

School District of Onalaska

Local Wellness Policy Triennial Assessment Report Card

Date Completed: School Year 2023-24

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 Kerry Johnson, Director of School Nutrition johke@onalaskaschools.com or Janet Rosseter, Director of Finance and Business Services rosja@onalaskaschools.com.

The District recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop students' healthy behaviors and habits with regard to eating and exercise. It is necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The District sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- improve the health and well-being of students, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- promote the health and wellness of students and staff through other school-based activities.

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
All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.	3
All schools in the District participate in USDA child nutrition programs, including NSLP, SBP, and SFSP where eligible.	3
All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.	3
No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.	3
All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students ala carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.	2
The District adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	3

Nutrition Promotion	Rating
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.	2
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances without stigma.	3
Withholding food as a punishment shall be strictly prohibited	3

Nutrition Education	Rating
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.	2
Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.	2

Physical Activity and Education	Rating
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
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.	3

Other School-Based Wellness Activities	Rating
An organized wellness program shall be available to all staff.	3

Policy Monitoring and Implementation	Rating
Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.	3

Policy Monitoring and Implementation	Rating
In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.	3

Section 2: Progress Update

Beginning in the 2022-23 school year, the School District of Onalaska has utilized a District Strategic Planning Scorecard to align strategic initiatives to organizational results from both an instructional and an operational standpoint. Each year, yearly strategic planning goals are established with action steps to facilitate the attainment of the established goals. The school nutrition program is a part of this work, utilizing student wellness policy objectives, student, staff, and parent surveys to gather information to formulate initiatives, evaluate feedback, and adapt. Each year, the district's departments further refine the process in order to make continuous improvement to programs with the ultimate goal of increasing student, staff, and parent satisfaction.

Local Wellness Policy Strengths

A strength of the current policy is integration with the District's robust employee wellness program. The District is extremely proud of how students with negative balances are treated. The student should not be punished or singled out by having a lesser and different meal from their peers. Negative balances are an adult issue, not a student issue. The student is treated with dignity and the work is focused on making sure that paperwork is completed to qualify for free or reduced meals or if the student does not qualify, rectifying the negative balance to pay for meals consumed. Additionally, the District has worked to retrofit all drinking fountains to accommodate water bottle fillers and water bottles are allowed throughout the District during the school day to encourage water consumption.

Areas for Local Wellness Policy Improvement

Opportunities for improvement exist across the board with communication. Additional communication with our students about the opportunities they see for improving our school nutrition program; additional communication with our staff about understanding and supporting our student wellness policy; additional communication with our parents about their dreams for our school nutrition program.