

Triennial Assessment Summary of the Enemy Swim Day School Wellness Policy

General Information:

School(s) included in the assessment: Enemy Swim Day School

Month and year of current assessment: October 2025

Date of last Local Wellness Policy revision: April 10, 2025

Website address for the wellness policy and/or information on how the public can access a copy:

<https://esds.us/school-wellness/>

Wellness Policy Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness/leadership team meet? Quarterly/Monthly

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Dr. Nadine Eastman	Superintendent	neastman@esds.us

School Wellness Committee Members:

Name	Job Title	Email Address
Dr. Nadine Eastman	Superintendent	neastman@esds.us
Darell DeCoteau	Cultural Dean of Students	ddecoteau@esds.us
Dawn Thuringer	1 st Grade Teacher	dthuringer@esds.us
Diana Fish	MS SS/LEA Teacher	dfish@esds.us
Jim Lauterhahn	SPED Teacher	jlauterhahn@esds.us
Dr. Jeanine Metzger	Principal	jmetzger@esds.us
Brooke Carter	Counselor	bcarter@esds.us
Beth Byer	3 rd Grade teacher	bbyer@esds.us
Beth Schumacher	Kindergarten Teacher	bschumacher@esds.us
Lisa Forcier	SWO Tribal Ed Representative	lisaf@SWO-NSN.GOV

Kelcie Lewandowski	Dean of Students	klewandowski@esds.us
Rebecca Dargatz	Community Education Director	rdargatz@esds.us
Samantha Busche	5 th Grade teacher	sbusche@esds.us
Erica Contreras	FACE Adult Education Instructor	econtreras@esds.us
Nicolas Johnson	Parent	Najohnson287@gmail.com

Comparison to Model School Wellness Policies: A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

X SD Model Wellness Policy: A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

Describe how your wellness policy compares to the South Dakota model wellness policy:

While the WELLNESS POLICY of the Enemy Swim Day School does not feature a cover page, preamble, glossary, and appendix it does have the four components that make it useful and pertinent to the needs of ESDS while being in compliance with the USDA.

Enemy Swim Day School Wellness Policy (attached) has nutrition goals, standards and guidelines that are consistent with federal regulations. Marketing of any food and beverage is not allowed on the ESDS campus.

Enemy Swim Day School Wellness Coordinator is the ESDS Superintendent, Dr Nadine Eastman.

The ESDS Wellness Policy is on the same rotation of all ESDS policies (BDBB-POLICY DEVELOPMENT)(attached)

ESDS WELLNESS POLICY is posted at <https://esds.us/school-wellness/>

Evaluations to the policy will be posted <https://esds.us/school-wellness/> as soon as they are approved.

Tribal leadership is also given a copy of all updated and reviewed policies

Progress towards wellness goals and compliance with the wellness policy:

At a minimum, local 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.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<i>Integrating nutrition into multiple content areas. Staff modeling healthy eating. Nutrition Education during Science.</i>	X			<i>Nutrition education is taught as part of Science. Nutritionist demonstrates healthy meal planning. Next step: Curriculum map</i>

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<i>Demonstrate & encourage physical activity & healthy habit formation</i>	X			<i>Physical Ed. PreK-8th four days per wk., brain-breaks/walks. Recess PreK-4th daily. Extra gym time for 5th-8th 4 days per week.</i>

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

<i>Healthy lifestyle choices program is coordinated with class meeting time & SEL curriculum</i>	X			<i>Extension office nutrition visits all classrooms. SEL & class meeting time</i>
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Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<i>Follow the USDA nutrition standards for all meals and snacks provided during the school day.</i>	X			<i>No snack or drink vending machines on campus. Students use water bottles at school. All students eat school provided meals that meet USDA nutrition guidelines. 20 minutes is scheduled for each meal served at ESDS. Mid-morning & After School snacks are within USDA nutrition guidelines</i>

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<i>Parents are encouraged to bring healthy snacks in place of sugary snacks to celebrate birthdays</i>	X			<i>Not 100% of the parents have complied with the healthy birthday snack ideas. We will continue to encourage and provide ideas</i>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
N/A	X			<i>There are no marketing or advertising of foods or beverages on the ESDS campus</i>

Additional information: