

Local Wellness Policy Triennial Assessment Report Card

Date Completed: April 2022

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 Tara Tjerstad, RN BSN. tjerstad@mel-min.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:
2.75

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
All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.	3
Foods and beverages sold individually during the school day (i.e. sold outside reimbursable school meals, such as vending machines, a la carte, school stores, etc.) will meet USDA Dietary Guidelines for Americans. District employee lounges may be exempt from this requirement.	3
The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	3
The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.	2
The district will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines.	3
The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.	3
School Administrators will monitor school fundraising activities in order to ensure they are not in conflict with sound nutrition messages. Items sold must not interfere or compete with the National School Lunch Program.	3
School personnel serve as nutrition educators and role models for healthy lifestyles. Staff shall not drink pop during teaching time; permitted during prep and lunch times.	2
Teachers are encouraged to consider non-food items or an activity as teacher to student incentives. Should teachers use a food item, they are encouraged to adhere to the guidelines.	2

Nutrition Standards for All Foods in School	Rating
The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.	3
The school district shall designate an appropriate person to be responsible for the district's nutrition program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.	3
School food service staff will be trained annually to enable them to carry out the nutrition standards and federal rules required by the National School Breakfast and Lunch Programs.	3
School Nutrition personnel will take every measure to ensure student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.	3

Nutrition Promotion	Rating
The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, and student stores.	3

Nutrition Education	Rating
The school district will ensure that students in K through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; calorie, sugar and fat intake; healthy cooking methods; recognition of the role media plays in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.	3
The school district shall adopt and implement a comprehensive health education curriculum consistent with Wisconsin requirements and aligned to state/national health education standards. The curriculum will provide opportunities for developmentally appropriate, skills-based instruction for grades K-12. Instruction will include topics of healthy eating and benefits of physical activity. All health education classes will include student assessment and this assessment will be reported on the report card every term that health education is offered.	3
Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.	3
Because good health is integral to a successful and productive future, health education featuring information on healthy eating and physical activity will be integrated across the curriculum.	3

Physical Activity and Education	Rating
A comprehensive physical education curriculum consistent with Wisconsin requirements and aligned to state/national physical education standards shall be adopted. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population. All physical education classes will include student assessment of skills and knowledge and this assessment will be reported on the report card every term that a student is enrolled in physical education. Physical education classes shall be appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs.	3
All students in elementary grades K-5 are required to participate in 90 minutes of physical education per week throughout the academic year. All middle level students grades 6 and 7 are required to participate in 135 minutes of physical education per week, 8 th grade students have an average of 125 min per week. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete 1.5 credits of physical education, and may enroll in additional physical education classes as their schedules permit. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.	3
It is the goal of the district to provide 135 minutes of physical education for elementary students and 150 minutes of physical education for middle school students.	3
In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students for at least 45 minutes, featuring time for unstructured but supervised active play. Co-curricular physical activity programs, including fully inclusive, no cut policy, intramural programs and physical activity clubs should be available to all students. School facilities shall be used for physical activity programs offered by the school and/or community-based organizations outside of school hours as feasible.	3

Other School-Based Wellness Activities	Rating
The health, safety and attendance of school teachers and staff are critical to our students meeting the rigorous learning goals we have set. In addition, school staff members are a unique and valuable resource. It is a goal of the district to establish an employee wellness program.	1

Policy Monitoring and Implementation	Rating
The district school wellness council shall oversee the implementation of this policy and report to the school board at least annually on the status of policy implementation and recommendations for revisions.	2

Section 2: Progress Update

Progress continues to happen with our Wellness Policy. Covid did throw a wrench in meeting with our Wellness Committee but that will become easier as Covid becomes more normal. Nutrition standards continue to be maintained throughout the district. We have added a school employee section into our wellness policy, this is a work in progress. Nutrition promotion and education continues to be taught and emphasized across all ages. Students are able to get their amount of physical activity and then some each week at school between P.E. and recesses. Teachers also take their students out on walks throughout the school day. Future plans include to

continue to improve the staff portion of the wellness policy and compliance. Mental illness will also be included into the wellness policy.

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

Strengths in our wellness policy include the creation of the wellness committee, the connection to outside programs to help with staff wellness, nutrition guidelines, the amount of physical activity the students receive, and health education across the district.

Areas for Local Wellness Policy Improvement

Areas for policy improvement include the staff portion of the wellness policy, creating a wellness program for staff, and inviting more people into the wellness committee.