



Weld RE9 (Ault-Highland)

Local Wellness Policy Triennial Assessment Report

Date Completed: January 8, 2024

A local wellness policy directs 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 Debbie Pettit, School District Nurse at 970-834-2829.

Section 1: Policy Assessment

We encourage the following people to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
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| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education		X	
Nutrition Promotion		X	
Food and Beverage Marketing Guidelines on School Grounds		X	
Nutrition guidelines for all foods and beverages available but not sold on school grounds (i.e., classroom celebrations, rewards, etc.)		X	
Nutrition guidelines for all foods and beverages available sold on school grounds (i.e., a la carte, school stores, vending machines, etc.)		X	
Physical activity	X		
Other school-based activities (as defined by your policy)	X		



Section 2: Policy Progress

The Weld RE9 School Wellness policy was updated last year, and this is the first review of the updated policy. There are many great activities and things happening in our district which include the following:

- First annual 5K Homecoming fundraiser to support the middle school and high school cross country program
- After-school running club for elementary students
- After-school cheer camps for elementary students
- Ninja warrior obstacle course for elementary students
- Continued support and implementation of field day at the elementary school
- Hiking field trips at the middle school
- Coaches opening the weight room before and after-school for middle school and high school athletes during the off-season
- Nutrition class at the high school
- 5-2-1-0 challenge at the elementary school
- School menus are available online with nutritional content easily accessible
- Elementary students have 40 minutes of recess every day
- Elementary students have recess before lunch
- After school nutrition and fitness class for 3rd-5th graders

Many of the above activities/events are targeting the area of physical activity (as is reflected in Section 1 of this assessment report). The district also does well in meeting the nutritional guidelines for foods available and sold in the cafeteria. However, there is room for improvement in other areas of the policy. Specific targets include encouraging classroom celebrations be focused on activities rather than food, encouraging non-food alternatives as rewards, and integrating nutrition education into core curriculum areas.

Some members of the wellness committee would like to focus on identifying ways to consistently implement, enforce, and monitor the policy in each school. One member of the committee provided excellent feedback stating, "I would strongly encourage the district to embrace physical and nutritional wellness as an embedded component of everyday learning, much like they have done with social-emotional instruction. By promoting physical health and wellness, as well as mental health and wellness, we will be setting our students up for success in the classroom and in life beyond school."

Additionally, members of the wellness committee support the district offering more classes on healthy eating and cooking at the secondary level as well as more options for fitness classes and/or sports at the secondary level.



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 identifies policy strengths and areas for improvement.

Local Wellness Policy Strengths

The WellSAT: 3.0 was used to assess the Weld RE9 wellness policy which helped identify areas of strength. Section 2 of the WellSAT (Standards for USDA Child Nutrition Programs and School Meals) was our highest score (100 comprehensive score, 100 strength score). The next highest score came from section 6 (Implementation, Evaluation, and Communication) which showed scores of 88 (comprehensive) and 63 (strength).

Areas for Local Wellness Policy Improvement

Section 5 of the WellSAT (Wellness Promotion and Marketing) was our lowest score (58 comprehensive score and 58 strength score). Identifying this as an area for improvement will help guide the wellness committee's actions and decisions for the next year. A specific point to address includes not withholding physical activity as punishment.