

# Crivitz School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 1/12/2021 \*Local School Wellness Policy Triennial Assessment Waiver received on 6/29/20 related to COVID-19 school closure.

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 Cindy Kubicek, BSN, RN, NCSN at 715-854-2721 ext. 347.

### Section 1: Policy Assessment

*Overall Rating:*

2.8

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
District is committed to serving healthy meals to our students.	3
School meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
Schools participate in USDA child nutrition programs, including National School Lunch Program, School Breakfast Program, Fresh Fruit and Vegetable Program, Summer Food Service Program.	3
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.	3
Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.	3
All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.	3
Menus shall be posted on the District website and will include nutrient content.	3
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

Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.	3
Shall allow students the opportunity to provide input on menu items.	3
All food and beverages sold and served outside of the school meal programs shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks ) rule.	1
The District adheres to the Wisconsin DPI fundraiser exemption policy and allows 2 exempt fundraisers per student organization per school per year.	2
All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards.	2
No restrictions are placed on the sale of food/beverage items sold outside of the school day.	3
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.	3
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.	3
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.	2
Non-food celebrations will be promoted and a list of ideas is available to staff and family members.	2

<b>Nutrition Promotion</b>	<b>Rating</b>
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity.	3
Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeteria, and school media.	2
School nutrition services shall implement at least 5 Smarter Lunchroom techniques at each school.	3

<b>Nutrition Education</b>	<b>Rating</b>
School shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	1
Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops.	2

<b>Physical Activity and Education</b>	<b>Rating</b>
The District shall provide students with age and grade appropriate opportunities to engage in physical activity	3
Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	3
Outdoor recess shall be offered weather permitting, per district weather guidelines.	3

Recess monitors/teachers shall encourage students to be active during recess.	3
District facilities shall be made available to students and community members.	3
Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, newsletters and flyers.	3
All District elementary students in each grade shall have physical education a minimum of 3 times per week.	3
All District middle school students are required to take the equivalent of 1 academic year of physical education.	3
All District high school students are required to receive 1.5 credits of physical education prior to graduation.	3
All physical education classes are taught by licensed teachers who are certified to teach physical education.	3
Physical education staff shall receive professional development on a yearly basis.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
As appropriate, school shall support students, staff, and parents' efforts to maintain a healthy lifestyle,	3
Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.	3
Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.	2
The District will implement the following activities to promote healthy eating and physical activity among school staff. A. Educational activities for school staff members on healthy lifestyle behaviors. B. Distribution of an employee health newsletter to promote healthy behaviors. C. Administration of flu shots at school.	3
The District shall work with community partners, including Aurora Health Care, Bellin Health Care, Marinette County Public Health Department and Crivitz Youth, Inc. to support district wellness.	3
The District shall inform and invite parents to participate in school-sponsored activities throughout the year.	3
The District shall actively inform families and the public about the content of and any updates to the policy through the District website.	3
The District shall provide information on how the public can participate in the school wellness committee on an annual basis.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three (3) years.	3
The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.	3

## **Section 2: Progress Update**

Crivitz School District has obtained overall compliance with its district's wellness policy. When assessing nutritional standards for foods served we meet the standards and guidelines for school meals set by the USDA. Our nutritional services staff provide accessible, appealing meals to students each school day and during the summer program. When assessing foods and beverages sold outside of the school meals program we shall continue to work toward having them meet Smart Snack standards. The District will continue to work toward providing nutritional education that helps students and families develop lifelong healthy eating behaviors. Our physical education program provides our students with age and grade appropriate opportunities to engage in physical activity. Staff wellness opportunities continue to be offered and well attended by staff. Overall, the district's wellness policy scores a 2.8 out of 3, meaning our policy objectives are mostly met and multiple activities completed. We have good success in meeting and complying with our policy objectives.

## **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**

The implementation, evaluation and communication of our wellness policy is a strength of our district. The areas of wellness promotion/marketing, nutrition standards and standards for USDA school meals are areas that we make positive strides in this assessment.

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

2 areas for policy improvement include physical education/physical activity and nutrition education.