

Poynette

Local Wellness Policy Triennial Assessment Report Card

Date Completed: SY 23/24

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Jerry Pritzl.

Section 1: Policy Assessment

Overall Rating:

3

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

- 0 = objective not met/no activities completed
- 1 = objective partially met/some activities completed
- 2 = objective mostly met/multiple activities completed
- 3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart) B. Drinking water is available for students during mealtimes. C. All meals are accessible to all students. D. Withholding food as a punishment shall be strictly prohibited E. Menus shall be posted on the District website F. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3

Nutrition Standards for All Foods in School	Rating
<p>The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:</p> <p>A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;</p> <p>B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;</p> <p>C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;</p> <p>D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;</p> <p>E. promote the health and wellness of students and staff through other school based</p>	3
<p>All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools</p> <p>A (Smart Snacks) rule.</p> <p>B. No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.</p> <p>C. The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited</p>	3
<p>A. The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.</p> <p>B. School staff are encouraged to use healthy food options or activities if used in classrooms to encourage student achievement or desirable behavior.</p> <p>C. Celebrations that involve food will be limited to [Insert Number] (e.g. one per month).</p> <p>D. Non-food celebrations will be promoted</p>	3
<p>The District adheres to the Wisconsin Department of Public Instruction fund raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund raisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day</p>	3

Nutrition Promotion	Rating
<p>The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.</p> <p>These goals cannot be accomplished alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits</p>	3
<p>Schools will restrict food and beverage marketing to only those foods and beverages</p>	3

Nutrition Promotion	Rating
<p>that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product</p>	
<p>The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media</p>	3

Nutrition Education	Rating
<p>The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education</p>	3

Physical Activity and Education	Rating
<p>A. The District shall provide students with age and grade-appropriate opportunities to engage in physical activity</p> <p>B. The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and State standards for physical education. The District shall also provide opportunities for students to participate in physical activity in addition to physical education.</p> <p>C. Physical activity should not be employed as a form of discipline or punishment.</p> <p>D. Physical activity, movement, standing, etc. shall be integrated, when possible, across the curricula and throughout the school day.</p> <p>E. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis</p> <p>F. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs</p> <p>G. All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs H. Schools shall discourage extended periods of student inactivity, without some physical activity</p>	3
<p>A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.</p> <p>B. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.</p> <p>C. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.</p>	3

Physical Activity and Education	Rating
<p>D. All District elementary students in each grade shall receive at least 90 minutes of physical education per week throughout the school year.</p> <p>E. All District middle school students in each grade shall receive at least 80 minutes of physical education per week throughout the school year.</p> <p>F. All District middle school students are required to take the equivalent of one (1) academic year of physical education.</p> <p>G. All-District high school students are required to receive at least 1.5 credits of physical education prior to graduation.</p> <p>H. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.</p> <p>I. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.</p> <p>J. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity.</p> <p>K. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.</p> <p>L. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity</p> <p>M. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.</p> <p>N. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.</p> <p>O. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.</p> <p>P. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.</p> <p>Q. Planned instruction in physical education shall include cooperative as well as competitive games.</p> <p>R. Planned instruction in physical education shall take into account gender and cultural differences</p>	

Other School-Based Wellness Activities	Rating
<p>A. As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.</p>	3
<p>B. The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas</p>	
<p>The District will implement the following activities below to promote healthy eating and physical activity among school staff.</p>	3
<p>A. Distribution of an employee health newsletter to promote healthy behaviors.</p>	

Other School-Based Wellness Activities	Rating
<p>B. Administration of flu shots at school</p> <p>C. Strong encouragement of annual doctor physicals to help staff members establish personal health-improvement goals.</p> <p>D. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases</p>	
<p>A. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.</p> <p>B. The school shall provide attractive, clean environments in which the students eat.</p> <p>C. Students at all schools are permitted to have bottled water in the classroom.</p> <p>D. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.</p> <p>E. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.</p> <p>F. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets</p>	3
<p>Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:</p> <p>A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.</p> <p>B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p> <p>All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area.</p> <p>C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances without stigma.</p> <p>D. The food service program shall be administered by a qualified nutrition professional.</p> <p>E. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.</p> <p>F. All food service personnel shall receive pre-service training in food service operations.</p> <p>G. Continuing professional development shall be provided for all food service program</p>	3

Policy Monitoring and Implementation	Rating
The District Administrator will oversee the development, implementation, and evaluation of the wellness procedures and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools.	3
The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy	3
To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than one time during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.	3

Section 2: Progress Update

Policy is reviewed yearly and updated if required. The committee is led by Jerry Pritz. It has good attendance, although it could use more outreach to attract more varied members.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

Very comprehensive, covering all areas required. Excellent employee wellness education and opportunities. It is reviewed annually.

Areas for Local Wellness Policy Improvement

Could use more Wellness committee members from a wider demographic. These could include various groups such as parents, community & school board members and district administrators and staff. More specific guidelines for school staff to follow for being a good role model for the students. Example: staff drinking water and not soda in classrooms. More specific guidelines for nutrition education student learning. Could include a specific longer lunch meal service time, to enable students enough time to eat, and not be rushed.