School District of Auburndale

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2025 - 2026

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 Nicole Lutz nlutz@aubschools.com.

Section 1: Policy Assessment

Overall Rating: 2.75

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 will follow the USDA National School Lunch Program Guidelines in offering meals. Meals served through the school lunch program will meet Federal Guidelines.	3
Low-fat milk and water will be available to all students at every meal. The school lunch program will serve milk with every reimbursable meal. Water may be sold throughout the school day. No candy, soda pop or other sweetened drinks (iced teas, sport or fruit-based drinks) will be sold, other than allowed fundraising exemptions.	2
Minimize the use of foods of low nutritional value used as learning or behavior incentives. When using food as part of a class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices. When curricular-based food experiences are planned, staff and students are encouraged to seek out healthy nutrition choices whenever appropriate.	2
Foods and beverages sold or distributed during the school day will adhere to nutrition standards based on the current USDA food nutrition guidelines. Classroom teachers will consult with the head cook to ascertain whether a food item meets nutritional guidelines. The classroom teacher will need authorization from the building principal to deviate from these guidelines.	2

Nutrition Promotion	Rating
Provide a school environment that includes educational opportunities for students in nutrition education, health education, and physical education. District curriculum will enable students to acquire the knowledge and skills necessary to make healthy food choices and physical activity habits for a lifetime.	3
Provide students access, through the food service program, to adequate and healthy food choices on scheduled school days. Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables. Minimize student access to foods of low nutritional value. When practical to do so, the district will offer locally grown foods as part of the school meal program as well as other food sales that occur during the school day. No food items will be sold during school meal service times or in the meal service area.	3
Anyone who brings a group snack will be encouraged to use whole grains, fruits, vegetables, or other foods that make a positive contribution to children's diet and health. Parents will be encouraged to provide nutritional treats such as raisins, dried fruit, or low-fat string cheese.	3
Offer, promote and competitively price healthy food choices to be more attractive to students than unhealthy ones. The district will utilize various initiatives, strategies and marketing materials to promote healthier food options and better eating habits on the part of students and staff. Promotion of unhealthy food choices will be restricted. The District will minimize the use of foods or beverages of high-fat or high-sugar content for group sales or parties for students during the school day and encourage increased consumption of water throughout the day.	3

Nutrition Education	Rating
Nutrition education will be integrated into curricular areas where appropriate and provide students with a consistent message of building habits that support a healthy lifestyle. Nutrition education will be linked with the school food environment by modeling of nutrition education messages in the classroom and cafeteria.	2

Physical Activity and Education	Rating
The physical education curriculum will emphasize knowledge and skills for a lifetime of regular physical activity, be consistent with state and national standards, include a wide variety of physical activities, and encourage participation in physical activity both during and outside of the school day. Students will be given the opportunity for physical activity during the school day through grade appropriate recess time and other physical activity that is integrated into the school day.	3
The physical education curriculum will include the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). The district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.	3

Other School-Based Wellness Activities	Rating
All students have access to the school lunch program. The district strictly adheres to the income eligibility guidelines for free and reduced meals as	3

Other School-Based Wellness Activities	Rating
established by the Secretary of Agriculture and disseminated to the district through the DPI and will assure that guidelines for reimbursable meals shall not be less restrictive than regulation and guidance established by the Secretary of Agriculture. Income eligibility information is published annually. All requests for free and reduced meals are processed using state/federal approved forms. The district utilizes a pass code system that maintains confidentiality for students purchasing free and reduced meals.	

Policy Monitoring and Implementation	Rating
The District will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy	3
The District will inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.	2
The District will (A) Periodically measure and make available to the public an assessment on the implementation of the wellness policy, including – (1) the extent to which schools in the District are in compliance with the wellness policy, (2) the extent to which the District's wellness policy compares to model local school wellness policies and (3) a description of the progress made in attaining the goals of the wellness policy; and (B) Designate Building Principal to ensure that each school complies with the wellness policy	3

Section 2: Progress Update

The School District of Auburndale has proven to take school wellness seriously. There has been improved interest in both the nutritional and physical wellness of the students. There have also been efforts made to improve the mental/emotional wellness of the students.

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

Implementation, Evaluation and Communication

Areas for Local Wellness Policy Improvement

Update Wellness Policy to fit current needs, Schedule meetings on dates that would encourage participation