

# Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA’s compliance with their local wellness policy, describe the SFA’s progress toward meeting their local wellness policy goals, and describe how the language in the SFA’s wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellsAT). The WellsAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellsAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at [wellsat.org](http://wellsat.org). To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

## Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({{Example Form Field}}).

- 1. Assess Compliance with the Local Wellness Policy.**  
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**  
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellsAT.**  
Describe areas of policy strength and areas for improvement based on the findings of the WellsAT. You may elect to include your WellsAT scores within the Triennial

This institution is an equal opportunity provider.

Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

# St. Joseph School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 6-26-20

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 Lynnette Bryant-Thompson- Lunch Program Coordinator.

### Section 1: Policy Assessment

*Overall Rating:*  
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
School Campus is closed, meaning students do not leave the school grounds during the school day	3
Lunch shall be served between 11:15-12:30	3
Menus shall be posted on the District Website and will include nutrition content.	2
The District's nutrition services shall allow students to provide input on menu items	2

Nutrition Promotion	Rating
Offer garden activities	0
Tasting Garden-produced foods	3
Promoting the fresh local produce when possible	3
Promoting the experimentation of trying new vegetables and fruits	3
{Insert Policy Statement}	{Select Score}

Nutrition Education	Rating
Provide Nutrition Education to students	3
Nutrition education shall follow the DPI Instruction Model	3
Nutrition education through handouts and newsletters	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Physical Activity and Education</b>	<b>Rating</b>
<b>20 Minutes of Recess most days</b>	3
<b>60 Minutes of Physical Education per week</b>	3
<b>Outdoor recess shall be offered if wind chill is above zero</b>	3
<b>Age and Grade appropriate activities to engage in physical activity</b>	3
{Insert Policy Statement}	{Select Score}

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>Student shall be allowed to bring and carry approved water bottles throughout the day</b>	3
<b>Staff shall encourage by modeling healthy eating habits</b>	3
<b>Support and Implementation of programs that help create a school environment that conveys wellness</b>	3
<b>Promote healthy eating and physical activity among school staff</b>	3
<b>Administration of flu shots at school</b>	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>Evaluation of compliance to the wellness policy no less than once every 3 years</b>	3
<b>See how the policy compares to the model policy established bby the U.S. Dept of Agriculture</b>	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

## **Section 2: Progress Update**

We are starting a microgreen garden in 2020-21 school year for the kids to plant, water, harvest and eat.

## **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**

St. Joseph School is committed to the optimal development of every student. We promote good nutrition and regular physical activity before, during, and after the school. The policy outlines our approach to ensure all students practice healthy eating and physical activity during the school day.

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

We didn't plant a garden last year but want to start learning about and growing microgreens. We will go through all aspects of planting, growing, harvesting and eating the microgreens we have grown.

### **WellSAT Scores 67**

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:***

67

#### ***Strength Score:***

67