

# Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA's compliance with their local wellness policy, describe the SFA's progress toward meeting their local wellness policy goals, and describe how the language in the SFA's wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellSAT). The WellSAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellSAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at [wellsat.org](https://wellsat.org). To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

## Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({Example Form Field}).

- 1. Assess Compliance with the Local Wellness Policy.**  
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**  
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellSAT.**  
Describe areas of policy strength and areas for improvement based on the findings of the WellSAT. You may elect to include your WellSAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

This institution is an equal opportunity provider.

# Stevens Point Area Public School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 Jeff Mlsna - [jmlsna@pointschools.net](mailto:jmlsna@pointschools.net).

### Section 1: Policy Assessment

*Overall Rating:*

**{81}.**

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 is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.                                                     | 2 - JM<br>2-LO<br>2-CN<br>3-LE<br><b>2.5</b> |
| All students have access to all USDA programs offered, all USDA programs are offered at all school sites                                                                                                                                                                                                                                    | 3<br>3-LO<br>3-CN<br>3-LE<br><b>3</b>        |
| Meals served to students through the National School Lunch and/or National School Breakfast Programs shall comply with the standards for meal patterns, nutritional levels, and calorie requirements for the age/grade served                                                                                                               | 3<br>3-CN<br>3-LE<br><b>3</b>                |
| <b>School Meal Program Participation</b> - The district will notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced price or free meals                                                                                                          | 2 - JM<br>3-LE<br>3-CN<br><b>3</b>           |
| <b>Foods/Beverages Sold Outside of School Meals</b> -During the school day, all food and beverages sold and served to students 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. | 1-LO<br>2-LE<br>2(?) -CN<br><b>2</b>         |

| Nutrition Promotion                                                                                                                                                                                                                 | Rating                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| School menus are generated monthly with informational and fun facts and promoted to Students/Parents through District's website, Food Service Facebook Page, School Newsletters                                                     | 3-LE<br>3-CN<br>3-NS<br>3 |
| Nutritional information is available for Families through Nutrislice on the District Webpage                                                                                                                                        | 3-LE<br>3-CN<br>3         |
| The district uses evidence-based strategies from Smarter Lunchrooms to encourage selection and consumption of healthy food choices in the cafeteria.                                                                                | 3-LE<br>3-CN<br>3         |
| <b>Marketing</b> - 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-LE<br>2(?) -CN<br>2     |

| Nutrition Education                                                                                                                                                                                                                         | Rating                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Foods Offered/Provided but Not Sold</b> -The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards                                                                   | 0 - JM<br>1-LO<br>2-LE<br>1-CN (i am struggling with the word encourages)<br>1             |
| 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 - JM<br>2-LE<br>2-CN<br>2                                                                |
| <b>Academic Standards for Nutrition</b> - Relevant professional development will be offered to staff members responsible for nutrition education.                                                                                           | 0 - JM<br>0 - LO<br>0-LE<br>0 (Defining what staff members are responsible/included-Randy) |

| Physical Activity and Education                                                                                                                                                                      | Rating                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| The District shall provide opportunities for students to participate in physical activity in addition to physical education.                                                                         | 3 - JM<br>3-LO<br>3-CN<br>2-NS<br>3 |
| Elementary schools shall offer at least 20 minutes of recess (free unstructured play) on all days during the school year.                                                                            | 3-NS<br>3                           |
| The District shall support active transport to and from school                                                                                                                                       | 1 - JM<br>?-LO<br>1-CN<br>1         |
| 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. | 3 - JM<br>3-LO<br>3-CN<br>3-NS<br>3 |

| Physical Activity and Education                                                                                                                                         | Rating                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Elementary physical education</b> - All district elementary students will receive at least 90 minutes of physical education during the 6 day rotation.               | 3-CN<br>3-NS<br>3                   |
| <b>Junior high school physical education</b> - All District junior high school students are required to take the equivalent of one academic year of physical education. | 3 - JM<br>3-LO<br>3-CN<br>3         |
| <b>High School physical education</b> - All District high school students are required to receive 1.5 credits of physical education prior to graduation.                | 3 - JM<br>3-CN<br>3-NS<br>3         |
| All physical education classes are taught by licensed teachers who are certified to teach physical education.                                                           | 3 - JM<br>3-LO<br>3-CN<br>3-NS<br>3 |
| Physical education staff shall receive professional development on a yearly basis.                                                                                      | 3 - JM<br>3-CN<br>3-NS<br>3         |
| In health education classes, the District shall include topics of physical activity                                                                                     | 3 - JM<br>3-CN<br>3                 |

