

# Sun Prairie Area School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020

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 the Director of Nutrition.

### Section 1: Policy Assessment

*Overall Rating:*

*2.61.*

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
The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity.	3
Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances.	3
All district schools shall participate in federal child nutrition programs (National school lunch and breakfast).	3
The district shall comply with federal program guidelines and applicable laws and regulations of the State of Wisconsin.	3
Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods.	2
Parents are encouraged to provide nutritional foods for lunches and snacks.	2
Food product nutritional information will be available through the school nutrition Office.	3
Dietary accommodations shall be requested on a physician order.	3
The school meals program will recognize and accommodate ethnic, cultural and dietary differences. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.	2
All food and beverage products accessible to students shall be limited to	2

Nutrition Standards for All Foods in School	Rating
products meeting the <a href="#">USDA nutritional guidelines</a> and most recent state and federal legislation. Foods and beverages not meeting these guidelines will not be served/sold/provided to students on school grounds during the school day.	
Food and beverage products that do not meet the nutrition requirements will not be promoted or advertised as per Policy KJ, Advertising in the Schools.	3

Nutrition Promotion	Rating
All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines.	2
Food and beverage products that do not meet the nutrition requirements will not be promoted or advertised as per Policy KJ, Advertising in the Schools.	3
Food rewards or incentives shall not be used to encourage student achievement or desirable behavior. Students with specific Individualized Education Plans (IEP) may be exempted, but healthier rewards are encouraged.	2
School faculty and staff will not withhold meals or physical activity, or use punitive physical activity (i.e., running laps for talking in class) consequence.	3
Baked goods that are served or provided in the classrooms must be purchased, not homemade, and be in a wrapper which contains nutrition information and expiration date.	2

Nutrition Education	Rating
The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.	3
Nutrition Education curriculum will be sequential, comprehensive and standards based.	3
Nutrition topics shall be integrated within the comprehensive health education curriculum and within a wide variety of cross curricular subjects.	3
Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, handbooks, etc..	2

Physical Activity and Education	Rating
The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities.	3
Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.	3
Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.	3
All students in grades K-12, including students with disabilities, special	2

Physical Activity and Education	Rating
<p>health care needs, or in alternative educational settings, shall meet the following requirements for physical education:</p> <p>Kindergarten – 5th grade</p> <ul style="list-style-type: none"> <li>• 90 minutes per week</li> </ul> <p>6th – 8th grade</p> <ul style="list-style-type: none"> <li>• 5 physical education classes per two weeks</li> </ul> <p>9th – 12th grade</p> <ul style="list-style-type: none"> <li>• 1.5 credits physical education</li> </ul>	
Physical education will be taught by a licensed instructor.	3

Other School-Based Wellness Activities	Rating
<p><u>Health Education</u></p> <p>The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.</p>	3
<p>Health education shall be offered at each grade level from K–5 and in grades 6, 8 and 10. Health education shall be part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill necessary to promote and protect their health.</p>	3
<p><u>Recess and Other Physical Activities</u></p> <p>All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.</p>	3
<p>All elementary schools shall schedule at least 30 minutes each day of supervised recess, preferably outdoors, to be consistent with the district guideline regarding weather.</p>	2
<p><u>Employee Wellness</u></p> <p>Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.</p>	3

Policy Monitoring and Implementation	Rating
<p>All school districts participating in the USDA school meals program are required to establish a wellness committee to formulate, implement, evaluate a district wellness policy and report information annually on the school nutrition environment, for all schools in the district, to the public.</p>	3
<p>The Wellness Committee shall meet at least quarterly to review policy implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements.</p>	2
<p><u>Wellness Committee Implementation</u></p> <p>The committee will be comprised of the following:</p> <ul style="list-style-type: none"> <li>1 School Board Liaison as designated by the Board</li> <li>1 Director of School Nutrition</li> <li>1 Benefits Specialist</li> <li>1 or more CLC Leaders of Health and Physical Education</li> <li>1 District Nurse</li> </ul>	2

