

# Milwaukee/ Darrell Lynn Hines Academy

## Local Wellness Annual Review

Date Completed: October 23, 2023

A local wellness policy guides effort 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 Cathy Stampley, Business Manager Ext. 1393.

### Section 1: Policy Assessment

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**Overall Rating:**  
55

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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

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
Meals are healthy with plenty of fruits, vegetables, whole grains	3
Not withholding food as a punishment/ Food given as a reward	1
Clean and pleasant setting: make connections, adults have to do knowledge	2
Food for celebrations/ rewards are appropriate and fit our wellness policy	2
Meals are appealing and attractive	2

<b>Nutrition Promotion</b>	<b>Rating</b>
Menus posted on website	3
Meals served by nutrition professionals	3
Water available all day	3
Implement at least 10 evidence-based food promotion techniques	1
100% of foods and beverages meet USDA Smart Snacks	2

<b>Nutrition Education</b>	<b>Rating</b>
Model healthy eating to support developing lifelong healthy eating patterns	2
Promote fruits, veggies, whole- grain	3
Media literacy	1
Integrated into other subjects like math, science, language, social studies	1
12 Essential topics on healthy eating	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Recess not withheld as punishment	1
Elementary PE classes for 30 min per week	3
Health education available for all grades	3
Outdoor recess with feasible	1
Classroom activity breaks	2

Other School-Based Wellness Activities	Rating
Community partnerships	3
Family engagement: Bright Arrow, Newsletters, Website, etc..	2
Staff Wellness and promotion (example UHA)	2
Professional learning for staff	2
Before and after school activities	3

Policy Monitoring and Implementation	Rating
Regular committee meetings	1

## Section 2: Progress Update

Our wellness committee meets regularly to evaluate the strength and weaknesses of our policy. We have identified several areas that need improvement, and we are committed to bringing those areas up to our policy standards. We have listed those issues below under the Areas for Local Wellness Policy Improvement along with our descriptions fixing each low rating section.

## 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

### Section Two: Standards of USDA Child Nutrition Programs and Schools

We understand that we need to create a stronger statement to address our efforts to increase participation strategies for our school meals program.

### Section Three: Nutrition Standards for Competitive and Other Foods and Beverages

### Section Six: Implementation, Evaluation & Communication

## Areas for Local Wellness Policy Improvement

### Section One: Nutrition Education

We will improve by meeting with the principal, curriculum coordinator and subject leaders so that they can find ways to integrate nutrition education into all subjects.

### Section Four: Physical Education and Physical Activity

We will begin to establish a written physical education curriculum for the 2024/2025. We will also address qualifications, training, and education requirements the physical education staff. We will develop substitution and exemptions requirements for students.

### Section Five: Wellness Promotion and Marketing

We will add a section to our policy to address:

- Where we purchase food
- How its marketed in school publication and media
- Fundraising

# 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:**  
{85}

**Strength Score:**  
{73}