

# West Salem School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-21

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 Emily Klunk at [klunk.emily@wsalem.k12.wi.us](mailto:klunk.emily@wsalem.k12.wi.us).

### Section 1: Policy Assessment

*Overall Rating:*

2.83

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
The District will follow all of the Nutritional Standards guidelines based on the Dietary Guidelines for Americans; as outlined with the adoption of the current Healthy Hunger Free Kids Act and Smart Snacks Rulings; along with any additional rulings from the USDA or State regulations thereafter, in regards to the best interest of the children served.	3
Providing, at minimum, the required grain, vegetable, fruit, milk, and protein offerings as outlined by the Dietary Guidelines for Americans in the USDA Nutrition Standards in the National School Lunch and School Breakfast programs. Information on current meal pattern requirements can be found at <a href="https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning">https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning</a> .	2
Ensuring the integrity of the school meals program by prohibiting food sales for students that are in direct conflict with the National School Lunch and Breakfast programs, also known as competitive foods.	3
Competitive foods will be limited to those compliant with the Smart Snacks ruling. Soda will not be available in ala carte, vending or concession to students in any school, during the school day. Smart Snack guidelines can be found at <a href="https://dpi.wi.gov/school-nutrition/program-requirements/smart%20snacks">https://dpi.wi.gov/school-nutrition/program-requirements/smart snacks</a> .	3
Fundraising items sold fall under the Smart Snacks ruling and will be complied with. <b>1. The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards.</b> <b>2. These standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.</b> <b>3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards as regulated by the Wisconsin Department of Public Instruction.</b>	3

<b>Class Celebrations/ Student Incentives</b> Parents are encouraged to bring healthy snack choices for classroom celebrations such as but not limited to children's birthdays, holiday celebrations and special classroom events. Teachers will also make parents aware of restricted food/non-food products to prevent any allergic reactions within the class population. It is recommended that teachers follow district nutrition guidelines with regard to snacks they purchase for student treats or student incentives. Strong consideration should be given to non-food items as part of any teacher to student incentive program.	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

<b>Nutrition Promotion</b>	<b>Rating</b>
Promotion of health and nutrition education will come from various sources. These may include: newsletters, health fairs, school website, posters and handouts, taste test days, school garden, Harvest of the Month, and Farm to School.	2
School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment. School nutrition services shall implement at least five (5) techniques at each school. The Meal Appeal Self-Assessment can be found at <a href="https://dpi.wi.gov/wisconsin-school-meals-rock/school-nutrition-professionals">https://dpi.wi.gov/wisconsin-school-meals-rock/school-nutrition-professionals</a> .	3
Greens from the aquaponics lab will be offered when available as part of the high school lunch program.	3

<b>Nutrition Education</b>	<b>Rating</b>
Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.	3
Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.	3
The District will incorporate nutrition education at all grade levels, consistent with the current Dietary Guidelines for Americans.	3
The District will provide nutrition education that will teach, encourage and support healthy behaviors.	3
Students in grades K-5 will receive at least five hours of nutrition education per year. Students in grades 6-8 will receive nutrition education in one class required to complete middle school. Students in grades 9-12 will receive nutrition education within two courses required for graduation.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
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.	3
Planned instruction in physical education shall take into account the diverse needs and interests of all students.	3
Physical education credits cannot be waived for other activities.	3
School Facilities should be available for students and the community.	3
Encourage students to spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.	3

<b>The District will provide at least the minimum allocated instructional time as recommended by the Wisconsin Department of Public Instruction.</b>	3
<b>Physical activity shall not be employed as a form of discipline or punishment.</b>	3
<b>Schools will encourage students to actively commute to and from school and, encourage physical activity before, during, and after school.</b>	3
<b>Encourage active recess: provides children with a guarantee of non-structured physical activity.</b>	2
<b>Encourage active classrooms: integrate short, movement breaks into the classroom.</b>	3
<b>Ensure that the District provides outdoor green space for physical activity.</b>	3
<b>School Transportation-Related Physical Activity</b> <b>1. The District will continue to collaborate with the Village of West Salem and the La Crosse County Health Department to explore the availability of Federal Safe Routes to School funds to continue the Walking School Bus Program and other Safe Routes to Schools activities. Safe Routes to School Program creates safer walking and biking routes. Therefore, parents will perceive few barriers to walking or biking to school, resulting in increased physical activity of students.</b> <b>2. Participation in Safe Routes to Schools and Active Transportation programs will be accompanied by educational activities in the classroom, at family education nights, and any other sponsored events when possible. Active Transportation is an organized effort to provide adult supervision as children walk or bike to school, such as a walking school bus.</b>	2

