

# Wisconsin Local Wellness Policy Triennial Assessment Report Card

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](http://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.

## Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background (**Example Form Field**).

- 1. Assess Compliance with the Local Wellness Policy.**  
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**  
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellSAT.**  
Describe areas of policy strength and areas for improvement based on the findings of the WellSAT. You may elect to include your WellSAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial

This institution is an equal opportunity provider.

assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

# Cadott Community School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021

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 Starck (715) 289-3795.

### Section 1: Policy Assessment

*Overall Rating:*

45

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
<b>The food-service program shall comply with Federal and State regulations pertaining to the selection, preparation, delivery, consumption, and disposal of food and beverages as well as to the fiscal management of the program as well as all Federal and State 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.</b>	2
Substitutions to the standard meal requirements shall be made, at no additional charge, for students for whom a health care provider who has prescriptive authority in the State of Wisconsin has provided medical certification that the student's medical condition restricts his/her diet, in accordance with the criteria set forth in 7 C.F.R. Part 15b. To qualify for such substitutions the medical certification must identify a medical condition and food omitted from student's diet as well as substitutions.	3
The District may provide a student with a substitute meal without any certification provided that the meal still meets the USDA meal pattern for reimbursement.	3
For students who need a nutritionally equivalent milk substitute, only a signed request by a parent is required.	2
<b>The District's food service program shall serve only food items and beverages determined by the Food Service Department to be in compliance with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs. Any competitive food items and beverages that are available for sale to students a la carte in the dining area between midnight and thirty (30) minutes following the end of the last lunch period shall also comply with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs and the USDA Smart Snacks in School nutrition guidelines. Foods and beverages unassociated with the food-service program may be vended in accordance with the rules and regulations set forth in Board Policy 8540.</b>	3

Nutrition Promotion	Rating
promote nutrition education with the objective of improving students' health and reducing childhood obesity;	3
improve the health and well-being of our children, increase consumption of healthful	3

foods during the school day, and create an environment that reinforces the development of healthy eating habits;	
<b>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;</b>	3

<b>Nutrition Education</b>	<b>Rating</b>
<b>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.</b>	2
<b>Nutrition education standards and benchmarks shall be age- appropriate and culturally relevant.</b>	2
<b>Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.</b>	2
<b>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.</b>	2

<b>Physical Activity and Education</b>	<b>Rating</b>
The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity with the physical education academic content standards and benchmarks adopted by the State.	3
Withholding physical activity (specials, electives, recess, etc) should not be employed as a form of discipline or punishment.	2
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day	1
<b>In addition to planned physical education, the school shall 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.</b>	1

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>The schools should schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.</b>	3
<b>The school should provide attractive, clean environments in which the students eat.</b>	3
<b>Students are permitted to have bottled water only in the classroom.</b>	3
<b>Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.</b>	3
<b>Schools may limit the number of celebrations involving serving food during the school day</b>	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>The District Administrator will oversee development, implementation, and evaluation of the wellness procedures.</b>	2
<b>The District Administrator shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.</b>	2
<b>Before the end of each school year the wellness committee shall submit to the District Administrator 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.</b>	1
<b>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 of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.</b>	1

## Section 2: Progress Update

This will be our baseline triennial report. We have made progress in Nutrition promotion and following guidelines for any food events outside of breakfast and lunch. We follow all nutrition standards. We have curriculum and physical activity that is integrated. This is especially true in the elementary school. We have the highest scores in other school-based wellness activities. We noticed that we need to do a better job of policy monitoring and reporting. We will work to improve this result for the next evaluation.

## 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

{USDA standards category was the area of strength for the district. Our policies had only a couple of details to become compliant at the "2" level. Nutrition Education and Standards for USDA Child Nutrition Programs and schools meals were also rated higher than other categories. For those areas, with the addition of some specific language (i.e. seat time for meals) that reflects our actual practices we would be fully meeting the recommendations.

### Areas for Local Wellness Policy Improvement

The area with the greatest need for improvement is Physical Education Activity. While we do have statements connected to that category in our policy, they are not specific for time in physical activity and not by building level. We do not have language to address qualifications and training for physical education teachers, although in practice all of our teachers are licensed and follow the Wisconsin Physical Education standards. We can also improve in Wellness Promotion and Marketing.

### 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:**

{50}

**Strength Score:**

{30}

