

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. 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 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.

This institution is an equal opportunity provider.

Spooner Area School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022/23 School Year - Assessment completed based on Wellness Mtg Minutes and Health Office Annual report

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 Leah Foley, School Nurse.

Section 1: Policy Assessment

Overall Rating:

1.8

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 school shall provide attractive, clean environments in which the students eat.	3
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).	3
All foods available on campus during the school day shall comply with the current 1 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.	1
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.	2

Nutrition Promotion	Rating
The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2

Nutrition Education	Rating
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

Physical Activity and Education	Rating
Physical Activity and movement shall be integrated across the curricula and throughout the school day.	2

Other School-Based Wellness Activities	Rating
The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or other children's health insurance programs for which they qualify.	1
An organized wellness program shall be available to all staff to promote healthy eating and physical activity.	2

Policy Monitoring and Implementation	Rating
The District Administrator shall require documentation of the current policy	3
The District Administrator shall require documentation pertaining to the most recent assessment of the implementation of wellness initiatives identified in the policy.	1
The District Administrator shall require documentation of the efforts to publicize the policy.	0
The District Administrator shall require documentation of efforts to review and update the policy including identification of the participating and invited collaborators.	2
Monitoring and Evaluation - Triennial Assessment	0

Section 2: Progress Update

The Wellness Committee started the year with all but one of our members being new to the committee. Committee members included: Pete Hopke, Melanie Melgaard, Leah Foley, Jeromie Voeltz, Tifanie Jensen, and Michelle O'Connell.

Our main initiative for the Wellness Committee was sleep promotion. The SHS 2021-22 Youth Risk Behavior Survey results identified **only 32%** of students get the 8+ hrs of sleep at night which is required for high school age individuals. Research continues to confirm that lack of sleep can increase the risk of obesity, injury, poor mental health, attention problems, and cardiovascular disease (<https://www.cdc.gov/healthyschools/features/students-sleep.htm>). The following sleep promotion strategies were implemented:

- Sleep education provided to staff at PD day in January
- Sleep 101 tutorial option for staff and students
- Posters placed in all buildings in both teacher and student areas to promote sleep and educate on why sleep is important
- Ongoing discussions with teaching staff, students, and groups.
- Sleep trackers offered at Family Math and reading day for anyone interested and in health offices for students who are identified as having disturbed sleep cycles.

Wellness will continue to review the YRBS data on a yearly basis and determine topics of education on a quarterly basis. Additionally, staff wellness activities will be developed for staff health promotion throughout the year.

	SES	SMS	SHS	Staff
CLC Clubs	Variety of afterschool clubs promoting activity. (Little Dribblers, Wrestling, outdoor activity and recess afforded daily)	Cross Country Skiing Cheerleading Fat Tire Bike Club Mountain Bike Club Weight Training Police Academy		
August				Initial Search for committee members
September				Selection of committee members
October		SMS Wellness Day: Activities for students to try: physical, mental, and emotional health components.		Flu Clinic Oct 20 and 27 First Wellness committee meeting CPR Course offered - 23 staff certified
November	I Went Hunting activity	I Went Hunting activity	I Went Hunting activity	I Went hunting activity YRBS survey review.
December				Wellness committee Research on Sleep
January	Sleep posters	Sleep Posters	Sleep Posters	School Nurse presented on Sleep at January PD day

February	<p>Jump Rope for Heart - \$4000 raised for the American Heart Association (Jeromie Voeltz as lead)</p> <p>Family Math and Reading day with Health Related Stations</p>			<p><u>PD activities for staff:</u> Weight Training Pickle Ball Snowshoeing Take a Walk with a friend</p>
March	4k Open House With booths on Mental Health and Nutrition			
April	Shed Hunting Challenge	Shed Hunt Challenge	Shed Hunt Challenge	CPR Course offered - 22 staff Certified
May		Track and Field Days	Phone challenge - students participated with the Health Minds Club to put away phones for varied amounts of times.	
June	Track and Field Days			

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 as discussed in self evaluation during committee meetings:

FFA (ie. Great Apple Crunch), Garden and Student Leadership Groups

Student Leader Groups: Healthy Minds – grant from county;

Melissa Smith's Kindness Club

WellSat not completed by Administrative staff this year.

Areas for Local Wellness Policy Improvement per Committee discussion

- Improve process of Website development and communication with families on wellness initiatives.
- Improve Staff Wellness options
- Address the problem of snacks and treats in classrooms when brought from home - policy review to happen at future board meeting.