Verona Area School District
Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024

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 Sidney Peach, peachs@verona.k12.wi.us

Section 1: Policy Assessment

Overall Rating:

2.7

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 the United States Department of Agriculture (USDA) child nutrition programs including the School Breakfast Program and the National School Lunch Program.	**3**
	All meals are accessible to all students. Withholding food as a punishment shall be strictly prohibited.	**3**
	Free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served.	**3**
	When drinking fountains are not present in the cafeteria, water cups/jugs are available.	**3**
	Menus shall be posted on the District website and will include nutrient content.	**3**
	All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements articulated in the USDA professional standards for child nutrition professionals.	**3**
	In addition, the District's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and determine eligibility for reduced or free meals.	**3**
	The District adheres to the Wisconsin Department of Public Instruction's (DPI's) fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers during the	**2.5**

	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.	
	Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.	**2.9**
	The District encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	**2.4**

Nutrition Promotion	Rating
The District will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums and cafeterias.	**1.2**
The District and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.	**2.4**
School nutrition services shall purchase at least 2 locally grown/produced products each year.	**3**
The District will ensure the promotion of healthy food and beverage choices through school announcements, newsletters and website postings.	**2.5**

Nutrition Education	Rating
Schools will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.	**1.1**
Schools will provide nutrition education and engage in nutrition promotion that is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.	**.5**

Physical Activity and Education	Rating
Elementary schools shall offer at least the recommended 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	**3**
Swim lessons are offered in Physical Education at the elementary level	**3**
Outdoor recess shall be offered weather permitting. VASD follows recommendations by the National Weather Service. Students are encouraged to wear outer clothing appropriate to the weather, which during the winter months may include boots, hats, mittens, scarves and water-repellent snow pants/double pants. Schools are encouraged to provide weather-appropriate clothing to students who do not come to school with weather-appropriate clothing.	**3**
Schools are encouraged to provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.	**2.7**
District facilities shall be made available to students and community members.	**3**

Physical Activity and Education	Rating
The District shall support active transport to and from school by engaging in activities that promote active transport, such as providing crossing guards.	**2.7**
High school and middle school students shall have access to the fitness center before and after school.	**3**
All District elementary students, in each grade, shall have physical education a minimum of three times per week.	**3**
All District middle school students are required to take the equivalent of one academic year of physical education.	**3**
All District high school students are required to receive 1.5 credits of physical education prior to graduation.	**3**
All physical education classes are taught by licensed teachers who are certified to teach physical education.	**3**
Physical education staff shall receive professional development on a yearly basis.	**3**

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle	**2.7**
Students are allowed to bring and carry throughout the day approved water bottles filled with only water.	**3**

Policy Monitoring and Implementation	Rating
The Superintendent shall implement this administrative rule and ensure compliance with policy Operational Expectation (OE) 10: Learning Environment/Student Behavior by leading the review, update, and evaluation of the administrative rule.	**3**
The District shall develop, maintain, and utilize a Wellness Committee, including sub-committees, that meets at least twice a school year to establish goals and oversee school health processes and programs, including development, implementation, and periodic review and update of this administrative rule.	**3**
The District shall invite a diverse group of members to participate in the development, implementation, and periodic review and update of this administrative rule. Members may include: ● Executive Director of Student Services ● Director of Pupil Services ● Deputy Superintendent of Business and Operations ● Director of Athletics & Activities ● Director of Buildings & Grounds ● Director of Elementary Education ● Director of Food Services ● Director of Human Resources ● Family, Staff, Community Engagement Liaison ● Operations Manager ● Parent/School Board Member ● Staff Wellness and Community Programming Coordinator	**3**

Policy Monitoring and Implementation	Rating
The Wellness Administrative Rule will be updated based off the following items: 1. The results of the triennial assessment 2. District Priorities 3. Community needs 4. The results of the school health assessments 5. School-level implementation progress 6. Emerging scientific information 7. New federal or state regulations or guidance	**3**
At least once every three years, the district will assess the Wellness Administrative Rule by measuring: 1. The extent to which schools under the jurisdiction of the district are complying with the Wellness Administrative Rule 2. The progress made in attaining the goals of the Wellness Administrative Rule	**3**

Section 2: Progress Update

The Verona Area School District has established an ongoing District Wellness Advisory Committee and expanded our District Wellness Administrative Rule to encompass a more comprehensive approach to wellness. We have incorporated new guidelines addressing physical safety, mental health, and staff wellness into this framework. Additionally, we are in the process of creating school-based wellness committees to support the implementation and success of these objectives at the building 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 identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

Our district demonstrates excellence across multiple areas, with comprehensive scores for USDA School Meals Standards, Nutrition Standards, and Administrative Rule Evaluations all achieving 75 or higher. Our Administrative Rule Evaluation has also earned a score above 75 in strength.

Areas for Local Wellness Policy Improvement

The Verona Area School District recognizes the need to enhance our nutrition education, wellness promotion and marketing efforts. While we have implemented several components of the *Model Wellness Policy*, these objectives are not fully outlined in our District Wellness Administrative Rule. Over the coming year, we will focus on aligning our administrative rule with current practices to ensure all existing efforts are clearly documented.

Our priorities include strengthening nutrition education for students, staff, and families, as well as improving the promotion of our food service program and overall wellness initiatives. By addressing these areas, we aim to foster a healthier school community and ensure greater awareness and engagement with our wellness efforts.

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:
57

Strength Score:
41