

# 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](http://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

This institution is an equal opportunity provider.

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.

# St. Joan Antida High School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-23

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 Aracelly Bonilla, 414-274-4700.

### Section 1: Policy Assessment

*Overall Rating:*  
**2.8**

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
<b>All foods made available on campus comply with the state and local food safety and sanitation regulations. Control plans and guidelines are implemented to prevent food illness in the school.</b>	3
<b>For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.</b>	3
<b>The national school lunch, breakfast and milk program will be made accessible to all students.</b>	3
<b>St. Joan's shall not allow advertising that promotes food and beverage choices that do not meet the school's nutrition standards.</b>	3
<b>Strategies will be applied to improve the selection and consumption of more nutritious choices.</b>	3
<b>Food sales/distribution in direct conflict with school nutrition programs shall be prohibited.</b>	3
<b>All fundraising activities require prior approval from the wellness committee. (see attachment)</b>	3
<b>Students, staff, and parents/guardians shall be informed and encouraged to consider fundraising strategies that include the sale of non-food items.</b>	3
<b>Vending foods shall not be available at the school.</b>	2
<b>Vending beverage sales will have only juice and water options.</b>	3
<b>Foods and beverages offered or sold at school-sponsored events outside the school day must include healthy choices.</b>	3
<b>Foods for classroom celebration or snacks must include healthy choices.</b>	3
<b>Non-food rewards and incentives are encouraged. Should teachers feel compelled to utilized food items as an incentive, they shall provide healthy choices.</b>	3
<b>Foods served at meetings and events shall include foods that include health choices.</b>	3

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
Reduce or eliminate foods of minimal or low nutritional value that are sold on campus; limit access, portions, or hours of sale.	3
Teach food preparation skills	3

<b>Nutrition Promotion</b>	<b>Rating</b>
Promote that all foods and beverages served, sold and distributed to students in the school environment including food outside of the meal program shall meet and strive to exceed the USDA Smart Snack standards. <a href="https://tinyurl.com/y8un25b3">https://tinyurl.com/y8un25b3</a>	2

<b>Nutrition Education</b>	<b>Rating</b>
Establish a nutrition program that instills healthy dietary habits.	2
Nutrition education shall be integrated into the curriculum such as math, science, and social studies.	2
Support a health education curriculum designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
To establish a program to help develop the understanding of the benefits of short- and long-term physical activity.	3
Physical activity should be encouraged throughout the day.	3
Adequate equipment is available for all students to participate in physical education	3
Physical activity facilities on school grounds will be safe.	3
Information will be provided to families to help them incorporate physical activity into their children's lives.	3
A quality physical education program that is sequential, developmentally appropriate, and comprehensive is necessary for all students to learn about and participate in physical activity. It shall meet and strive to exceed the national and state of Wisconsin physical education standards. It shall also help students develop individual fitness plans that are based on their ability and incorporate physical activity into their daily life.	3
Extracurricular Physical Activities such as clubs and interscholastic athletics are valuable ways to supplement a student's education and encourage physical activity. Participation by all interested students regardless of athletic ability should be encouraged.	3
Physical activity and topics relating to physical activity should be integrated into other curriculum throughout the day.	3
Sports offerings outside of school with "no-cut" policies include: Basketball, Volleyball, Soccer, Cross country, Track & Field and Tennis.	3
Walking opportunities available during the day as possible.	2

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
Ensure a school environment that is safe and physically, socially and psychologically healthful.	3
Health promoting behaviors of staff should be supported.	2
Establish a student service program that ensures access or referral for assessment or intervention for the students' health.	3
Promote a program to families that will help them be engaged as active participants in their children's education and encourages collaboration with	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
community resources and services to support the health-related needs of students more effectively.	
St. Joan is committed to maintaining a safe, comfortable and pleasing environment.	3
Lunch periods are scheduled as near to the middle of the school day as possible.	3
The school allows ample time and space for the students to eat their meals.	3
St. Joan's provides adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.	3
Cafeteria includes enough serving areas so that students do not have to spend too much time waiting in line.	3
Dining areas are attractive and have enough space for seating all students.	3
Drinking water is available for students at mealtimes.	3
Food is not used as a reward or a punishment for student behaviors.	3
Students will be encouraged to start each day with a healthy breakfast.	3
Support for the health of all students is demonstrated by hosting an annual health fair for parents/guardians, staff, and students.	3
The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).	3
Use peer-to-peer marketing strategies to promote healthier food choices	3
Provide taste testing opportunities to introduce new fruits & vegetables if funding becomes available	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The wellness committee of St. Joan Antida is comprised of representatives of the school administration, teachers, staff, students, parents, and food service vendor will implement and measure the effectiveness of the wellness policy. The committee will meet at least twice yearly. It will determine areas that need improvement and recommend policy revisions as necessary. The committee will report annually to the St. Joan Antida Board of Directors.	3
The School Administration (Principal and/or Food Director) and the Wellness Committee shall be responsible for ensuring that the school wellness policy is implemented and that there are measurable goals.	3
The school will 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.	3
The School will actively inform families and the public about the content of and any updates to the policy through the school website and school newsletters.	3

## Section 2: Progress Update

St. Joan Antida High School continues to revise and update the wellness policy in order to stay compliant. We continuously work to provide a safe, positive, and healthy environment for our students and staff members.

## 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**

Per the WellSAT assessment, areas of strength include Implementation, Evaluation, and Communication; Standards for USDA Child Nutrition and School Meals; and Nutrition Education. These areas are supported by the implementation of a wellness committee and effective community communication of activities and goals. Our school food service program meets USDA requirements and functions effectively within these requirements. Nutrition education, while not included for every grade level, has been a focus of the wellness committee, and we continue to find opportunities to improve nutrition education offered.

### **Areas for Local Wellness Policy Improvement**

Per the WellSAT assessment, opportunities for improvement include Wellness Promotion and Marketing and Nutrition Standards for Competitive and Other Foods and Beverages. Goals that could be established to improve these areas include evaluating and improving the marketing and promotion of non-food service food items (example concessions, fundraisers, out of school activity foods, and class parties). This should be paired with education for our families on making healthier food choices so changes can be made collaboratively rather than authoritatively. We can also continue to evaluate how we promote physical activity opportunities to our families, and improve these offerings and the promotion of these offerings. Once again, we should seek to make these improvements collaboratively, and promote community buy-in to any improvements attempted.

### **WellSAT Scores**

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

**Comprehensiveness Score:**  
{78}

**Strength Score:**  
{64}