Policy Monitoring and Implementation	Rating
1 Representative of each school to include 1 Elementary and 1 Secondary building administrator designated by the District Administrator 2 Parents nominated by the Parent Leadership Council 2 Students (grades 8-12) nominated by their Principal 1 Community member (to be determined) 1 Business and Education Partnership Representative 1 Athletics and Activities Director	
One Co-Chairperson of the Wellness Committee will be the Director of School Nutrition. The other Co-Chairperson shall rotate annually between an administrative representative of Business Services, Human Resources, Student Services and Instructional Programs.	2

## Section 2: Progress Update

Excellent policy language in regards to Nutrition Standards for All Foods in Schools. Our school district policy is even stronger than the Federal Policy. Worked on determining who should be a part of the Wellness Committee. We want to keep the committee smaller but also have a wide range of members including students. We worked on a list of school-based ways to celebrate and rewards that are food free. There are school based gardens or agriculture classes and one school has a hydroponic growing unit (East High School) which supplies our salad bars with fresh romaine. The Nutrition Director has spoken at the District SCO and Royal Oaks SCO about more schools investing in this learning tool. There is a Staff Wellness Committee that is responsible for helping staff in their health and is having a lot of monthly challenges to keep staff moving, take time for mindfulness, and to eat healthy. A lot of what the Staff Wellness Committee does is not only being used with staff but is also trickling down to students in giving them enthusiasm about activity and health. Our group is brainstorming on what we can do to make sure that the food policy is being followed at schools. Many times, I have either stopped out to talk with School Administrators or emailed the policy to administrators. The latest project we are working on is to come up with a video on the importance of healthy food and we were hoping to have this as a student project (students could be videoed on why they feel it is important to eat and snack on healthy foods). Due to Covid though classes are not meeting and the Communications Department has indicated that we would have to come up with content on a cartoon video and they would help us post it. The Nutrition Program has been adding culturally diverse food to the menu. Language on Nutrition Education is very strong also.

## 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**

Language in policies is very thorough and at times stronger than the model policy. Very strong in Nutrition Standards for All Schools. Students all receive the same meal regardless of eligibility and no one knows their status so students are not stigmatized. Working towards introducing more culturally diverse menu items. All dietary accommodations are honored if there is a doctor's note on file. We do not advertise food products to students. Staff Wellness Committee work is thorough and extensive with frequent activities that staff can join in. Many times, there are drawings for prizes for participating.

### **Areas for Local Wellness Policy Improvement**

The Wellness Policy could specify what is being accomplished with agriculture classes (hydroponics growing of romaine) and school gardens, add our negative balance policy to the Wellness Policy and specify how families should receive FRAM (Free and Reduced Application Materials), how eligibility determination is made and how we protect student's eligibility so students are not stigmatized. Policy could determine a student's minimum seat time in the cafeteria after leaving the breakfast or lunch line. Policy should specify that free water is available to students during meal times. Wellness Policy should address procurement of local grown food purchasing. Policy should have a link to Smart Snacks and specify that it is midnight through 30 minutes after school ends. If there are snacks served before or after school (surround care, etc.) policy should specify that they meet Smart Snacks or the After-School Snack Program nutrition requirements. There might be stronger language and way to determine if policy is being followed for class parties and school celebrations due to food safety and allergies. Policy should list the number of minutes of Physical Education for Elementary, Middle Schools and High School. Should use stronger language on qualifications and Professional Development for PhyEd Teachers. No policy language on whether schools have physical activity breaks during the school day, active transport to school program, joint or shared-use agreements for physical activity in schools. Language should specifically state that using physical activity can be a reward but not a punishment. Policy could include marketing to promote healthy food and beverage choices. Language could also be inserted that prohibits advertising of all Smart Snack non-compliant foods. Determination could be made to have a Health Team at school sites.