

Monona Grove

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 14, 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 Jerrud Rossing, 608-221-7660, jerrud.rossing@mgschools.net.

Section 1: Policy Assessment

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
Menus are planned meeting or exceeding the minimum standards set by the USDA Lunch and Breakfast program	3
All students will have access to healthy food choices	3
Milk offered will be fat free flavored and low fat unflavored	3
Foods offered in school meals will be whole grain rich, low in fat, low in sodium, trans fat free, and contain a variety of fresh fruits and vegetables	3

Nutrition Promotion	Rating
Promote Nutrition Guidelines	3
Provide a Healthy Eating Environment	3
Child nutrition programs will follow the USDA guidelines	3

Nutrition Education	Rating
A Food Safety plan has been created for the School Nutrition Program	3
K12 health curriculum is offered that meets or exceeds Wisconsin DPI standards	3

Physical Activity and Education	Rating
Students shall be offered recess and co-curricular activities	3
The physical education curriculum shall teach students the value of physical activity.	3

Other School-Based Wellness Activities	Rating
Students are provided with a minimum 20 minutes for students to consume lunch in the cafeteria	3

Policy Monitoring and Implementation	Rating
Food sales and parties or special events should not conflict or interfere with student's participation in the school lunch or breakfast program	3
Principals report to the Superintendent and BOE	3

Section 2: Progress Update

The school nutrition team has prepared nutritious meals for students while adhering to USDA guidelines keeping in mind food safety and nutritional content and working with the school nurse and families with food allergies.

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 District promotes 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.

Areas for Local Wellness Policy Improvement

Maintain and develop resources for households on the District's website to educate and encourage good eating habits activities to maintain a healthy lifestyle.