



Rice Lake Area School District Local Wellness Policy Triennial Assessment Report Card

Date Completed: May 6, 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 Susan L. Strouf/Director of Pupil Services: stroufs@ricelake.k12.wi.us 715-234-9007.

Section 1: Policy Assessment

Overall Rating:
32

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 |
|---|--------|
| School meals will be accessible to all students and will offer a variety of nutritious food and beverage choices that meet or exceed local, state, and federal statutes and regulations and operate in accordance with the NSLP and SBP using “Offer vs Serve.” | 3 |
| The District aims to ensure students have access to healthy food and beverage choices during the school day and encourage healthy choices for students and staff. All food and beverages sold and served outside of the school meals programs shall meet the standards established in the USDA’s Nutrition Standard for All Foods Sold in Schools (Smart Snacks in Schools Guidelines) | 3 |
| <p>The Rice Lake Area School District aims to provide all students and staff with a safe environment to work, learn, and grow and must assure the rights of these individuals. The RLASD will ensure foods and beverages offered to students on campus provide for a safe and respectful environment for all students.</p> <p>All foods and beverage offered to students on school grounds, including those provided by school staff or student family members for celebrations, parties, or classroom activities, will adhere to the following District standards:</p> <ul style="list-style-type: none"> • All foods must be either a whole fruit or vegetable or be commercially prepared and accompanied by a manufacturer’s label with a full list of ingredients. Homemade foods are no longer allowed due to food safety and allergen concerns. | 2 |

| Nutrition Standards for All Foods in School | Rating |
|---|----------------|
| <ul style="list-style-type: none"> All beverages other than plain water must be accompanied by a manufacturer's label with a full list of ingredients. | |
| | {Select Score} |

| Nutrition Promotion | Rating |
|---|--------|
| <p>All RLASD staff will model positive nutrition-related behaviors and contribute to providing students with a pressure-free, healthy environment. It is the professional expectation of all RLASD staff to follow the Wellness Policy in the presence of students during the school day. This includes:</p> <ul style="list-style-type: none"> drinking either school-day appropriate beverages (water, low-fat milk or 100% juice) or using a container which prevents promotion of beverages which are not permitted for students during the school day; eating foods in the presence of students which meet the Competitive Food Guidelines established for students; refraining from using foods and beverages as a reward for any reason including performance or behavior. The district will provide teachers and other relevant school staff with a list of alternative ways to reward children. | 1 |
| <p>The RLASD will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. This promotion will include:</p> <ul style="list-style-type: none"> school food service will incorporate Smarter Lunchrooms Movement tools and strategies, which are evidence-based, to improve the school lunchroom environment. The district will monitor and evaluate the implementation and impact of Smarter Lunchroom techniques, using the Smarter Lunchrooms Self-Assessment and Scorecard annually; ensuring that 100% of foods and beverages promoted to students meet the <u>Smart Snacks in Schools Guidelines</u>; permitting after-school vending machines in order to give students an option for a healthy snack as they prepare for after school events. In order to provide appropriate nutrition at these times, all campus vending machines will sell only foods and beverages that meet the <u>Smart Snacks in Schools Guidelines</u>. | 3 |

| Nutrition Education | Rating |
|--|--------|
| <p>RLASD will teach, model, encourage, and support healthy eating by all students. Nutrition education is offered in grades 4K-12 as part of a sequential, comprehensive, standards-based health education curriculum meeting state and national standards that:</p> <ul style="list-style-type: none"> Provide students with the knowledge and skills necessary to promote and protect their health; Is part of health classes and also integrated into other classroom instruction such as math, science, language arts, social sciences and elective subjects; Includes enjoyable, developmentally appropriate culturally relevant and participatory activities such as cooking demonstrations, promotions, taste-testing, farm visits and school gardens; Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products and healthy food preparation methods; Emphasizes caloric balance between food intake and physical activity and exercise; Links with school meal programs; cafeteria nutrition promotion activities and other school community activities that promote positive nutrition outcomes; Teaches media literacy with the emphasis on food and beverage marketing; | 1 |

| Nutrition Education | Rating |
|---|---------------|
| <ul style="list-style-type: none"> • Includes nutrition education training for teachers and other staff; • Provides opportunities for students to practice or rehearse skills taught through the health education curriculum. | |
| <p>Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the <u>USDA Smart Snacks in School</u> nutrition standards.</p> | 3 |

