

Sun Prairie Area School District

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 the Director of Nutrition.

Section 1: Policy Assessment

Overall Rating:

2.55

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 create a school environment that supports the promotion of healthy food and beverage products and an active lifestyle.	3
The district will follow the USDA NSLP and SBP guidelines in administering these programs. Meals served ...shall meet all USDA nutrition standards.	3
All district schools shall participate in federal child nutrition programs (National school lunch and breakfast).	3
The district shall comply with federal program guidelines and applicable laws and regulations of the State of Wisconsin.	2
Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods.	1
Parents are encouraged to provide nutritional foods for lunches and snacks.	2
Food product nutritional information will be available through the school nutrition Office.	3
Dietary accommodations shall be requested on a physician order.	3
The school meals program will continue to strive to offer ethnic and cultural food items. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.	3
All food and beverage products accessible to students shall be limited to	2

Nutrition Standards for All Foods in School	Rating
products meeting the USDA nutritional guidelines and most recent state and federal legislation. Foods and beverages not meeting these guidelines will not be served/sold/provided to students on school grounds from midnight through 30 minutes after school ends.	
Food and beverage products that do not meet the nutrition requirements in will not be promoted or advertised as per Policy KJ, Advertising in the Schools.	3
The Nutrition Program will make sure that water is available and accessible during meal times for students eating in the cafeteria as required by USDA 7 CFR 210.10 (a)(l)(i) and 7 CFR 220.8 (a)(l).	3

Nutrition Promotion	Rating
All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA Smart Snack nutritional guidelines.	2
Food and beverage products that do not meet the nutrition requirements in will not be promoted or advertised as per Policy KJ, Advertising in the Schools.	3
Food rewards or incentives shall not be used to encourage student achievement or desirable behavior. Students with specific Individualized Education Plans (IEP) may be exempted, but healthier rewards are encouraged.	2
School faculty and staff will not withhold meals or physical activity, or use punitive physical activity consequence. Physical activities can be used as a reward. Denial of physical activity (recess) cannot be used as a negative consequence.	2
School faculty and staff will not withhold meals or physical activity, or use punitive physical activity (i.e., running laps for talking in class) consequence.	3
Baked goods that are served or provided in the classrooms must be purchased, not homemade, and be in a wrapper which contains nutrition information and expiration date.	2

Nutrition Education	Rating
The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.	3
Nutrition Education curriculum will be sequential, comprehensive and standards based.	3
Nutrition topics shall be integrated within the comprehensive health education curriculum and within a wide variety of cross curricular subjects.	3
Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, handbooks, etc..	2

Physical Activity and Education	Rating
The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities.	3
Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.	3

Physical Activity and Education	Rating
All students in grades K-12, including students with disabilities, special health care needs, or in alternative educational settings, shall meet or exceed State Standards .	2

Other School-Based Wellness Activities	Rating
<p><u>Health Education</u> The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.</p>	3
Health education shall be offered at each grade level from K–5 and in grades 6, 8 and 10. Health education shall be part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill necessary to promote and protect their health.	3
<p><u>Recess and Other Physical Activities</u> All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.</p>	3
All elementary schools shall schedule at least 30 minutes each day of supervised recess, preferably outdoors, to be consistent with the district guideline regarding weather.	2
<p><u>Employee Wellness</u> Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.</p>	3
<p><u>FRAM</u> Families will receive and have access to Free/Reduced Application Materials through a variety of ways including but not limited to electronically through the School District software program and hard copies by mail and accessible at all schools and the District Service Center.</p>	3

Policy Monitoring and Implementation	Rating
All school districts participating in the USDA school meals program are required to establish a wellness committee to formulate, implement, evaluate a district wellness policy and report information annually on the school nutrition environment, for all schools in the district, to the public.	3
The Wellness Committee shall meet at least quarterly to review policy implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements.	2
<p><u>Wellness Committee Implementation</u> The committee will be comprised of 6-8 representatives from the following groups: Students, Nutrition Program Administrator, parent/caregivers, and community members.</p>	2
The chairperson of the Student Wellness Committee will be the District Wellness Coordinator.	3
The Wellness and Implementation Policies (JHK and JHK-R respectively) were updated in 2022-23.	3

Section 2: Progress Update

Excellent policy language in regards to Nutrition Standards for All Foods in Schools. Our school district policy is even stronger than the Federal Policy. Revised both the Wellness Policy (JHK) and Wellness Implementation Policy (JHK-R). Added in language to include water availability and Free/Reduced Application Material accessibility for families. Leadership of this committee is transitioning from the Nutrition Department to the District Wellness Coordinator. There are school based gardens or agriculture classes and have increased the number of schools that have hydroponic growing units (East High School and West High School) which supply our salad bars with fresh romaine. Purchased Farm to Cafeteria ground pork sausage from a local farm. The Nutrition Program has been adding culturally diverse food to the menu with eight new recipes during the 2022-23 school year. Language on Nutrition Education is very strong also.

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

Language in policies is very thorough and at times stronger than the model policy. Very strong in Nutrition Standards For All Schools. Students all receive the same meal regardless of eligibility and no one knows their status so students are not stigmatized. Sampling new menu items with students is a huge focus of the Nutrition Program so they have input into the menus and introducing more culturally diverse menu items. At our new West High School electronic menu boards were implemented this year. All dietary accommodations are honored if there is a doctor's note on file. We do not advertise food products to students.

Areas for Local Wellness Policy Improvement

The Wellness Policy could specify what is being accomplished with agriculture classes (hydroponics growing of romaine) and school gardens, add our negative balance policy to the Wellness Policy and specify how families should receive FRAM (Free and Reduced Application Materials), how eligibility determination is made and how we protect students eligibility so students are not stigmatized. Policy could determine a student's minimum seat time in the cafeteria after leaving the breakfast or lunch line. If there are snacks served before or after school (surround care, etc...) policy should specify that they meet Smart Snacks or the After-School Snack Program nutrition requirements. There might be stronger language and way to determine if policy is being followed for class parties and school celebrations due to food safety and allergies. No policy language on whether schools have physical activity breaks during the school day, active transport to school program, joint or shared-use agreements for physical activity in schools. Policy could include marketing to promote healthy food and beverage choices. Determination could be made to have a Health Team at school sites.