

St. John Lutheran School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2025

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 Deb Schrader 920-361-0555.

Section 1: Policy Assessment

Overall Rating:
2.7

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	3
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.	3
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	3
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
We have posters hung around the school that promote good nutrition and regular physical activity	3
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	3

Nutrition Promotion	Rating
Students will be provided with a relaxed and enjoyable climate for lunch	3
The teachers and staff are encouraged to promote a healthy lifestyle It is important to promote fundraising activities that reinforce good food choices and lifestyle behaviors	3
We will have two Wellness Challenges per year for staff and students to encourage physical, mental, and emotional wellbeing. We will have prizes as an incentive to the staff to join the challenges.	3

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, full-time staff at least 6 hours of training and part-time (less than 20 hours) will complete at least 4 hours of training.	3
Nutrition education addresses agriculture and the food system	2
Nutrition education is incorporated into classes where appropriate	3
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.	3

Physical Activity and Education	Rating
A formal P.E. Curriculum is being developed as part of our accreditation & self study process	2
In gym class students receive instruction in the five health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition	2
Students receive adequate time for gym class	2
Addresses family the community & engagement in physical activity.	2
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	3
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.	2
Teachers are discouraged from assigning physical activity as student punishment.	
Marketing - School based marketing shall be consistent with Smart Snacks nutrition standards.	3
We offer volleyball, cheerleading and basketball as extracurricular (after school) activities. Because our school is so small, we really encourage participation by all students so we will have enough students for a team. We also offer open gym opportunities after school for students in the off seasons.	3

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

Policy Monitoring and Implementation	Rating
Wellness Policy Assessment -we review the policy every fall	3
Triennial progress reports	3
	{Select Score}

Section 2: Progress Update

We increased our overall rating from 2.4 to 2.7 since our last review. We added better policies and we have done a better job communicating those policies to staff, student and parents.

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

On the Rudd Center's Wellness School Assessment Tool we scored very high in the Federal Requirements.

Areas for Local Wellness Policy Improvement

In the federal Requirements section we need to update our policy language on snacks/treat brought into the school and we need to actively try to get more people involved in our Wellness Committee.

WellSAT Score

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:
88

Strength Score:
66

