

New Richmond School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: SY 2022-23

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 Bobbie Guyette, 715-243-1714.

Section 1: Policy Assessment

Overall Rating:
2.5

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
The New Richmond School District School Nutrition Department will offer meals and ala carte items that meet federal, state, and local nutrition requirements and offer menu choices that are healthy, tasty, attractive, and served at proper temperature.	3
Nutrition standards will comply with federal Smart Snacks Regulations for foods and beverages sold or provided by the district/schools outside of reimbursable school meals during the school day.	3
Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold.	2
All foods and beverages served for Tiger Pack before/after school care meet Smart Snack nutrition standards as well as local ingredient standards.	3
School stores will be discouraged from selling food items not compliant with Smart Snack nutrition standards during the school day.	1

Nutrition Promotion	Rating
Students will be given the opportunity to provide input on food choices, including, but not limited to: local, cultural, and ethnic requests.	2
The District Wellness Committee will promote and encourage nutrition and physical education to be integrated into other areas of the curriculum. The district's physical education curriculum will be standards-based and teach a lifetime of physical activities at every grade level.	2
Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.	2

Nutrition Promotion	Rating
Advertising of foods or beverages in areas accessible to students during meal times must be consistent with established nutrition environment and Smart Snack nutrition standards.	2
Fruits and vegetables will be displayed in attractive, highly-accessible areas within all cafeteria service lines.	3

Nutrition Education	Rating
Nutrition education will be offered to all students K-12 within health education curriculums. Nutrition themes will be encouraged for other curriculums when appropriate.	2
Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate.	3
Nutrition lessons will be made available to K-12 educators integrated with the school nutrition program's hydroponic garden via Fork Farms curriculum.	1
Nutrition and physical education will involve sharing information with families and the broader community to positively impact students and the health of the community.	3

Physical Activity and Education	Rating
Physical activity will be encouraged daily through physical education classes, recess, organized athletic teams, and community education offerings at the K-12 levels.	3
Physical education teachers for grades K-12 will be licensed to teach the physical education curriculum. Professional development opportunities will be offered annually to all physical education teachers.	3
K-12 teachers will be encouraged to provide students with physical activity breaks. The Coordinated School Health Program will provide teachers with a list of suggested movement break ideas.	1
Elementary schools will provide scheduled daily recess for K-5 students.	3
Time allotted for physical activity will be consistent with research, national and state standards. The district will seek to meet the following minimal to optimal guidelines:	2

Other School-Based Wellness Activities	Rating
Staff will receive health related emails from the Employee Assistance Program, regarding consumer credit counseling service, mental health counselling, and caregiver support and community programs up to three sessions free per year offered by Family Means.	3
The School District partners with Community Education in offering exercise and nutrition programs for staff.	2
The district will collaborate with other community agencies and groups to provide nutrition and physical education activities for all age groups including shared use of outdoor recreational areas and planned community events.	3

Policy Monitoring and Implementation	Rating
Before the end of each school year, or during the immediate summer break, a wellness committee representative shall make an annual report to the District Administrator and School Board.	3
The local wellness policy will be reviewed and assessed on a triennial basis, including the WellSAT and Triennial Assessment required by Wisconsin Department of Public Instruction.	3
All district staff, parents, and community members will be invited to join the wellness committee at the start of each school year. Invitations will be sent to staff by email, in addition to social media posts targeting parents and community members.	3
The wellness committee shall meet monthly during each school year.	3
The District Administrator, or designee, shall be responsible for informing the public, including parents, students, and community members on the content and implementation of this policy.	3

Section 2: Progress Update

Since the previous triennial assessment in 2020, the School District of New Richmond has improved from an overall score of 2.0 to 2.5. We have made noteworthy improvements regarding activity of wellness committee, nutrition education opportunities for students, promotion of school meals, and wellness-related community events. Our focus areas for the upcoming school years will include increased collaboration with administrative stakeholders, and furthered sharing of information regarding wellness promotion in classrooms. Finally, we strive to increase student involvement in wellness opportunities.

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

1. Nutrition Education (100/100)
2. Nutrition Standards for USDA Programs and School Meals (100/100)
3. Implementation, Evaluation & Communication

Areas for Local Wellness Policy Improvement

1. Nutrition Standards for Competitive and Other Foods and Beverages (92/46)
2. Physical Education and Physical Activity (100/75)
3. Wellness Promotion and Marketing (100/75)

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:

99

Strength Score:

83