

Gale-Ettrick-Trempealeau

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 Michele Butler, District Administrator - michelebutler@getschools.k12.wi.us. .

Section 1: Policy Assessment

Overall Rating:
2

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
District will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA	2
School nutrition services shall use the resources provided by the USDA and/or DPI to determine ways to improve the school meals environment	3
The full meal program will continue to follow the U.S. Government’s Nutrition Standards.	3
All food and beverages sold outside of the school meal programs shall meet the standards established by the USDA	3

Nutrition Promotion	Rating
District encourages the sale or distribution of nutrient dense foods for all school functions, fundraisers, and other activities.	2
All fundraising projects are encouraged to meet the district nutritional standards	2
District will reduce student access to foods of minimal nutritional value	2

Nutrition Promotion	Rating
Items being sold must not interfere or compete with the National School Lunch or Breakfast programs	2

Nutrition Education	Rating
Provide a positive environment and appropriate knowledge regarding food	3
When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices	1
When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.	2
Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal value by: Reducing access to non-nutritional foods, educating students about healthy foods, selecting pricing that favors sales of healthy foods.	2

Physical Activity and Education	Rating
The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life.	3
The health curriculum will educate students to develop the knowledge, attitudes, skills, and behavior for life long healthy eating habits and physical activity.	3
Elementary students will be provided with 2 (two) 45-minute physical education classes in a six-day schedule.	3
Students will have a minimum of 45 minutes of daily physical activity.	2
Students will not lose more than two recess periods in a week due to incomplete work.	3
The district provides additional opportunities for physical development and fitness through co-curricular sports and events supporting health promotion.	1

Other School-Based Wellness Activities	Rating
All fundraising programs are encouraged to meet the district nutritional standards	2
Fundraising items being sold must not interfere with the National School Lunch or Breakfast programs	2
Classroom incentives - Teachers are encouraged to consider non-food items as teacher to student incentive.	3
Lunchroom climate - It is encouraged that the lunchroom be a place where students have adequate space to eat and pleasant surroundings	3

Policy Monitoring and Implementation	Rating
The district will evaluate compliance with the Wellness policy no less than once every three years.	3
The superintendent or designee shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy.	3
The district will actively inform families and the public about the content and any updates to the policy through the district website and Board of Education meetings.	3

Section 2: Progress Update

We have recently hired a new Food Service Director and Superintendent. This review has brought to our attention the need to develop a new School Wellness Committee and we are planning to bring this group together in August to address the gaps in our program.

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 goals and expectations for curriculum and school lunch/breakfast programs are clear.

Areas for Local Wellness Policy Improvement

The policy is very general and allows for flexibility as requirements and programming changes; however, this review has brought to our attention the need to address our administrative rules for implementing our Wellness Program.