

Valders Area School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2021-2022

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 Sabrina Bilski, sbilski@valders.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:
2.6

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 meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf#page=2)	3
Drinking water is available for students during mealtimes. All meals are accessible to all students. Withholding food as a punishment shall be strictly prohibited.	3
All schools in the District participate in USDA child nutrition programs, including SFSP.	3
Students are provided at least 10 minutes to eat breakfast and at least 20 to eat lunch after being seated. All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.	2
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3

Nutrition Promotion	Rating
The District shall notify parents of the availability of the breakfast, lunch and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.	3
The District shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meeting.	3

Nutrition Education	Rating
The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District	2

Nutrition Education	Rating
aims to teach, model, encourage, and support healthy eating by providing nutrition education.	
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. Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses.	3
Nutrition education in the sequential, comprehensive health curriculum in accordance with the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition. 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 opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.	1
Nutrition education extending beyond the classroom by engaging and involving the school's food service staff.	1

Physical Activity and Education	Rating
A sequential, comprehensive physical education program for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3
Physical activity shall not be employed as a form of discipline or punishment.	3
Physical activity and movement integrated, when possible, across the curricula and throughout the school day.	3

Other School-Based Wellness Activities	Rating
The schools shall provide at least thirty (30) 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.	2
The school shall provide attractive, clean environments in which the students eat.	3

Policy Monitoring and Implementation	Rating
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.	3
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). All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.	2
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.	3
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.	3

Section 2: Progress Update

This is the first time in approximately three years that the wellness committee has met. And it was the first time that we have completely reviewed our district wellness policy. We were pleased to know that the wellness policy was updated November of 2021, and there were a number of statements that we were fulfilling thoroughly and completely. We need to ensure that we meet regularly to continue the positive movement forward related to nutrition standards, nutrition promotion, nutrition education, physical activity and education, and other school based wellness activities and policy monitoring and implementation. We would in the future like to tie mental wellness to our local wellness 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) wellsat.org 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

1. Current nutrition and SFSP nutrition requirements.
2. Physical education opportunities.
3. Nutrition availability and promotion.

Areas for Local Wellness Policy Improvement

1. Nutrition education opportunities extended in and beyond the classroom for all students every school year.
2. Ensuring a full 20 minutes to eat lunch from the minute they sit down to eat.
3. Addressing the language for no sodas in school and the use of vending machines.