

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.

Sturgeon Bay School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 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 Jenny Spude jspude@sturbay.k12.wi.us or 920.746.3877.

Section 1: Policy Assessment

Overall Rating:
22/24

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
<p>...With the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:</p> <p>A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.</p>	3

Nutrition Standards for All Foods in School	Rating
<p>B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p> <p>C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.</p> <p>D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.</p> <p>E. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.</p> <p>F. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.</p> <p>G. All food service personnel shall receive pre-service training in food service operations.</p> <p>H. Continuing professional development shall be provided for all staff of the food service program.</p> <p>The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.</p>	
<p>The Board shall provide cafeteria facilities in all school facilities where space and facilities permit and will provide food service for the purchase and consumption of lunch for all students.</p> <p>The Board shall also provide a breakfast program in accordance with procedures established by the Department of Public Instruction.</p> <p>The food-service program shall comply with Federal and State regulations pertaining to the selection, preparation, delivery, consumption, and disposal of food and beverages, including but not limited to the current USDA's school meal pattern requirements and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program. Further, the food-service program shall comply with Federal and State regulations pertaining to the fiscal management of the program as well as all the requirements pertaining to food service hiring and food service manager/operator licensure and certification. In addition, as required by law, a food safety program based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system shall be implemented with the intent of preventing food-borne illnesses. For added safety and security, access to the facility and the food stored and prepared therein shall be limited to food service staff and other authorized persons. (Board Policy#8500)</p>	3

Nutrition Promotion	Rating
<p>Board Policy #8510 - WELLNESS</p> <p>As required by law, the Board of Education establishes the following wellness policy for the Sturgeon Bay School District as a part of a comprehensive wellness initiative.</p> <p>The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.</p> <p>Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.</p> <p>The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:</p> <ul style="list-style-type: none"> A. promote nutrition education with the objective of improving students' health and reducing childhood obesity; B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits; C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity; D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle; E. promote the health and wellness of students and staff through other school based activities. 	<p>3</p>

Nutrition Education	Rating
<p>With regard to nutrition education, the District shall:</p> <ol style="list-style-type: none"> 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. 3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant. 	<p>2</p>

Nutrition Education	Rating
<p>4. Offered nutrition education may include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others. (Board policy#8510)</p>	

Physical Activity and Education	Rating
<p>With regard to physical activity, the District shall:</p> <ol style="list-style-type: none"> 1. Physical Education <ol style="list-style-type: none"> a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State. b. All students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive appropriate physical education instruction meeting the guidelines and graduation requirements set forth by the department of Public Instruction and Board policy. c. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity. d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity. e. Teachers properly certificated/licensed in the subject area of physical education, shall provide all instruction in physical education. 2. Physical Activity <ol style="list-style-type: none"> a. Physical activity shall not be employed as a form of discipline or punishment. b. In addition to planned physical education, the school may provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs. c. All students in grades K- 5 shall be provided with a daily recess period. d. All students in grades 6 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity. e. All students in grades 6 - 12 shall have the opportunity to participate in interscholastic sports programs. (Board Policy 8510) 	<p>3</p>

Other School-Based Wellness Activities	Rating
<p>With regard to other school-based activities the District shall:</p>	<p>3</p>

Other School-Based Wellness Activities	Rating
<ol style="list-style-type: none"> 1. The schools shall provide at least twenty (20) minutes daily for students to eat. 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events. 3. The school shall provide attractive, clean environments in which the students eat. 4. An organized wellness program shall be available to all staff. 5. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. 6. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets. (Board Policy #8510) 	
<p>Board Policy #8550 - COMPETITIVE FOOD SALES</p> <p>The food-service program will comply with the provisions set forth in Federal law regarding sale of competitive food and foods of minimal nutritional value.</p> <p>Only the food-service program shall sell food and beverages to students in elementary schools during regular school hours.</p> <p>In secondary schools, the food-service program shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time student clubs and organizations and/or District support organizations may request approval to sell foods and beverage items in accordance with the Board of Education's policies and guidelines. Accordingly, all food items and beverages for sale to students for consumption on campus from vending machines, from school stores, or as fundraisers by student clubs and organizations and/or District support organizations shall comply with the current USDA Dietary Guidelines for Americans and Smart Snack Rules.</p>	3

Policy Monitoring and Implementation	Rating
<p>The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and other school administrators in the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.</p> <p>The District Administrator is encouraged to form a wellness committee to carry out this function.</p> <p>The wellness committee shall be an administrative committee with members recruited and appointed by the District Administrator.</p> <p>The District Administrator shall be responsible for accomplishing the following:</p> <ol style="list-style-type: none"> A. assess the current environment in each of the District's schools; B. measure the implementation of the District's wellness policy in each of the District's schools; C. review the District's current wellness policy; D. recommend revision of the policy, as necessary; and 	2

Policy Monitoring and Implementation	Rating
<p data-bbox="240 174 1192 226">E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.</p> <p data-bbox="191 258 1133 310">The District Administrator will oversee development, implementation, and evaluation of the wellness procedures.</p> <p data-bbox="191 342 1174 422">The District Administrator shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.</p> <p data-bbox="191 453 1162 583">Before the end of each school year the District Administrator shall submit to the Superintendent and Board their report in which they describe the environment in each of the District’s schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.</p> <p data-bbox="191 615 1192 831">The District Administrator or a designee of the wellness committee shall report annually to the Board on the District’s wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The District Administrator or a designee from the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy. (Board Policy #8510)</p>	

Section 2: Progress Update

Although WellSAT scores are low, answers provided were conservative. Many wellness efforts are practiced and are not documented in writing in board policy or are not written in as much detail in school board policy, as required for a higher score. Our district works well together to support all facets of student wellness. Staff have a vested interest in supporting wellness rules. For example, occasionally, staff and/or student groups are not aware of rules governing food and beverage sales on school property. We currently have policy language around food sales written. When an idea or activity is outside of compliance with school food/beverage rules. A conversation is had and the idea shifts or the activity halts. It is often the case that a teacher new to fundraising just doesn't know school board policy.

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

School board and administration are willing to adjust, add and adapt procedures that lead to policy when the effort is warranted. Most all areas of wellness are addressed, the level of detail is not as strong as wellness policy requirements recommend.

Areas for Local Wellness Policy Improvement

Improve details in the following areas: food service staff training to include number of hours required per school year, drinking water availability, food not being used as reward or incentive, and classroom celebrations.

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:

{76}

Strength Score:

{47}