

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.

School District of LaCrosse

Local Wellness Policy Triennial Assessment Report Card

Date Completed: May 21, 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 Brianna Ring.

Section 1: Policy Assessment

Overall Rating:

47

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
Foods provided by the district and at school sponsored activities during the instructional day should meet or exceed the United States Department of Agriculture (USDA) Smart Snack Standards. Emphasis should be placed on foods that are nutrient dense.	3
All food and beverages sold within the school day and 30 minutes prior to the start of the day and 30 minutes after the end of the will follow the USDA Smart Snack Standards.	3
Our district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans-fat per serving (nutrition label or manufacturer's specifications); and to meet the nutrition needs of school children within their calorie requirements.	3
The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3

Nutrition Promotion	Rating
The entire school environment, not just the classroom, shall be aligned with wellness initiatives to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.	2
School meals will meet or exceed nutrient standards established by the USDA. Alacarte food choices will adhere to nutrition standards based on the current	3

USDA Smart Snack Standards. School meal programs nutrition facts will be available online. When feasible, school meals will participate in the Farm to School program and feature locally grown foods.	
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Nutrition Education	Rating
In the areas of physical education and health education, which includes nutrition education, the district is committed to continual improvement of learning and the development of lifelong wellness practices. Nutrition education, physical education and health education will be offered systematically through district curriculum.	3

Physical Activity and Education	Rating
A quality education program is an essential component for all students to learn about and participate in physical activity. Students should have opportunities to be physically active before, during and after school. Physical activity should include regular instructional physical education, co-curricular activities, and recess. The district will encourage active classrooms, such as utilizing brain breaks and not taking away physical activity as punishment. The district will support efforts to encourage walking and biking to school, such as Safe Routes to School.	3
In the areas of physical education and health education, which includes nutrition education, the district is committed to continual improvement of learning and the development of lifelong wellness practices. Nutrition education, physical education and health education will be offered systematically through district curriculum.	3

Other School-Based Wellness Activities	Rating
The community will be engaged in supporting the work of the district in creating continuity between school and other settings for students to practice lifelong healthy habits.	2
Access to fresh drinking water during the school day is encouraged. Staff are encouraged to allow water bottles in the classroom.	3
The district strongly encourages parents and staff to follow the USDA Smart Snack Standards when providing snacks, birthday, or celebration treats. The district strongly encourages students and families to bring foods that are prepared in or purchased from, a licensed kitchen facility or commercially prepared. Non-food items are highly encouraged as an alternate treat. See USDA Healthy Celebrations for ideas.	2
The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The district will coordinate and integrate other initiatives, related to physical activity, physical education, nutrition, and other wellness components. All efforts are complementary and not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.	2
Strong consideration should be given to non-food items as part of any classroom reward program. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to USDA Smart Snack Standards. Click on the link or examples: Alternative food rewards.	3
It is encouraged to engage in fundraising opportunities that promote healthy choices and non-food options. Click link for examples: Healthy Fundraising Alternatives.	3

Lunchroom Climate: It is encouraged that the lunchroom environment be a place where students have: Adequate space to eat and pleasant surroundings; Adequate time for meals; Access to hand washing facilities before meals; Fresh drinking water available at all meals.	3
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Policy Monitoring and Implementation	Rating
The Wellness Advisory Committee is comprised of the Supervisor of School Nutrition, District Wellness Coordinator, Supervisor of Health and Physical Education/Principal, and school Health Representative. This Wellness Advisory Committee will review this policy annually. The district Leadership Team alongside the Wellness Advisory Committee are responsible for compliance with this regulation and any related guidelines.	3

Section 2: Progress Update

The Wellness Policy of the School District of LaCrosse was developed by a collaboration of School Nutrition, School Health Services, Parents, School Administrators, Local Health Department Employees and Community representatives and was adopted 12/14/2005 by the district Superintendent’s Advisory Team. This policy was monitored, reviewed 2/8/2012, revised 12/10/2015 and adopted 5/11/2016. Aggressive work has been done on this policy to strengthen Wellness Promotion and Marketing and was revised to reflect those statements 10/1/2019. The revised policy was discussed at Administrative meetings and district-wide parent group meetings at the beginning of the 2019-2020 school year. Further action on the adoption of this revised policy was placed on hold due to the pandemic and school closures.

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

The Wellness Policy of the School District of LaCrosse strengths include Nutrition Education, Standards for Child Nutrition Programs & School Meals, Nutrition Standards for Competitive and Other Foods & Beverages, Physical Education & Activity, and Implementation, Evaluation and Communication of the Policy.

Areas for Local Wellness Policy Improvement

Areas of the Wellness Policy that were identified during the review process as needed inclusion and strengthening were Wellness Promotion & Marketing. The updated policy includes language that encourages staff to model healthy eating and physical activity behaviors, strategies to support employee wellness, using physical activity as a reward, physical activity not being used as a punishment and physical activity not being withheld as a punishment. The updated policy also includes more guidance on food for classroom celebrations and treats.

The district has clear administrative procedures that protect the privacy of students that qualify for free or reduced meals, handling of unpaid meal balances and how families are

provided information and determination of free or reduced meal eligibility. These statements are not included in the Wellness Policy.