

Williams Bay School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 **William White, District Administrator** (www.whitewilliamsbayschool.org).

Section 1: Policy Assessment

Overall Rating:

2.87

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
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	3
Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	3
Nutrition topics shall be integrated within the comprehensive health education program and taught at every grade level. Nutrition education will be integrated into the broader curriculum, where appropriate.	2
Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	3
Nutrition lessons are integrated into the curriculum and the health education program.	3

Nutrition Promotion	Rating
Assures compliance with USDA nutrition standards for reimbursable school meals.	3
All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la Carte) are given a code to enter at the cash register.	3
It is prohibited for students with unpaid balances to be shamed in any way, including announcing their names, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.	3
Applications for free/reduced priced meals are made available on the District website.	3
Students are provided at least fifteen (15) minutes to eat breakfast and at least twenty (20) minutes to eat lunch after being seated.	3
The food service vendor will ensure that managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.	2

Nutrition Promotion	Rating

Nutrition Education	Rating
Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served	3
Vending machines are not made available to students at any time.	3
Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	2
Beverages containing caffeine are not sold to high school students during the school day.	3
The District encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
Healthy snacks are served to students in the before and after school program.	3
Food rewards and incentives used in classrooms to encourage student achievement and desirable behavior are strongly discouraged.	3
Students and staff have access to drinking fountains and bottle fillers throughout the school day, including during mealtimes	3

Physical Activity and Education	Rating
The District shall develop a comprehensive, school-based physical activity program that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out-of-school time activities.	3
The school district's comprehensive, standards based physical education curriculum identifies the progression of skill development in grades K-12 and are aligned to the Wisconsin physical education standards.	3
Physical education promotes a physically active lifestyle.	3
All District elementary students in grades K - 5 shall receive at least sixty (60) minutes of physical education per week throughout the school year.	3
All District middle school students are required to take the equivalent of one academic semester per year of physical education.	3
All District high school students are required to receive 1.5 credits of physical education before graduation.	3
All physical education classes for grades K-12 are required to be taught by Wisconsin licensed physical education teachers.	3
Physical education staff shall receive professional development yearly.	3
Waivers, exemptions, or substitutions for physical education classes are not granted.	3
The District will inform and invite parents to participate in school-sponsored Activities throughout the year.	3
The Middle/High School shall provide physical activity opportunities for all students before and after school through activities such as intramurals, recreation department activities, and co-curricular sports.	3
The Elementary School shall offer at least thirty (30) minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	3
Storage racks for bicycles	2

Other School-Based Wellness Activities	Rating
Staff is strongly encouraged to model healthful eating habits and physical activity behaviors.	3
Educational activities for school staff members on healthy lifestyle behaviors are available.	3
Students shall not be required to engage in physical activity as punishment.	3
Physical activity during the school day shall not be withheld as punishment	3
Specifies marketing to promote healthy food and beverage choices.	3
Marketing on the school campus is limited to those products that are allowed to be sold according to the district's nutrition standards.	3

Other School-Based Wellness Activities	Rating
Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools	3
Advertisements are not placed in the cafeteria. The district does not expose students to food marketing.	3
Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.	3

Policy Monitoring and Implementation	Rating
District wellness committee will consist of a diverse group of stakeholders and should include parents, students, representatives of the school food service, school administrators, teachers, physical education teachers, health professionals, and members of the public.	2
District Administrator is charged with operational responsibility for ensuring that each school fulfills the District's Wellness policy and in making recommendations concerning the possible revision of that policy and its rule.	3
The wellness policy is available to the public on the district website under policy 341.21.	3
The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school complies with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.	3
The District will notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.williamsbayschools.org .	3
The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.	3

Section 2: Progress Update

The District reviewed the Wellness policy and the Board of Education adopted the revised policy on February 22, 2021. All vending machines have been removed and advertising food and beverages are not present in the district. The physical education and health curriculums have been updated. The District is working with the food service vendor to improve the quality and consistency of breakfasts and lunches.

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

Strengths of the policy are nutrition education, meeting the standards for USDA Child Nutrition Programs and school meals, regulating advertisements and vending machines, and the physical education and physical activities.

Areas for Local Wellness Policy Improvement

Areas for improvement are addressing the connections with local farmers and a school garden. Items sold via school fundraisers after school hours are an area to be addressed. Meeting quarterly with the wellness committee and eliciting student feedback is another area for focus.