| Other School-Based Wellness Activities                                         | Rating                                                                                 |
|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Access to free drinking water is available in each lunchroom                   | 3<br>3-LE<br>3-CN<br>3                                                                 |
| Adequate space is available in each lunchroom with clean pleasant surroundings | 3<br>2-LO<br>3-LE<br>3-CN<br>3                                                         |
| Allows adequate time for meal times                                            | 3<br>3-LO<br>2-LE<br>3-CN<br>2-NS<br>2-HB<br>2 (encourage students to use time wisely) |

| Other School-Based Wellness Activities                                                                                                                                                | Rating                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.                                                                          | (1KL)<br>1-LO<br>1-LE<br>1(?) -CN<br><b>1</b>                                |
| 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 wellbeing. | 1 - JM<br>2-KL<br>1-LO<br>2-LE<br>1-CN<br><b>1.5</b>                         |
| <b>Staff Wellness</b> - Educational activities for school staff members on healthy lifestyle behaviors.                                                                               | 2 - JM<br>3- KL<br>.5-LO<br>2-LE<br>2-CN<br><b>1(Lori O. Pilot Interest)</b> |
| <b>Staff Wellness</b> - Distribution of an employee health newsletter to promote healthy behaviors.                                                                                   | 2-LE<br>2-CN<br><b>2</b>                                                     |
| <b>Staff Wellness</b> - Access to flu shots and health screenings                                                                                                                     | 3 - JM<br>3-LO<br>3-LE<br>3-CN<br><b>3</b>                                   |

| Policy Monitoring and Implementation                                                                                                                                                                                                                                                                        | Rating                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| The oversight of the wellness policy is the District Wellness Committee, led by the Directors of Education, focused on staff and students with representation from throughout the district. The directors shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy. | 2 - JM<br>2-LO<br>2-LE<br>2-CN<br><b>2</b> |
| The District shall convene a Wellness Committee that meets quarterly during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and updates to this Wellness Policy.                                             | 2 - JM<br>2-LE<br>2-CN<br><b>2</b>         |
| The District shall invite a diverse group of stakeholders to regularly participate in the development, implementation, and periodic review and update of the wellness policy.                                                                                                                               |                                            |
| The District Wellness Committee will provide yearly updates and recommendations to district leadership and School Board. This update will also be shared with district staff and the community.                                                                                                             | 2 - JM<br>2-LE<br>2-CN<br><b>2</b>         |
| The Director of Food Service must evaluate compliance with the wellness policy no less than once every three years                                                                                                                                                                                          | 3 - JM<br>3-LO<br>3-LE<br>3-CN<br><b>3</b> |

## Section 2: Progress Update

The Stevens Point Area School District will continue to implement a Wellness Committee.

The Wellness Committee will meet to continue to Committees commitment to support Students, Staff, and Community through the Districts Wellness Policy and 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 Stevens Point Area Public School District will support Students, Staff, and Community with a healthy environment, teaching healthy habits that will help throughout their life journey.

#### **Areas for Local Wellness Policy Improvement**

Our Wellness Committee crafted our narrative based on 2 lenses - staff needs and student needs. Through the process of reviewing staff needs we identified a number of strengths (health screenings and newsletters); however, our committee also realized numerous growth areas (school-based wellness activities and improved communication). We will be targeting these areas as future work for our district wellness committee. In the area of student needs, we identified the following areas as strengths (nutritional programming and physical education). The growth areas we will be focusing on related to student needs are (marketing/communication, PD for teachers around nutrition, and supporting active transportation).

**Staff Growth Areas:** School-based wellness activities and improved communication  
(Supporting Actions)

**Student Growth Areas:** Marketing/communication, PD for teachers around nutrition, and Supporting active transportation  
(Supporting Actions)

**Comprehensiveness Score:**  
{Score}

**Strength Score:**  
{Score}