

Monona Grove School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

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 Maggie Sanna, 608-316-1911, margaret.sanna@mgschools.net.

Section 1: Policy Assessment

Overall Rating:

1

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
NS1 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	1
NS2 USDA Smart Snack standards are easily accessed in the policy.	1
NS3 Regulates food and beverages sold in a la carte.	1
NS4 Regulates food and beverages sold in vending machines.	1
NS5 Regulates food and beverages sold in school stores.	1
NS6 Addresses fundraising with food to be consumed during the school day.	0
NS7 Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	0
NS8 Addresses foods and beverages containing caffeine at the high school level.	0
NS9 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10 Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	0
NS11 Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	0
NS12 Addresses food not being used as a reward.	0
NS13 Addresses availability of free drinking water throughout the school day.	0

Nutrition Promotion	Rating
SM1 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2 Addresses access to the USDA School Breakfast Program.	1
SM3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4 Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5 Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1
SM6 Specifies strategies to increase participation in school meal programs.	0
SM7 Addresses the amount of "seat time" students have to eat school meals.	0
SM8 Free drinking water is available during meals.	0
SM9 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
SM10 Addresses purchasing local foods for the school meals program.	1

Nutrition Education	Rating
NE1 Includes goals for nutrition education that are designed to promote student wellness.	1
NE2 Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3 All elementary school students receive sequential and comprehensive nutrition education.	1
NE4 All middle school students receive sequential and comprehensive nutrition education.	1
NE5 All high school students receive sequential and comprehensive nutrition education.	1
NE6 Nutrition education is integrated into other subjects beyond health education	0
NE7 Links nutrition education with the school food environment.	2
NE8 Nutrition education addresses agriculture and the food system.	0

Physical Activity and Education	Rating
PEPA1 There is a written physical education curriculum for grades K-12.	0
PEPA2 The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3 Physical education promotes a physically active lifestyle.	1
PEPA4 Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5 Addresses time per week of physical education instruction for all middle school students.	0
PEPA6 Addresses time per week of physical education instruction for all high school students.	0
PEPA7 Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8 Addresses providing physical education training for physical education teachers.	0
PEPA9 Addresses physical education exemption requirements for all students.	0

Physical Activity and Education	Rating
PEPA10 Addresses physical education substitution for all students.	0
PEPA11 Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13 Addresses recess for all elementary school students.	1
PEPA14 Addresses physical activity breaks during school.	0
PEPA15 Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16 District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0

Other School-Based Wellness Activities	Rating
WPM1 Encourages staff to model healthy eating and physical activity behaviors.	0
WPM2 Addresses strategies to support employee wellness.	0
WPM3 Addresses using physical activity as a reward.	0
WPM4 Addresses physical activity not being used as a punishment.	0
WPM5 Addresses physical activity not being withheld as a punishment.	0
WPM6 Specifies marketing to promote healthy food and beverage choices.	1
WPM7 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8 Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	1
WPM9 Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
WPM10 Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0
WPM11 Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12 Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0

Policy Monitoring and Implementation	Rating
IEC1 Addresses the establishment of an ongoing district wellness committee.	1
IEC2 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
IEC4 Addresses making the wellness policy available to the public.	2

Policy Monitoring and Implementation	Rating
IEC5 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
IEC6 Triennial assessment results will be made available to the public and will include:	1
IEC7 Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8 Addresses the establishment of an ongoing school building level wellness committee.	0

Section 2: Progress Update

The District's Wellness Policy needs to be formally updated. The Monona Grove School District School Nutrition department meets or exceeds the USDA nutrition standards for reimbursable school meals and is progressing towards partnerships to accomplish wellness initiatives of the district.

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 Monona Grove School District and its School Nutrition department ensures compliance with USDA nutrition standards for reimbursable school meals to promote a healthy eating environment at each school campus, providing all students access to balanced meals, and nutrition education within the school meal environment.

Areas for Local Wellness Policy Improvement

The Monona Grove School District can further support its healthy school environment by maintaining an active Local School Wellness Policy committee with representative stakeholders from the district and the public, to uphold the implementation and evaluation of the wellness policy.