

School District of Florence County

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021 School Year

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 Ben Niehaus, District Administrator.

Section 1: Policy Assessment

Overall Rating:
2.25

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
Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtime.	3
Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.	3
When applicable, lunch will follow the recess period to better support learning and healthy eating.	2
All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.	3

Nutrition Promotion	Rating
Promote healthy food and beverage choices as put forth by the Smarter Lunchroom guidelines.	3
Each school will implement at least one of the four Farm to School Activities.	2
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.	3

Nutrition Education	Rating
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.	2
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	2

Nutrition Education	Rating
instruction through subjects such as math, science, language arts, social sciences, and elective subjects.	
The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans.	2

Physical Activity and Education	Rating
All district students will participate in physical education that meets or exceeds state standards.	3
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	3
All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.	3
All elementary schools will offer at least 20 minutes of recess on all or most days during the school year.	3
The District will recommend teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Active Schools WI.	2
The District will increase opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.	2
The District will support active transport to and from school, such as walking or biking.	1

Other School-Based Wellness Activities	Rating
The District will offer a minimum of one family-focused event supporting health promotion each year.	2
The District will continue relationships with its community partners, including UW-Extension and the local health department, in support of this wellness policy implementation.	2
The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.	1
The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.	2
When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.	2
The District will promote QPR Training; Counseling; and Evidence-Based Programs to raise awareness about best practices to insure healthy outcomes for students.	3

Policy Monitoring and Implementation	Rating
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.	1
The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program (e.g. school nutrition director); physical education teachers, school	2

Policy Monitoring and Implementation	Rating
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 wellness committee will update or modify the wellness policy based on; community needs change; wellness goals are met; new health science, information, and technology emerges; 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.	0

Section 2: Progress Update

Our District has progressed in continually improving the options and delivery of all food service and selection. Since policy revision, the district has continued its focus on providing health choices through diverse menus and options. The district has added a healthy snacks vending machine through a collaborative effort with external stakeholders and grants.

Local Wellness Policy Strengths

Providing numerous wellness activities, and food offerings and service that meets or exceeds nutritional standards.

Areas for Local Wellness Policy Improvement

More consistent review of our wellness policy with all stakeholders for continuous improvement.