

Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA’s compliance with their local wellness policy, describe the SFA’s progress toward meeting their local wellness policy goals, and describe how the language in the SFA’s wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellSAT). The WellSAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellSAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at wellsat.org. To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({{Example Form Field}}).

- 1. Assess Compliance with the Local Wellness Policy.**
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellSAT.**
Describe areas of policy strength and areas for improvement based on the findings of the WellSAT. You may elect to include your WellSAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

This institution is an equal opportunity provider.

Gale-Etrick-Trempealeau School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2019-20

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 Matt Wenthe.

Section 1: Policy Assessment

Overall Rating:

2

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
<p>a. Provide reimbursable school meals that <u>meet or exceed minimum requirements</u> outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards.</p>	3
<p>The Gale-Etrick-Trempealeau School District encourages the sale or distribution of nutrient dense foods for all school functions, fundraisers and other activities. Those foods that provide a lot of nutrients relative to the number of calories are called nutrient dense. Examples include: lean meat, fish and poultry, eggs, legumes, dark green vegetables, citrus fruits, nonfat milk, fruits and vegetables. Schools and school groups are encouraged to follow the nutrition guidelines set by the district when selling food and beverages on school grounds.</p> <p>Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.</p> <p>School nutrition services shall use the resources provided by the USDA and/or DPI to determine ways to improve the school meals environment.</p>	3
<p><u>Hot Lunch/Breakfast Program:</u> The full meal program will continue to follow the U.S. Government’s Nutrition Standards. School breakfasts & lunch will meet or exceed nutrient standards established by the USDA. Meals consist of the following food groups: Fruit, Vegetable, Milk, Grain and Meat/Alternate.</p> <p>All food and beverages sold outside of the school meal programs shall meet the standards established by the USDA.</p>	3

Nutrition Promotion	Rating
<u>Parent Nutrition Education:</u>	3

Nutrition Promotion	Rating
<p>Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website, newsletters, or presentations that focus on nutritional value and healthy lifestyles.</p>	

Nutrition Education	Rating
<p>Nutrition Education Goals</p> <p>(1) Provide a positive environment and appropriate knowledge regarding food.</p> <p style="padding-left: 40px;">Ensure that all students have access to healthy food choices during school and at school functions. Provide a pleasant eating environment for students and staff. Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area. Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.</p> <p>(2) When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.</p> <p>(3) When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.</p> <p>(4) Reduce student access to foods of minimal nutritional value.</p> <p style="padding-left: 40px;">In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.</p> <p style="padding-left: 40px;">Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value by:</p> <ul style="list-style-type: none"> • Reducing access to non-nutritional foods. • Educating students about healthy foods. • Selective pricing that favors sales of healthy foods. 	2

<p><u>Student Nutrition Education:</u> The Gale-Ettrick-Trempealeau School District has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. The health benefits of good nutrition should be emphasized.</p>	2
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Physical Activity and Education	Rating
<p>Physical Activity Goals</p> <p>The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. The district has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities. Physical education is taught at all levels by state licensed physical education</p>	3

Physical Activity and Education	Rating
<p>teachers. High school students are required to have 1.5 credits in physical education for graduation.</p> <p>The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. The district has adopted curriculum standards and learner outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles. Health education is integrated at pre-K through grade 5th. Health education is taught as a class in middle school. High school students are required to have .5 credit of health for graduation.</p> <p>Elementary students (kindergarten through grade 5) will be provided with two (2) 45-minute physical education classes in a six (6) day schedule. Students will have a minimum 45 minutes of daily physical activity. Students will not lose more than two recess periods in a week due to incomplete class work.</p> <p>The district provides additional opportunities for physical development and fitness through co-curricular sports and events supporting health promotion.</p>	

Other School-Based Wellness Activities	Rating
<p><u>Fundraising:</u> All fundraising projects must be approved by the school administrator as stated in district policy.</p> <ul style="list-style-type: none"> • All fundraising projects are encouraged to meet the district nutritional standards. • Items being sold must not interfere or compete with the National School Lunch or Breakfast <p><u>Classroom Incentive:</u> Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to these guidelines.</p> <p><u>Lunchroom Climate:</u> A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.</p> <p>It is encouraged that the lunchroom environment be a place where students have:</p> <ul style="list-style-type: none"> • adequate space to eat and pleasant surroundings; • adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and • convenient access to hand washing facilities before meals. 	2

Policy Monitoring and Implementation	Rating
<p>The board policy committee will review the progress of the district wellness policy as part of their regular cycle of policy review.</p>	3
<p>The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.</p> <ul style="list-style-type: none"> • Administrator • Classroom teacher • Physical education teacher 	2

Policy Monitoring and Implementation	Rating
<ul style="list-style-type: none"> • Community member/parent • Student • Medical/health care professional/school nurse • Food Service Director 	
<p>a. Gale-Etrick-Trempealeau School District Nutrition Committee: Implementation and Evaluation of Local Wellness Policy: A sustained effort is necessary to implement and reinforce these guidelines. The district will maintain a nutrition/wellness committee with the purpose of monitoring the implementation of the district's wellness policies, evaluating the progress of related goals, serve as a resource to school sites, plan special events and incentives, and recommend policy revisions as necessary.</p>	2

Section 2: Progress Update

In the fall of 2019, a new Food Service Director began and reviewed policies and guidelines. She implemented several changes in the food service program.

The school board also reviewed and adopted changes to 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

Overall our policy reflects best practices. We abide by nutrition guidelines set by outside agencies.

Areas for Local Wellness Policy Improvement

With a new food service director coming in, we need to ensure we are meeting regularly with stakeholders to review and ensure compliance. Our policy does not yet address unpaid lunch bills and has little info on marketing guidelines.