

# South Shore School District



## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024-25

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 Danielle E. Mikula at dmikula@sshore.k12.wi.us.

### Section 1: Policy Assessment

*Overall Rating:*

69

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
<p>Nutrition Standard for All Foods/School Meal Programs/Standards and Guidelines for School Meal Programs All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (<a href="https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf#page=2">https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf#page=2</a>)</p> <ul style="list-style-type: none"> <li>• Drinking water is available for students during mealtimes. All meals are accessible to all students.</li> <li>• Withholding food as a punishment shall be strictly prohibited. Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.</li> <li>• All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.</li> <li>• Lunch shall be scheduled following recess for elementary students.</li> <li>• Lunch shall be served between 11am-1pm.</li> <li>• Menus shall be posted on the District website.</li> <li>• All school nutrition program directors, managers, and staff should meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.</li> </ul>	2
<p>School Meal Program Participation</p> <p>The District:</p> <ul style="list-style-type: none"> <li>A. Shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals;</li> <li>B. Shall allow students the opportunity to provide input on menu items;</li> <li>C. Shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;</li> </ul>	2
<p>Foods and Beverages Sold Outside of School Meals</p> <ul style="list-style-type: none"> <li>A. All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards</li> </ul>	1

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
<p>established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.</p> <p>B. All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.</p>	

<b>Nutrition Promotion</b>	<b>Rating</b>
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	1
School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment ( <a href="http://dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf">dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf</a> ) to determine ways to improve the school meals environment.	2
School nutrition services will prioritize purchasing locally grown/produced products when possible.	2
The District may offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.	1
The District may offer students the ability to participate culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.	0

<b>Nutrition Education</b>	<b>Rating</b>
The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.	1
Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	2
Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	1
All middle school students receive sequential and comprehensive nutrition education.	1
Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.	1
Nutrition education will provide the knowledge and skills necessary to promote health.	2
Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
<p><b>Physical Activity</b></p> <p>The District shall provide students with age and grade-appropriate opportunities to engage in physical activity. The District shall utilize the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources.</p> <p>Children and adolescents should participate in sixty (60) minutes of physical activity every day.</p> <p>The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and State standards for physical education.</p> <p>The District shall also provide opportunities for students to participate in physical activity in addition to physical education. Physical activity shall not be employed as a</p>	2

Physical Activity and Education	Rating
<p>form of discipline or punishment. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.</p> <p>Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.</p> <p>All students in grades 4K-6 shall be provided with a daily recess period at least 30 minutes in duration. Recess shall not be used as a reward or punishment. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.</p> <p>The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.</p> <p>All students in grades 9-12 shall have the opportunity to participate in interscholastic sports programs. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs. All before/after-school programs shall provide developmentally appropriate physical activity for the students who participate.</p> <p>Schools shall discourage extended periods of student inactivity, without some physical activity. Physical Education A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.</p> <p>The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.</p> <p>All District elementary students in each grade shall receive at least 150 minutes of physical education per week throughout the school year.</p> <p>All District elementary students in each grade shall have physical education a minimum of three (3) times per week. All District middle school students in each grade shall receive at least 150 minutes of physical education per week throughout the school year. All District middle school students are required to take the equivalent of one (1) academic year of physical education. All-District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460.</p> <p>Planned instruction in physical education shall promote participation in physical activity outside the regular school day. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity.</p>	

Physical Activity and Education	Rating
<p>The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity. Planned instruction in physical education should encourage students to be engaged in physical activity for at least fifty percent (50%) of scheduled class time.</p> <p>Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education. Professional development opportunities should focus on the physical education content area.</p> <p>In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.</p> <p>Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.</p> <p>Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind. Planned instruction in physical education shall include cooperative as well as competitive games. Planned instruction in physical education shall take into account gender and cultural differences.</p>	

Other School-Based Wellness Activities	Rating
<p>Other School-Based Strategies for Wellness: Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.</p>	2
<p>Staff Wellness The District will implement the following activities below to promote healthy eating and physical activity among school staff. An organized wellness program shall be available to all staff. Organization of employee physical activity clubs. Administration of flu shots at school.</p>	2

Policy Monitoring and Implementation	Rating
<p>At a minimum, the district must conduct an assessment of the Wellness Policy every (3) three years, report to the public the finding of the evaluation, and update the policy as appropriate. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at the school district website: <a href="http://www.sshore.org">www.sshore.org</a>.</p>	2
<p>The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.</p>	3
<p>The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three (3) years. This assessment will include the extent to which the district is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.</p>	3

Policy Monitoring and Implementation	Rating
The District Administrator or a designee of the Wellness Committee shall report annually to the Board on the District’s wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The District Administrator or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.	2
<p>The program developed shall include the following items, along with any additional measures deemed appropriate:</p> <ol style="list-style-type: none"> <li>1. Identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;</li> <li>2. Describes the process and public involvement in the development of the wellness program and initiatives.</li> </ol>	2

## Section 2: Progress Update

The South Shore School District is actively working with our District Wellness Committee to review the scores of this triennial assessment, identify and address concerns in areas that need improvement, and to implement changes to improve outcomes. The district wellness team has had considerable turnover and now is a great time for opportunity to focus on our district wellness policy implementation with renewed energy, unity and focus. The Board of Education will be updated with annual reporting on progress toward goals.

## 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 South Shore School District Wellness policy reflects compliance with USDA requirements for all school meals and has improved as a result of our Administrative Review. Areas of strength include: the legal compliance within the policy and the written process for implementation, evaluation and communication; and the physical activity and physical education portions of the policy.

### Areas for Local Wellness Policy Improvement

Our Local Wellness Policy has been reviewed to reflect compliance with state requirements including triennial assessment and non-discrimination language. Our team agrees that areas of improvement include the following:

1. Standards for Competitive and Other Foods and Beverages: specifically nutrition standards for class parties and school celebrations and addressing food not being used as a reward with students.
2. Wellness Promotion and Marketing: Our district would like to improve the way we communicate as a collective team with consistency related to wellness for families and for staff. We could improve in the way the policy encourages staff to model healthy eating and physical activity behaviors with students and families.
3. Improve the implementation of meaningful team assessment and reflection with a team that is representative of multiple stakeholders.

## 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:***

84

***Strength Score:***

69