

East Troy Community School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024-2025

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 Amy Jenquin, Business Manager jenam@easttroy.k12.wi.us or 262-642-6710 X-1223.

Section 1: Policy Assessment

Overall Rating:
2.56

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 meals exceed Healthy Hunger-free Kids Act (IV A 1)	3
Menus are posted with nutrient content (IV A 6)	3
Menus are reviewed by certified staff (IV A 7)	3
Food sold outside meal program must be Smart Snacks compliant (V A)	3
Encourages Smart Snack foods for celebrations/parties (VII A0)	1

Nutrition Promotion	Rating
All meals accessible to students (IV A 2)	3
All meals appealing and served in clean, pleasant setting (IV A 4)	3
Drinking water is available during all mealtimes (IV A 5)	3
Notify parents of meal options/seek student input (IV B)	2
Market foods that meet USDA guidelines (VI)	3

Nutrition Education	Rating
Nutrition Education Offered (VIII 1)	3
Nutrition Curriculum focusses on healthy practices (VIII 2)	3
Staff members providing nutrition ed complete prof. dev. (VIII 3)	3
Education for staff members on health lifestyle behaviors (XII B)	2
Menus posted on website with nutrient content (IV A 6)	3

Physical Activity and Education	Rating
State standard for PE time allotted (X A 1)	3
Opportunities for physical activity outside PE class (X A 2,3,6,7)	3
Outdoor Recess offered (X A 4)	3
Supports active transport with crossing guards (X A 8)	3
Health Education covers benefits of physical activity (X B 4)	3

Other School-Based Wellness Activities	Rating
Students can carry water bottles (XI A)	3
Flu shots available for staff (XII c)	0
Non-food celebrations promoted (VII B)	1
All school nutrition staff meet continuing education requirements (IV A 8)	3
Wellness Committee established (II B)	3

Policy Monitoring and Implementation	Rating
Oversight of wellness policy is Bus. Mngr or designee (II A)	2
Diverse group reviews policy (II c)	2
Wellness Committee ongoing review of policy (II B)	1
Board Policy to provide students access to healthy foods (I A)	3
The Wellness committee meets no less than one time/year (II B)	3

Section 2: Progress Update

The district has a wellness committee that meets once a month. Nutrition education and USDA meal standards continue to be provided. District wide growth is being made by serving more fresh fruits, vegetables, and scratch-made entrees.

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

The Wellness policy covers all the recommended areas and establishes healthful practices and procedures for students, staff, and families.

Areas for Local Wellness Policy Improvement

We feel the policy is written well and covers all areas of monitoring, nutrition, education, and activity. The area in the greatest need of improvement would be monitoring. There was staff turnover in the Business Manager and Food Service Director positions within the last two years. As those key employees become more experienced in their roles, the wellness policy standards will continue to be improved upon and enhanced.

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:
93

Strength Score:
54