

Wisconsin Local Wellness Policy Triennial Assessment Report Card

School District of South Milwaukee

Local Wellness Policy Triennial Assessment Report Card | SY2022-2025

Date Completed: Oct 17, 2024

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of wellbeing 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 Nutrition Services at (414)766-5023.

Section 1: Policy Assessment

Overall Rating:

2.65

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 District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	3
In keeping with the contractual obligations of the National School Lunch and Breakfast programs, the District prohibits food and beverage sales that are in direct conflict with the USDA standards.	3
Food and beverage choices marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.	3
All meals served meet or exceed current nutrition requirements established under the Healthy Hunger Free Kids Act of 2010.	3
Students should have adequate time for meals (usually 10 minutes for breakfast and 20 minutes for lunch from the time they are seated).	3

Nutrition Promotion	Rating
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This institution is an equal opportunity provider.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.	2
Nutrition education will be provided to parents and students at all grade levels.	2
Promote healthy food and beverage choices using at least ten smarter lunchroom techniques.	2

Nutrition Education	Rating
The District has a comprehensive approach to nutrition consistent with the Dietary Guidelines for Americans and follows the policies and guidelines provided by the Wisconsin Department of Public Instruction.	3
Nutrition education will be provided to students and parents at all grade levels. Nutrition education will be provided in the form of handouts, postings on the Nutrition Services & Menu websites, or various events throughout the school year.	2

Physical Activity and Education	Rating
All students will be provided equal opportunity to participate in physical education classes.	3
The District will provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	3
The District supports opportunities (e.g. including activity clubs, open gym, recreation and varsity sports) for students to participate in physical activity before and/or after the school day.	3
All schools will offer at least one recess on all or most days.	3
Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.	3

Other School-Based Wellness Activities	Rating
The District will continue to provide an annual STEAM Night. Families will be invited to participate in a Nutrition Literacy component which includes nutrition education, promotion and food sampling events.	3

Policy Monitoring and Implementation	Rating
The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.	1

Section 2: Progress Update

The SDSM Wellness Policy progress from our last assessment on June 21, 2021 to the present has been steady. The nutrition goals stated in the policy continue to be evaluated and implemented by the Nutrition Department. Menus have been updated to reflect SY24-25 Meal patterns as specified by USDA. All schools continue to meet the criteria for scheduling lunch times as close to the middle of the day as is possible as well as allowing at least 10 minutes for breakfast and 20 minutes for lunch. Vending machines have increased in popularity which in turn provides more access to Smart Snacks for students and staff at the HS. Our Food Program promotion during the District's annual STEAM Night has

continued to be a success. We continued to provide healthy meals that met USDA meal patterns to our students, families and community members throughout.

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 Wellness Policy provides a clear goal for Nutrition and Physical Education instruction to promote wellness and physically active lifestyles. The Wellness Policy also outlines important suggestions to increase staff, student and community wellness. The Wellness Policy does a great job ensuring compliance with the USDA Nutrition Standards for reimbursable school meals, smart snack standards, fundraising, classroom celebrations and school stores.

Areas for Local Wellness Policy Improvement

A Wellness Committee will be put together and meet once in the fall of 2024 and once in the spring of 2025 to review our Wellness Policy progress as well as make any improvements. These meetings/updates will be completed over the course of the school year.