

Spooner Area School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: December 16, 2025

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:
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
The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model health eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
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
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
All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Food Sold in Schools (Smart Snacks) rule.	3
When foods are offered to students during the school day, the District encourages foods to meet the USDA Smart Snacks in School nutrition standards. SASD promotes non-food celebrations. Information on how to meet USDA standards is available through the Department of Public Instruction website.	3

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.	1
The school shall provide attractive, clean environments in which the students eat.	3

Nutrition Promotion	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 (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	3

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.	3

Physical Activity and Education	Rating
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
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

Other School-Based Wellness Activities	Rating
The District adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	3
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 in other children's health insurance programs for which they may qualify.	2
An organized wellness program shall be available to all staff to promote healthy eating and physical activity	2
The District shall inform and invite parents to participate in school-sponsored activities throughout the year.	1

Policy Monitoring and Implementation	Rating
The designated official for oversight of the wellness policy is the District Nurse. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.	2
The District Administrator shall obtain the input of District collaborators to participate in the development, implementation, and periodic review and update of the policy. The collaborators may include parents, students, representatives of the school food	2

Policy Monitoring and Implementation	Rating
authority, educational staff (including physical education teachers), school health professionals, Board members, members of the public, medical/health care professionals, and other school administrators.	
The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three 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. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the Board and public. The District shall 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.spooner.k12.wi.us.	3
The District will actively inform and update the public about the content of and any updates to the policy through the District website and Board meetings.	3
The District Administrator shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall post policy on the District website.	3
he District Administrator shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including: A. copy of the current policy; B. documentation pertaining to the most recent assessment of the implementation of wellness initiatives identified in the policy, C. documentation of efforts to publicize the policy; D. documentation of efforts to review and update the policy, including identification of the participating and invited collaborators.	3

Section 2: Progress Update

Nutrition Education is ongoing with our Health classes. Will continue to explore relevant ways to help students learn about food and food consumption.

Healthful foods are available, according to USDA guidelines, daily at lunch and breakfast.

Environment where food is served is clean and comfortable. Continued attention will be given to seat time during lunch especially. Per survey of MS and HS, students do not feel they have enough time to eat (54% MS and 52% HS students state there is not enough time to eat lunch in the cafeteria).

Various opportunities are afforded to students for physical activity and PE standards meet state criteria. Students still are not all getting 60 min of physical activity throughout a school day.

Staff activities are ongoing. Wellness activities are offered during some PD days during the school year as well as monthly wellness activities for staff. Goal of increased options and new wellness challenges offered for the next school year.

Administrative follow up meeting planned for January 2026. Board Policy review will take place to address Well Sat areas for improvement

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

Ongoing Wellness at Spooner Schools:

- Spring into Wellness, & I went Hunting Brag Boards
- Water bottles access for students at school.
- Lifetime fitness focuses in PE
- Activity WIN classes @ MS
- Recess and PE (Elementary - 2 Recs each day)
- High School Options: WIN on Friday and Daily for Rails if work is done
- Salad and Wrap option in Foods
- Staff Monthly activities to encourage wellness activities – prizes offered.
- Partnership with WashCo Wellness
- Hearing and Vision Screenings offered yearly at ES and MS

Areas for Local Wellness Policy Improvement

Areas for improvement include:

- Policy changes to address practices already in place: student privacy, drinking water available during meals, and continuing education standards for nutrition program staff.
- Education and communication to student families and staff to ensure healthy and Smart Snack approved treats/snacks for classroom celebrations and parties.
- Ensure students have adequate seat time for breakfast and lunch served at school.
- Creative local sourcing of produce and school meals.
- Ensure Students are receiving Relevant Nutrition Education throughout the district.
- Increase minutes of physical activity & increase physical activity breaks in the classroom.

Ongoing mtgs for policy review:

January Administrative Meeting and Review

School Board presentation of Triennial Assessment results and review policy based on assessment by end of school year.