| Physical Activity and Education | Rating |
|---|---------------|
| <p>The District will provide students with opportunities to engage in 60 minutes of physical activity during each school day.</p> <ol style="list-style-type: none"> 1. All students have a right to physical activity opportunities during the school day (including but not limited to recess, physical activity breaks, or physical education). If a student is not able to participate in physical activity with peers for various reasons, then the student will be provided with an alternate physical activity within the school day. Physical activity during the school day will not be withheld or delayed for make-up or completion of homework assignments. 2. 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. • In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practical. 3. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. 4. The District offers opportunities (e.g., including activity clubs, club sports and varsity sports) for students to participate in physical activity before and/or after the school day. 5. The District supports active transport to and from school, such as walking or biking. | 1 |

| Other School-Based Wellness Activities | Rating |
|---|---------------|
| <p>The District will actively promote and support relationships with community organizations that support health and wellness:</p> <ul style="list-style-type: none"> • Opening school facilities to community organizations or other groups; • Advertising health/wellness community activities; • Encouraging school district staff member involvement in community health/wellness initiatives; • Encouraging school district staff member involvement on community health/wellness Boards or committees. | 2 |

| Policy Monitoring and Implementation | Rating |
|---|---------------|
| <p>The District Administrator shall designate an official for the oversight of the Wellness Plan. The designated Wellness official is the Director of Pupil Services who shall:</p> <ol style="list-style-type: none"> 1. Direct and monitor the District-wide implementation of the District's Wellness Plan including monitoring school-level compliance with the plan; 2. Oversee periodic evaluation of the Wellness Plan; 3. Ensure opportunities for stakeholder group involvement in the development, implementation, and periodic review and updating of the District Wellness plan; 4. Keep the Board of Education and the broader community informed of the Wellness Plan, the District's and each applicable school's progress toward | 3 |

| Policy Monitoring and Implementation | Rating |
|---|---------------|
| <p>achieving the Wellness Plan goals, and any recommendations for changes and improvements to the plan;</p> <p>5. Establish recordkeeping procedures that are consistent with applicable federal regulations and any DPI guidelines.</p> | |
| The Director of Pupil Services shall convene the Wellness Committee and lead the review, evaluation, and revision of the plan. | 3 |
| <p>The Wellness Committee shall be comprised of a diverse group of stakeholders including the following: administrator, classroom teacher from each educational level, physical education teacher, school food service representative, school nurse, community member/parent, student, health education teacher, school counselor, medical/health care professional, and local business representative.</p> <ul style="list-style-type: none"> • The Wellness Committee shall meet annually in the spring to evaluate the effectiveness of the policy and implementing rules and develop an action plan for the coming year; • The Wellness Committee shall meet no less than 2 times during the calendar year to discuss the implementation of the established activities and address any barriers and challenges; • The Wellness Committee shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. • The Wellness Committee shall conduct a formal assessment of the Wellness Policy every 3 years at minimum to determine compliance with the Wellness Policy, ways the Wellness Policy compares to model wellness policies, and the progress made in attaining the goals of the Wellness Policy. | 3 |
| Each district school shall have a designated School Wellness Coordinator to serve for a 3-year period, who is identified by May 1st of each school year. | 2 |
| Each building administrator is responsible for ensuring school compliance with the Wellness Plan. The Wellness Policy Report Card will be completed by the first Board of Education meeting in June to assess school-level compliance. | 2 |

Section 2: Progress Update

This is the first year the Rice Lake Area School District formally assessed its School Wellness Policy. Future triennial assessments will better reflect the progress the school district is making toward meeting the policy goals in the School Wellness policy that are aligned with best practice.

Since the development of the School Wellness Policy by a team of stakeholders in the fall of 2017, the Rice Lake Area School District has made progress toward building awareness and support of the School Wellness board policy that supports student nutritional and physical well-being. The extended school closure due to COVID-19 had a negative impact on the implementation of the School Wellness Policy, however. Prior to the extended school closure and the return to school in the subsequent year, the District has made significant progress that includes:

- Development of School Wellness Policy Committee, identification of building School Wellness Coordinators, and administrative oversight of the School Wellness Policy development and implementation;
- Building staff, student, family, and administrative/school board awareness of policy requirements and implementation;
- Health choice options that meet Smart Snacks guidelines for vending machines, concessions, and in food service.
- Building-level School Wellness yearly report card to measure progress and reporting to the Board of Education (not completed in 2020 due to extended school closure);
- Increase in school sponsored and/or school supported community wellness activities;
- Increase in non-food items for celebrations and awards;

- Transition to packaged foods with ingredient label to accommodate food allergies;
- Increase in staff modeling healthy choices, using non-promotional containers, increase in consumption of water among students and staff

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 Wellness Assessment Tool (WellSAT) as completed by the following individuals: Olive Spagnolo/Student, Callie Hackel/Food Service Director Trisha Neuser/School Nurse, Tina King/School Nurse, Natalie Springer/Elementary Principal, Doug Kucko/School Board member, Steve Parkman/parent and business member, Karla Arrigoni/parent and dietician, Tyler Moore/Physical Education Teacher, Susan Strouf/Director of Pupil Services.

