

Newman Catholic Schools

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 Jennifer Derks.

Section 1: Policy Assessment

Overall Rating:

2.55

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 NCS Food Service Program will follow state and federal guidelines as required by the National School Nutritional Standards, and the Smart Snacks in School Nutrition Standards.	3
Ensure that all children have access to adequate and health food choices on scheduled school days at reasonable prices.	3
Provide enough space and time for lunch in a clean, safe, enjoyable meal environment for students.	3

Nutrition Promotion	Rating
Nutrition information will be shared with students and parents through printed materials, the NCS website and various social media.	3
Collaborate with the community to provide students, and parents with information to encourage them to teach their children about health and nutrition.	2
Only foods and beverages that meet USDA "All Foods Sold in Schools" standard may be marketed to students during the school day.	3

Nutrition Education	Rating
Educate students about food in the cafeteria by conducting two taste testing events per school year and displaying visuals on the serving line and in dining areas.	2
Implement integrated nutrition education from preschool through secondary as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating habits.	3

Physical Activity and Education	Rating
To provide opportunities for every student to develop the knowledge and skills for specific physical activities	3
To maintain students' physical fitness and to ensure students' regular physical activity.	3
To teach students the benefits of a physically active and healthful lifestyle.	3
Physical Activity information will be shared with students and parents through printed materials, the NCS website and various social media.	2
Collaborate with the community to provide students, and parents with information to encourage them to teach their children about physical activity.	3
Students receive physical education that follows the Wisconsin State Standards.	3
Physical education classes are taught by licensed teachers certified in Physical Education.	3

Policy Monitoring and Implementation	Rating
The NCS President or designee and building principal/administrator will be responsible for ensuring that each building meets the guideline of the local wellness policy and implement a plan for measuring the effectiveness of the wellness policy. An annual checklist regarding implementation, progress, and staff and student awareness will be conducted on an annual basis.	2
The NCS Wellness Committee will consist of teachers, administrators, food service Coordinator, PE staff, community members, parents, and students. The primary function of this committee will be to periodically review the policy, evaluate policy outcomes, and communicate recommendations to the president or designee.	2
NCS wide staff wellness committee will provide opportunities for staff to model healthy behaviors and enjoy physical activities.	3
Principals will inform staff about wellness policy goals and progress	2
The Wellness Committee will provide yearly recommendations to the President or designee	0
The President or designee will report annual results of evaluation of the wellness policy goals	0
Parents and community will be informed about the Wellness Policy, updates, annual reports, and helpful resources through appropriate media outlets.	2

Section 2: Progress Update

2024-2025 Wellness Statement:

Our School Sites offer a variety of healthy entrees, with choices of fruits & vegetables. The last few years we have purchased as much of our produce as possible from our local community or within the US. This has been possible from several buy local grants that we or our local growers have received. We have added a hydroponic tower grow station in our cafeteria and partnered with our HS science dept to grow our own fresh lettuce. Student take part in the growing and harvesting of that produce. Next year we will be adding a 2nd hydroponic tower. Cafeterias and Food Service Staff teach students about the 5 components of their lunch, what the proper serving size is and what a healthy tray looks like. Posters, stickers and signs help encourage healthy choices in the cafeterias.

Some elementary classrooms students are learning about nutrition, baking bread and making butter. Elementary students also learn about healthy food choices, do food sorts, and learn My Plate. Students in FACE Classes at the middle/high school level learn about My healthy plate and create food dishes. Foods classes make scratch dishes focusing on My Plate from around the world. Ex. Empanadas, stir fries, tzatziki sauce, homemade pies, margarita pizzas and many more. These students also take part in some amazing fieldtrips for World Foods. Ex. Super International Market, Mexican Market and restraunts. FACE courses also address

wellness topics, adulting, diseases and illness and female wellness.

All Newman student receive Physical Education at a minimum of twice a week. Standard/required curriculum is addressed as well as amazing opportunities to try downhill and Nordic skiing, snowshoeing, golf, swimming at offsite locations. There are district wide events/walks for students. Some district events are part of the school day, others are outside of the school day. Most District events include families/parents. District Track Meets & 4th & 5th grade Basketball. Many staff also participate in group activities, such as walking clubs, exercise groups or incentive programs/contests among themselves. In the future we can continue to grow in all areas promoting healthy lifestyles and choices with our students, staff and families.

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

Newman Catholic Schools is committed to fostering a healthy and supportive environment to our students and staff. We offer healthy meals to our students taking advantage of fresh local produce, a variety of menu options and meet all USDA standards. Our High School students are actively involved in hydroponics that yield produce for our lunch program. We offer a comprehensive health curriculum integrated K-12, covering wellness, healthy diet and choices, physical activity and general active lifestyle choices. We offer opportunities to students throughout the day and beyond for physical activity.

Areas for Local Wellness Policy Improvement

As a committee we will work to meet district wide. We are strong at each building level but need to take time to collaborate as a district. We will also continue to work on the sharing and reporting of our events, strengths and activities with families and stakeholders.