

St. Martin Lutheran School ~ Clintonville

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2019-2020

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 Mr. Mark Moran, Principal.

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
<p>St Martin is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. This school participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the Wisconsin School Day Milk Program and Special Milk Program. St Martin is committed to offering school meals through the NSLP and WSDMP programs.</p> <ul style="list-style-type: none"> • All school meals are accessible to all students. • St Martin offers reimbursable school meals that meet USDA nutrition standards. Nutrition Standards for School Meals USDA-FNS • Drinking water will be available to all students throughout the school day and throughout the school campus, including during mealtimes. • Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. • Lunch will follow the recess period to better support learning and healthy eating. • 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
Other foods available at school	2

<ul style="list-style-type: none"> • The school will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas). • The school will provide teachers and other relevant school staff a list of alternative ways to reward children. • Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. 	
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Nutrition Promotion	Rating
<p>Nutrition Promotion</p> <ul style="list-style-type: none"> • St Martin will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. • Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques. • Each school will implement at least one of the following four Farm to School activities: <ul style="list-style-type: none"> ○ Local and/or regional products are incorporated into the school meal program; ○ School hosts a school garden; ○ School hosts field trips to local farms; and ○ School utilizes promotions or special events, such as tastings, that highlight the local/ regional products. • 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: <ul style="list-style-type: none"> ○ Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container. ○ Displays, such as on vending machine exteriors. ○ Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. ○ Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment. 	2

Nutrition Education	Rating
<p>The school aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.</p> <ul style="list-style-type: none"> • Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, 	3

<p>such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.</p> <ul style="list-style-type: none"> ● 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. ● The school teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The school will include in the health education curriculum the following essential topics on healthy eating: <ul style="list-style-type: none"> ○ Food guidance from MyPlate ○ Reading and using USDA's food labels ○ Balancing food intake and physical activity ○ Food safety ○ Social influences on healthy eating, including media, family, peers, and culture ○ How to find valid information or services related to nutrition and dietary behavior ○ Resisting peer pressure related to unhealthy dietary behavior ○ Influencing, supporting, or advocating for others' healthy dietary behavior. 	
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Physical Activity and Education	Rating
<p>St Martin will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.</p> <ul style="list-style-type: none"> ● 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. ● St Martin students will participate in physical education that meets or exceeds state standards. <ul style="list-style-type: none"> ○ St Martin elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year. ○ St Martin middle school students are required to take physical education in one grade level. 	3
<ul style="list-style-type: none"> ● 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. ● Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason. ● All elementary schools will offer at least 20 minutes of recess on all or most days during the year. <ul style="list-style-type: none"> ○ Outdoor recess will be offered when weather is feasible for outdoor play. 	3

<ul style="list-style-type: none"> ○ Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff. ○ In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable. <ul style="list-style-type: none"> ● The school recommends 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. ● St. Martin offers 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. ● St Martin will support active transport to and from school, such as walking or biking. 	
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Other School-Based Wellness Activities	Rating
<p>St Martin will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The school 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 strong educational outcomes.</p> <ul style="list-style-type: none"> ● St Martin will continue relationships with its community partners, including UW-Extension and our local hospital, in support of this wellness policy's implementation. ● The school 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. ● The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management. When feasible, the school 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

Policy Monitoring and Implementation	Rating
<ul style="list-style-type: none"> ● The school will convene a school wide wellness committee that meets at least four times per year to establish goals for and 	2

<p>oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness. The wellness committee membership will be represented by the physical education teacher, health teacher, and members of the PTL to represent the parents.</p> <ul style="list-style-type: none"> ● The school will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school in meeting wellness goals. ● The school will actively notify households/families of the availability of the annual report through a newsletter. The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as the school priorities change; 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. 	
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Section 2: Progress Update

We have obtained many of the goals set forth. Those rated as a 2 will be given more priority to look for ways to better obtain them. We have developed a target year chart of working towards the goals. We will be working to obtain a #3 rating in all of the areas mentioned and also work at maintaining those that are presently at a #3 ranking.

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

According to the WellSAT assessment, nutrition education is one of our strengths. This is fostered throughout our classroom topics within the science and health fields. We also scored well in the physical education and activity areas. Many of our students are doing very well within the sports areas within the community due to this emphasis.

Areas for Local Wellness Policy Improvement

Our policy is lacking in the marketing area of items within the school. This is only within our policy. We do not allow any commercial companies to sell any products within our school. This would include things like soda and snacks machines or outside vendors. This, however, is not noted in our policy which needs to be addressed.

WellSAT Scores- We have completed this assessment but do not want to report the scores, but will use them to for the betterment of the program.