

# 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

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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.

# Deerfield Community School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 30, 2021

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 Adam Dunnington, Director of Nutrition Services at (608)764-5442 or [dunningtona@deerfield.k12.wi.us](mailto:dunningtona@deerfield.k12.wi.us).

### Section 1: Policy Assessment

*Overall Rating:*  
**86**

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 school meals are accessible to all students   | 3      |
| The District offers reimbursable school meals that meet USDA nutrition standards.   | 3      |
| Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.   | 3      |
| Some lunch periods will follow the recess period to better support learning and healthy eating.   | 3      |
| All school nutrition program staff will meet or exceed hiring and annual continuing education requirement in the USDA professional standards for child nutrition professionals. | 3      |

| Nutrition Promotion  | Rating |
|--|--------|
| Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.  | 2      |
| The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs  | 2      |
| Each school will implement at least one of the following four Farm to School activities: <ul style="list-style-type: none"> <li>o Local and/or regional products are incorporation in to the school meal program;</li> <li>o School hosts a school garden;</li> <li>o School hosts field trips to local farms; and</li> <li>o School utilizes promotions or special events, such as tastings, that highlight the local/regional products.</li> </ul> | 3      |

| <b>Nutrition Promotion</b>   | <b>Rating</b> |
|--|---------------|
| <p>Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:</p> <ul style="list-style-type: none"> <li>o Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.</li> <li>o Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.</li> <li>o Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.</li> </ul> | 3             |

| <b>Nutrition Education</b>  | <b>Rating</b> |
|---|---------------|
| <p>Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.</p>   | 1             |
| <p>Nutrition education will be included in the health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.</p>  | 1             |
| <p>The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:</p> <ul style="list-style-type: none"> <li>o Food guidance</li> <li>o Reading and using USDA’s food labels</li> <li>o Balancing food intake and physical activity</li> <li>o Food safety</li> <li>o Social influences on healthy eating, including media, family, peers, and culture</li> <li>o How to find valid information or services related to nutrition and dietary behavior</li> <li>o Resisting peer pressure related to unhealthy dietary behavior</li> <li>o Influencing, supporting, or advocating for others’ healthy dietary behavior</li> </ul> | 2             |

| <b>Physical Activity and Education</b>   | <b>Rating</b> |
|--|---------------|
| <p>The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes</p> | 3             |
| <p>All District students will participate in physical education that meets or exceeds state standards.</p>   | 3             |
| <p>Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.</p>  | 3             |

| <b>Other School-Based Wellness Activities</b>  | <b>Rating</b> |
|--|---------------|
| <b>The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and string educational outcomes.</b> | 2             |

| <b>Policy Monitoring and Implementation</b>  | <b>Rating</b> |
|--|---------------|
| <b>The District will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.</b>   | 3             |
| <b>The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g. school nutrition director); physical education teachers; health education teachers; school health professionals (e.g. Health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g. superintendent, principal, vice principal), school board members; health professionals (e.g. dietitians, doctors, nurses, dentists); and the general public. The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.</b> | 3             |
| <b>The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.</b>  | 3             |

## **Section 2: Progress Update**

Our Wellness Committee continues to be regularly active, meeting monthly to discuss: current and future events in the district, best practices, as well as successes and challenges with staff and student body alike. Participation by members is consistent and productive. Many facets of Wellness pertaining to students and faculty are discussed regularly, events and activities are planned and executed.

## **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**

“Physical Education” is our strongest category of our Wellness Policy, according to the WellSAT. 12 of the 16 best practices are discussed in our Wellness policy, 80% of those are Exceeding the minimum requirement.

Our Wellness policy utilizes 68.6% of the recommended best practices, according to the WellSAT, and of that 63% of those criteria exceed the minimum requirements.

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

The category which has the most room for improvement would be the “Standards for USDA Child Nutrition Programs and School Meals”. In this category, only 4 of the 10 criteria are mentioned in the Wellness Policy. Only one of those four are exceeding the expectation. There is no mention in the text regarding the Free/Reduced meal qualifications, how economically disadvantaged children are kept from being identified by peers, or specific strategies to increase meal participation.

Our next weakest category is “Nutrition Education”. We have mention of all eight recommended best practices, although only four exceed expectations. Nutrition education could be more comprehensive and overlapping throughout the school day. Collaborative efforts could be made across grades, curriculums, activities, and lunch time to better reinforce the importance of nutrition and healthy eating.

## **WellSAT Scores**

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:***

46

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

63