

East Troy School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: {20-21}

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 {Ruth Bentley, Food Service Director}.

Section 1: Policy Assessment

Overall Rating:

72

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
Eating environment (time and access)	3
All meals meet or exceed nutrition requirements	3
Drinking water is available during mealtimes	2
Menus posted / created by nutrition professional	3
Training of staff	3
Smartsnacks	2
Classroom parties	1

Nutrition Promotion	Rating
Positive nutrition choices encouraged	2
Motivating messages in school	2
Community partnerships for healthy nutrition	3
Smart Snack school day restrictions	2

Nutrition Education	Rating
Revision of health curriculum	2
Nutrition education for families and broader community	1
Cafeteria learning environment	2
Classroom food teaching tool	1
Student encouraged to eat breakfast	3

Physical Activity and Education	Rating
State standard PE time allotted	3
PE classes and opportunities available to promote lifelong activities	3
Introduce health-related fitness assessment at early age	3
Begin fitness or activity logging in elementaries	2
Provide additional physical activity opportunities during school day	2
HS lifetime physical activity elective available	3
PE curriculum aligned to state and national standards to promote active lifestyle	3

Other School-Based Wellness Activities	Rating
School-based activities follow local wellness policy goals	1
Health clinics, health screenings available and help families get access to health	3
Wellness Advisory Committee exists	2
Staff encouraged to participate in and model physical activity	2
Encourage students to participate in before/after school physical activities	2

Policy Monitoring and Implementation	Rating
06-08 Wellness Policy implementation includes building-level participation	3
Wellness Policy reviewed by admin annually	0
Wellness Policy reviewed by wellness committee annually	0
Inform families about local wellness policy	3
Families are given information about programs related to wellness policy	2

Section 2: Progress Update

{Insert a narrative description of your progress.}

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

Our wellness policy addressed all of the required areas and we felt that nutrition standards and physical activity and education met most of the objectives and activities called for. The ratings for Nutrition education and policy monitoring and implementation were lower than we would want.

Areas for Local Wellness Policy Improvement

As a result of our assessment, we felt that although our policy addressed all required areas our wording did not describe our objectives in a concise manner. We decided as a result of this to write a new wellness policy with the help of the policy builder tool and

input from teaching staff to address curriculum. Currently the policy is in the phase of being read by the School Board.

WellSAT Scores *(Delete this sub-section if you do not want to report your 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:

47.90

Strength Score:

11.49