

School District of Washburn

Local Wellness Policy Triennial Assessment Report Card

Date Completed: August 2025

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 Ivy Meierotto at imeierotto@washburn.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:

3

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
Drinking water is available for students during mealtimes.	3
All meals are accessible to all students.	3
Withholding food as a punishment shall be strictly prohibited.	3
Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.	3
Lunch shall be served between 11am - 1 pm.	3
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3

Nutrition Promotion	Rating
The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	3
School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.	3

Nutrition Education	Rating
The primary goal of nutrition education is to influence students' lifelong eating behaviors.	3
Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.	2
Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	2
Students shall participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.	3
The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.	3

Physical Activity and Education	Rating
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.	3
All students in grades K-6 shall be provided with a daily recess period at least 20 minutes in duration. Recess shall not be used as a reward or punishment.	3
Teachers shall offer short (3 - 5 minute) activity breaks throughout the school day.	3
In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.	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
The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	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.	3
Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.	2

Policy Monitoring and Implementation	Rating
<p>The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years.</p> <p>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. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the Board and public.</p>	3

Section 2: Progress Update

In completing the triennial assessment, additional policy changes were made by the Policy Committee and approved by the School Board to better reflect current practices and support continuous improvement efforts focused on wellness.

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

Areas of strength for the School District of Washburn include nutrition environment and services, especially related to the school gardens and overall school culture focused on wellness, as well as compliance with federal requirements and recommendations.

Areas for Local Wellness Policy Improvement

One area of improvement is the more systematic integration and explicit instruction on nutrition to education in all grade levels, content areas, and times throughout the day.

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:

85

Strength Score:

81