Messmer High School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 11/14/2024

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 Mike Bartels at 414-264-5440.

Section 1: Policy Assessment

Overall Rating: 2.67

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 meals are accessible to all students.	3
Withholding food as a punishment shall be strictly prohibited.	3
All meals are appealing and attractive and served in clean and pleasant settings. Drinking water is available for students during mealtimes. Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.	3
Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional. 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
All food and beverages sold and served 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	2
No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.	3
The District allows up to two exempt fundraisers per school per year. All other fundraisers sold during the 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.	2
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. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	2

Nutrition Standards for All Foods in School	Rating
The District encourages foods offered on the school campus 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.	3

Nutrition Promotion	Rating
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2

Nutrition Education	Rating
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	3

Physical Activity and Education	Rating
The District shall provide students with age and grade appropriate opportunities to engage in physical activity.	3
All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year. All District middle school students are required to take the equivalent of one academic year of physical education., All District high school students are required to receive 1.5 credits of physical education prior to graduation.	3

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. 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 well-being.	2
The district will implement activities to promote healthy eating and physical activity among school staff such as periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.	2
The District shall inform and invite parents to participate in school-sponsored activities throughout the year.	3

Policy Monitoring and Implementation	Rating
The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.messmerschools.org.	3

Section 2: Progress Update

Progress was made from the previous years. Tighter controls were put in place to monitor sales of food by clubs during the year. We also added in more health opportunities for staff. Some items are no longer applicable or need to be modified because Messmer no longer operates grade schools.

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.

Comprehensiveness Score:
{80}

Strength Score:
{51}

Local Wellness Policy Strengths

Our greatest strength is the qualified personnel making the menus and monitoring the quality of the food. We also have a strong Physical Education department who stresses health education and physical activity.

Areas for Local Wellness Policy Improvement

While we made progress, Messmer can improve on sales by clubs. More monitoring needs to be in place to make sure food sold fits the policy. Promotion of the healthy eating and physical activity outside of school can be improved. We also need to do better with community engagement.