

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.

Wausau School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: April 1, 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 Karen Fochs, Director of School Nutrition Services.

Section 1: Policy Assessment

Overall Rating:
2.59

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 Nutrition Department shall offer and promote healthy school breakfast, lunch and after school snacks as a part of the education learning environment to encourage choices that reflect a healthy lifestyle. | 3 |
| The District shall comply with current federal and state guidelines for Child Nutrition Programs and Food Safety. | 3 |
| The District will model a positive eating environment with appropriate time to eat, based on best practice recommendation of the School Nutrition Association of at least 20 minutes for lunch and 15 minutes for breakfast. | 3 |
| USDA Smart Snacks in School regulations will be followed for all foods SOLD during the School day. Please refer to the USDA for specifics: and use the following tool to determine if items that are purchased fit within the USDA proposed standards. | 2 |
| Non-food rewards should be used to encourage positive behaviors and include, but are not limited to: Social rewards (e.g., positive praise,); Recognition(e.g. ribbons, stickers, certificates, emails home to parents/guardians);Privileges (e.g. going first, choosing a class activity, “no homework pass”); Rewards for the class (e.g. going outside to eat, holding class outdoors, listening to music while working and/or going outside for an additional activity break); School supplies (e.g., pencils, notebooks, erasers, bookmarks). | 2 |

| Nutrition Promotion | Rating |
|---|--------|
| Nutrition Services will use the Smarter Lunchroom Self –Assessment Tool developed by the USDA to determine ways to improve the school meal environments and implement at least one of the techniques at each school throughout the district. | 2 |

| Nutrition Promotion | Rating |
|--|---------------|
| The Nutrition Services department in partnership with other school departments and community organizations will work to market and promote locally grown food to students (as available). | 3 |
| | |

| Nutrition Education | Rating |
|---|---------------|
| Nutrition education shall be integrated into curriculum and will reflect the knowledge and skills necessary for a lifetime of healthy eating behaviors and be consistent with current state and national standards and guidelines, such as the Dietary Guidelines for Americans and Wisconsin’s Model Academic Standards for Nutrition Education. | 3 |
| | |

| Physical Activity and Education | Rating |
|--|---------------|
| The District will continue to support physical education programs that enhance lifelong fitness and encourage daily physical activity for its students. | 3 |
| The District will strive to meet the Society for Health and Physical Educator’s (“SHAPES”) recommended guidelines for physical education. | 3 |
| District facilities will be available to the community. | 2 |
| Students will be provided opportunities for physical activity through a range of after-school programs including, but not limited to: intramurals, interscholastic athletics, and other school sponsored activities. | 3 |
| | |

| Other School-Based Wellness Activities | Rating |
|--|---------------|
| The district will provide clean, safe, and appropriate meal environments for students as well as safe, secure, well-maintained, and inviting physical education facilities, along with adequate equipment, to enhance teaching and learning. | 2 |
| Schools will schedule lunch times as near to the middle of the school day as possible. | 3 |
| After-school programming should consider activities that have a nutrition or physical activity component. | 3 |
| | |

| Policy Monitoring and Implementation | Rating |
|--|---------------|
| A community-wide Wellness council will be established and maintained. The Council shall have a diverse group of stakeholders from the following list: Administrators, Physical Education Teachers, School Nurses, Community Members/Parents, Classroom Teachers, Students. | 2 |
| The purpose of the Council will be to meet on a triennial basis, as outlined by the USDA to review, and monitor the implementation and effectiveness of the Wausau School District Wellness Policy, providing recommended revisions and updates. | 2 |
| | |

Section 2: Progress Update

The most recent update to the WSD Wellness Policy was in December 9, 2019. A USDA waiver was granted in 2020 to all school districts in Wisconsin allowing them to forego the Federal Wellness Policy triennial assessment that was due June 30, 2020.

The WSD Wellness Policy progress from 2017 to the present has been positive and steady. The nutrition goals stated in the policy continue to be evaluated and implemented by the Nutrition Department. During the 2019/2020 SY all schools had met the criteria for scheduling lunch times as close to the middle of the day as is possible as well as allowing at least 15 minutes for breakfast and 20 minutes for lunch.

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

It is important to note that the overall Comprehensiveness and Strength scores of the WSD Wellness Policy did show a moderate increase over the 2017 scores. This increase was a direct result of the updates adopted to the Policy in June 2019. The Comprehensive Score increased by 20 points and the Strength Score increased 7 points over 2017 scores.

Policy Strengths:

- Adherence to regulations and requirements of the Child Nutrition standards set forth for Breakfast, Lunch, After School Programming, and Smart Snacks sales.
- Overall promotion of physical activity following standards set forth by the Society for Health and Physical Educator's recommended guidelines for physical education.
- Inclusion of Community participation through school or district sponsored physical activities such as family fun nights, fitness walks/runs for example.

Areas for Local Wellness Policy Improvement

- Continued implementation and promotion of non-food, activity based rewards to encourage positive behaviors district wide.
- Implementation of the "Leader in Me" curriculum district wide over the next several years.