

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

This institution is an equal opportunity provider.

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.

St. John Lutheran School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2021

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 Debra Schrader 920-361-0555.

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
Students and parents are encouraged to provide food and beverages for classroom parties that meet the St. John Nutrition Guidelines and Healthy Choices List	1
The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for the food service	3
Snacks brought by the students or served during the school day are encouraged to be healthy, nutritious food choices.	1
Children bringing cold lunch to school are encouraged to have one that consists of healthy and nutritious choices. Water, juice, and milk beverages are preferable. Milk is available at school for purchase with cold lunch	2
St. John School strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities.	2
St John Hot Lunch Program will continue to adhere to the National School Lunch Program and follow the U.S. Government Nutritional Standards. Food Service will limit the use of dyes, sulfites, MSG, and other additives that may affect food allergies in children	3
Free and Reduced lunch families are kept private, only required personnel have this information.	3
Availability of Free Drinking Water	3
Free and reduced lunch applications are offered to all families at the beginning of the school year and again if their lunch balance goes negative.	3
Snack food are not sold during the school day	3

Nutrition Promotion	Rating

Nutrition Promotion	Rating
We have posters hung around the school that promote good nutrition and regular physical activity	2
St. John supports laws that make student use of alcohol, drug and tobacco illegal. The school recognizes the fact that educating children on the negative effects of these substances is our best contribution to their future wellness	2
Students will be provided with a relaxed and enjoyable climate for lunch	2
The teachers and staff are encouraged to promote a healthy lifestyle	3
It is important to promote fundraising activities that reinforce good food choices and lifestyle behaviors	2

Nutrition Education	Rating
The Health instruction encourages students to develop the knowledge, attitudes, skills, and behavior for life-long healthy eating habits and physical activity. The PK- 8 curriculum addresses the Wisconsin Academic Standards for Health Education:	3
Directors will have at least 12 hours of training; managers will have at least 10 hours of training and staff at least 6 hours of training.	3
Nutrition education addresses agriculture and the food system	0
Nutrition education is incorporated into classes where appropriate	2
At least once a month in weekly school newsletter we will provide nutrition education such as reading Nutrition Facts Labels, Healthy Recipes and other Nutrition Education.	2

Physical Activity and Education	Rating
A formal P.E. Curriculum is being developed as part of our accreditation & self study process	1
In gym class students receive instruction in the five health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition	1
Students receive adequate time for gym class	2
Addresses family the community & engagement in physical activity.	1
Addresses recess for all students	3

Other School-Based Wellness Activities	Rating
It is highly encouraged that staff members use discretion when consuming soda and caffeine products such as coffee, espresso, latte, etc. in the presence of students	2
Wellness challenges to promote wellness with staff and students	3
Teachers may use non-food alternatives as rewards, such as extra recess when time allows. Teachers are discouraged from assigning physical activity as student punishment.	2
Marketing - School based marketing shall be consistent with Smart Snacks nutrition standards.	2
{Insert Policy Statement}	{Select Score}

Policy Monitoring and Implementation	Rating
The Wellness Committee will meet four times per year.	3
Posting of the Wellness Policy	3

Policy Monitoring and Implementation	Rating
Wellness Policy Assessment	3
Triennial progress reports	2
{Insert Policy Statement}	{Select Score}

Section 2: Progress Update

We made a lot of progress in the 20-21 school year toward meeting our Wellness Policy goals. We implemented wellness challenges with rewards for the staff. We also had a wellness challenge for the students with prizes. All the challenges received positive feedback so we will be doing more in future years.

We have been putting more information in our weekly school newsletter about health, fitness, and nutrition. This year we have also started sending out Email Blasts to families from our county health department about COVID updates, such as staying safe and vaccine information.

We were able to stay open all year, but we were unable to co-mingle classrooms so that cut down on some of the fun fitness activities we would have done in a normal year. We are hoping to implement more fitness activities next year.

We are still working on our PE curriculum and hope to have it finalized over summer break.

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

We scored very high on the Wellns Promotiom and the Marketing section and also, the Implementation, Evaluation and Communication section.

Areas for Local Wellness Policy Improvement

The assessment shows we need to work on Nutrition Education, specifically Nutrition education that address agriculture and the food system. We also need to work on finishing our PE curriculum and put in more verbiage about training for teachers and exemptions for students.

WellSAT Scores

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the

policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score:
91%

Strength Score:
82.5%