wellness policy:

- a. We need to create three wellness goals.
- b. Create a committee that will meet quarterly.
- c. Recreate entire school health and wellness policy.

**Step #2-** Wellness policy goals: St. James previously only had one goal written: Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The School will teach, model, encourage and support healthy eating by all students. This goal did not have documented progress made on it. It also isn't a goal we wished to continue following. Therefore, the wellness team decided to write a new goal for wellness. In addition, we also wrote two additional goals to be in compliance. The following are St. James new goals:

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1. Implementing a new Health and Wellness Policy for the 2026-2027 school year.
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3. During these meetings the committee will review the Health and Wellness Policy and determine if any changes need to be made
4. Document progress that has been made towards all three goals.
5. Make sure the Health and Wellness Policy is being followed.

**We will be holding a meeting that is open to everyone on Thursday June 4<sup>th</sup>, 2026 at 6:00 pm in the Parish Hall. Results can also be found on the school website at [Health and Wellness Plan](#)**

If you have any questions, please contact Alycia Bates at [alycia-bates@cdolinc.net](mailto:alycia-bates@cdolinc.net).

**Respectfully,**

**Alycia Bates**  
Health and Wellness Coordinator