Policy strengths include:

Nutrition Education score 100%: The wellness policy includes all of the best practices elements in the area of educating students in multiple ways about nutrition education.

Standards for USDA School Meals score: 40%: The district policy is compliant with USDA Nutrition Standards for reimbursable school meals; it addresses access to the USDA School Breakfast Program, it addresses the amount of “seat time” student have to eat school meals, it ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. The policy also address access to drinking water but is not specific about what that looks like for students.

Nutrition Standards for Competitive and Other Foods and Beverages score: 54%.

- The Wellness Policy addresses compliance with USDA nutrition standards for all food and beverages sold to students during the school day;
- USDA Smart Snacks standards are easily accessed in the policy;
- The policy regulates food and beverages sold in a la carte;
- It regulates food and beverages sold in vending machines;
- It addresses fundraising with food to be consumed during the school day; it addresses exemptions for infrequent school-sponsored fundraisers;
- It states the food and beverages served at class parties and other school celebrations in elementary schools (it allows store bought foods that do not meet Smart Snacks requirements);
- It addresses nutrition standards for all foods and beverages served to students after the school day, including before/after care on school grounds, clubs, and after school programming (healthy foods area also available but non-smart snacks foods are available);

- It addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming (the policy does not require standards be met, however);
- It addresses food not being used as a reward, and
- It addresses the availability of free drinking water throughout the school day.

Physical Education and Physical Activity score 25%.

- The policy addresses a K-12 written curriculum for K-12 for each grade and is aligned with national/state physical education standards;
- The physical education program promotes a physically active lifestyle;
- It addresses recess for all elementary students;
- It addresses physical activity breaks during school, and it addresses active transport (Bike/Walk to school).

Wellness Promotion and Marketing score 42%:

- The policy addresses physical activity not being withheld as a punishment;
- It specifies marketing to promote healthy food and beverage choices;
- It restricts marketing on the school campus during the school day to only those foods/beverages that meet Smart Snacks standards;
- It specifically addresses marketing on school property and equipment;
- It specifically addresses marketing on educational materials;
- It specifically addresses marketing where food is purchased;
- It somewhat addresses marketing through fundraisers and corporate incentive programs.

Implementation, Evaluation, and Communication score 63%:

- The policy addresses the establishment of an ongoing district wellness committee;
- It addresses relevant stakeholders participating in the development, implementation, and periodic review and update of the policy;
- It identifies an administrator responsible for the implementation and compliance of the policy;
- It addresses making the policy available to the public;
- It addresses the assessment of district implementation of the wellness policy at least once every three years.

Total strength score 54%

Areas for Local Wellness Policy Improvement

These areas will be addresses in the School Wellness Policy revision:

Standards for USDA Child Nutrition Programs and School Meals:

- Include language to specifically address protecting the privacy of students who qualify for free or reduced priced meals;
- Include language about how to feed students who have unpaid meal balances without stigmatizing them;
- Include language about how families are provided information about determining eligibility for free/reduced priced meals;
- Include strategies to increase participation in school meal programs;
- Include strategies to use local foods for the school meals program

Nutrition Standards for Competitive and Other Foods and Beverages:

- Include language about food sold in school stores;
- Include language to address food and beverages containing caffeine at the high school level.

Physical Education and Physical Activity

- Include language to address the time per week of physical education instruction for all elementary, middle and high school students;
- Include language to address the qualifications for physical education teachers K-12;
- Include language for providing physical education training for physical education teachers;
- Include language to address physical education exemption and substitution requirements for all students;
- Include language addressing joint or shared-use agreements for physical activity participation at all schools;

Wellness Promotion and Marketing

- More specifically address school district staff modeling healthy eating and physical activity behaviors in front of students;
- Include strategies to support employee wellness;
- Specifically address using physical activity as a reward;
- Specifically address physical activity not being used as a punishment;
- More specifically address marketing to promote health food and beverage choices;
- Specifically address marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored internet sites, and announcements on the public announcement system);
- More specifically address marketing through fundraising and corporate incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).

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:

{69}

Strength Score:

{54}