

# Neillsville 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 Carolyn Orłowski, corłowski@neillsvillek12.org

### Section 1: Policy Assessment

*Overall Rating:*  
**59**

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 |
|---|--------|
| Promote fruits, Vegetables, Whole Grains, Low Fat and Low Sodium Foods      | 3      |
| Ensure that healthy food standards are available in all areas of the school | 2      |
| Allow at least 20 minutes for food consumption during breakfast and Lunch   | 3      |
| Reduce Student Access to foods with minimal nutritional value               | 3      |
| Comply with USDA Guidelines in Breakfast and Lunch Program                  | 3      |
|   |        |
|   |        |

| Nutrition Promotion  | Rating |
|--|--------|
| Promote Proper dietary habits contributing to students' health             | 3      |
| Involve family members and community in supporting nutrition education     | 3      |
| Nutrition information and products are readily available to community      | 3      |
| Physical Education Program will actively engage families as partners       | 2      |
| Nutrition Education  | Rating |
| Involve family members and community in supporting nutrition education     | 3      |
| Provide school staff...nutrition education                                 | 2      |
| Provide a comprehensive learning environment for...lifelong wellness       | 3      |
| Physical Education will coordinate with other school health programs       | 3      |
| Physical Activity and Education  | Rating |
| Emphasize knowledge and skills for a lifetime of regular physical activity | 3      |
| Devote 50% of class time to actual physical activity                       | 3      |
| Provide many different types of physical activity                          | 3      |
| Take into account gender and cultural differences in students' interests   | 3      |
| Promote physical activity outside of school                                | 3      |

| Other School-Based Wellness Activities                                   | Rating |
|--|--------|
| The entire school environment shall be aligned with healthy school goals | 2      |

| <b>Other School-Based Wellness Activities</b>  | <b>Rating</b> |
|--|---------------|
| <b>Provide school staff with ongoing training for their health and their students health</b> | 2             |
| <b>Implement student-centered activities ...to create learning labs</b>                      | 2             |
| <b>Policy Monitoring and Implementation</b>  | <b>Rating</b> |
| <b>Regularly asses for attainment of objectives</b>  | 2             |
|  |               |
|  |               |
|  |               |
|  |               |

## **Section 2: Progress Update**

The Local Wellness Policy is a work in progress. We have accomplished many of or goals but there is always room for improvement.

## **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**

{We focus a lot on nutrition and physical education within the school. As a district, we take seriously the physical wellbeing of each student and we have made significant changes to ensure that the students are being taken care of.

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

We need to encourage more on the education side. One plan for the future is to have the high school foods class learn about the NSLP. They would then take this knowledge and teach the elementary students about the program