

# Unified School District of Marshfield

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: April 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 Melanie Hanneman, Co-Food Service Director. 715-387-8464 ext 4288.

### Section 1: Policy Assessment

*Overall Rating:*  
**75**

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

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
<b>All meals meet or exceed current nutrition requirements established under the Healthy, Hunger-free Kids Act of 2010.</b>	3
<b>Menus shall be posted on the District website and nutrient content will be available.</b>	3
<b>All meals are accessible to all students.</b>	3
<b>All school nutrition program directors, managers, and staff shall meeting annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.</b>	3
<b>Students are provided at least (10) minutes to eat breakfast and at least twenty (20) minutes to eat lunch after being seated</b>	2

<b>Nutrition Promotion</b>	<b>Rating</b>
<b>Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.</b>	2
<b>School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.</b>	2
<b>School nutrition services shall purchase at least five (5) locally grown/produced products each year.</b>	3
<b>School nutrition services shall menu at least one (1) local food(s) per month.</b>	3
<b>The district is committed to providing a school environment that promotes students to practice health throughout schools, classrooms, cafeterias, and school media.</b>	2

<b>Nutrition Education</b>	<b>Rating</b>
<b>Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.</b>	2

<b>Nutrition Education</b>	<b>Rating</b>
The District aims to teach, model, encourage and support healthy eating by providing nutrition education.	2
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	2
Staff shall only use approved nutrition curriculum in the classroom.	3
The primary goal of nutrition education is to influence students' lifelong eating behaviors.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
All District elementary students in each grade shall receive at least sixty minutes of physical education per week throughout the school year.	3
All District elementary students in each grade shall have physical education a minimum of three times per week.	2
Elementary schools shall offer at least twenty (20) minutes of recess on all or most days during the school year.	3
Outdoor recess shall be offered weather permitting	3
Teachers shall offer short (3-5 minute) activity breaks throughout the school day.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
As appropriate, schools shall support students, staff and parents' efforts to maintain a healthy lifestyle.	3
The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.	3
Administration of flu shots at school	3
Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals through insurance carrier.	3
The District will implement activities to promote healthy eating and physical activity among staff	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
Each school shall designate a site coordinator who shall ensure compliance with the policy	2
The District shall convene a Wellness Committee that meets at least four (4) times during the school year.	3
The committee will establish goals and oversee school health policies and programs.	2
The District shall invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of the wellness policy.	1

## Section 2: Progress Update

The committee has worked on focusing on staff wellness the past year due to stress during the COVID-19 pandemic. During the 20/21 school year the committee planned two different staff wellness events to focus on well-being. The first event was focused on mental health and well-being. The

feedback received from staff was positive and the event was well received overall.

### **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.

**Comprehensiveness Score:**

151.7

**Strength Score:**

103.4

#### **Local Wellness Policy Strengths**

Our wellness policy has worked hard through COVID to make sure students' and staffs' wellness is priority. We have established a good relationship with our Security Health Wellness coordinator and this individual has helped us plan and implement our staff wellness events.

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

The committee will work hard to expand on student wellness initiatives. Prior to the 2021/2022 school year we will broaden our audience to invite more community members to participate in the school wellness committee.