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.</b>	3
<b>An organized wellness program shall be available to all staff.</b>	3
<b>The school shall provide a clean environment in which the students eat.</b>	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>The District shall invite a diverse group of District stakeholders, which may include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators to provide input in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy.</b>	3
<b>The Director of School Nutrition shall implement and ensure compliance with the policy by ensuring the review, update, and evaluation of the policy takes place. Policy requirements can be found at <a href="https://dpi.wi.gov/school-nutrition/program-requirements/local-wellness-policy">https://dpi.wi.gov/school-nutrition/program-requirements/local-wellness-policy</a>.</b>	3
<b>The policy developed shall include the following items, along with any additional measures deemed appropriate:</b> <b>1. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;</b> <b>2. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;</b> <b>3. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;</b>	2

<b>4. describes the process and public involvement in the development of the wellness program and initiatives.</b>	
<b>The District shall be responsible for informing the public, including parents, students, and community members, on the content of and any updates to the policy at least annually. In order to inform the public, the District shall include information in the student handbook and post the wellness policy on the District’s website.</b>	2
<b>The Superintendent shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including:</b> <b>A. copy of the current policy;</b> <b>B. documentation pertaining to the most recent triennial assessment of the local school wellness policy, including WellSAT scorecard, for all schools within the District;</b> <b>C. documentation of efforts to publicize the policy, updates to the policy, and the triennial assessment;</b> <b>D. documentation of efforts to review and update the policy, including the invitation to stakeholders to participate and a list of stakeholders involved in the review and update.</b>	3
<b>The District will evaluate compliance with the Wellness Policy no less than once every three (3) years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.</b>	3

## Section 2: Progress Update

West Salem School District scored a 2.83 on the policy assessment out of 3. Overall this is a very strong score, when factoring in that several of the areas that scored lower were based on limitations presented by COVID. There were 6 areas where the district scored a 2 rating instead of a 3. The first area was meeting the Nutrition Standards in the National School Lunch and School Breakfast programs. Due to COVID, the USDA implemented waivers allowing schools to follow the summer meal pattern instead of the National School Lunch and School Breakfast Program’s meal pattern. West Salem School District elected to follow the Summer Food Service Program meal pattern for the 2020-21 school year. The second area was promotion of health and nutrition education coming from various sources. Due to COVID health fairs, harvest of the month samples, and taste test days did not take place during the 2020-21 school year. The plan is to bring these activities back next school year. The third area was encouraging active recess by providing a guarantee of non-structured physical activity. Recess is provided for grades K-8 only; language in the policy will be updated to reflect this. The fourth area was participating in transportation-related physical activities. The Walking School Bus Program was not done during the 2020-21 school year due to COVID limitations. The goal is to bring back this program. The fifth area was the policy shall include verbiage for restricting marketing efforts to only those items that meet established guidelines. Currently our policy does not list guidelines for marketing efforts. This will be added to the updated policy. The sixth area was the district shall be responsible for informing the public on the content of the policy at least annually. Although our policies are on our District’s website, the policy is not mentioned in the student handbook. Reference to the policy will be added to the upcoming handbooks. Overall, West Salem School District has made great progress in promoting wellness within our schools and community. As things continue to transition back to “normal” following the pandemic, West Salem School District will continue to expand on its efforts to promote wellness.

## **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**

When compared to a model wellness policy West Salem School District's wellness policy was pretty comprehensive. The Department of Public Instruction indicates that a score of 50 or higher on the WellSAT is pretty good. We scored 100 on the comprehensive score for both the Nutrition Education and Implementation, Evaluation, and Communication sections. We also scored high with an 81.3 comprehensive score for the Physical Education Physical Activity section. We will continue to keep these goals on our policy and strive to continue to meet these goals annually.

### **Areas for Local Wellness Policy Improvement**

Despite a strong overall score, our policy did have some areas for improvement. We scored 25 in the Wellness Promotion and Marketing section. Despite our policy mentioning the need for marketing standards, we did not have any standards listed in the policy. We will add a statement in the policy to ensure only those foods and beverages that meet Smart Snack standards are marketed on our school campus. We also scored lower in the Standards for USDA Child Nutrition Programs and School Meals section with a score of 30. Although our district is following the standards listed on the model policy, we don't mention these standards in our policy. We will add a statement to the policy indicating that we take steps to protect the privacy of students who qualify for free or reduced priced meals and a statement that our staff completes the annual professional standards training requirements for food and nutrition services.