

Wisconsin Local Wellness Policy Triennial Assessment Report Card

St. In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA's compliance with their local wellness policy, describe the SFA's progress toward meeting their local wellness policy goals, and describe how the language in the SFA's wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellsAT). The WellsAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellsAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at wellsat.org. To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({{Example Form Field}}).

- 1. Assess Compliance with the Local Wellness Policy.**
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellsAT.**
Describe areas of policy strength and areas for improvement based on the findings of the WellsAT. You may elect to include your WellsAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

This institution is an equal opportunity provider.

St. Mary School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 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 Barb Mundt, stmoff@gmail.com or 715-223-3033, ext 1.

Section 1: Policy Assessment

Overall Rating:

51

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 foods made available at the school will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations	3
Qualified nutrition professionals will administer the meal programs	2
Meals served through the National School Lunch Program will meet nutrition requirements established by local, state and federal law	3
Will promote availability of meals to all students and continue to make every effort in preventing overt identification of students eligible for free and reduced-priced meals	3
The sale of food items will not be used as a fundraiser	3

Nutrition Promotion	Rating
Meals served will be appealing and attractive and include a variety of fruits and vegetables and menu choices	2
Signage promoting healthy eating will be posted in eating areas	2
Nutrition information, healthy eating suggestions will intermittently be sent home to parents	1

Nutrition Education	Rating
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors	2
Nutrition information, healthy eating suggestions will intermittently be sent home to parents	1
Offer integrated health education that compliments physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle	2
Provide opportunities for physical activity to be incorporated into other	2

Nutrition Education	Rating
subject lessons	

Physical Activity and Education	Rating
Provide wellness education that engages students I moderate to vigorous activity during at least 75 percent of physical education class time	3
Elementary and middle school will offer recess for students that are preferably outdoors and encourage moderate to vigorous physical activity	3
Will provide information from the local public schools on all available programs that involve physical activity including interscholastic sports programs	3
Physical Education is taught by certified teachers	3

Other School-Based Wellness Activities	Rating
Other school-based activities will be incorporated into student learning such as an outdoor Science Day, Laugh-Olympics Catholic Schools Week Outdoor fun days	3
Provide opportunities for physical activity to be incorporated into other subject lessons	2

Policy Monitoring and Implementation	Rating
The Chief Administrator will ensure compliance with established school nutrition and physical activity wellness policies	2
The principal will ensure compliance with those policies in the school and will report the school's compliance to the Chief Administrator	2
Food service staff will ensure compliance with nutrition policies within food service areas and will report on matter to the Principal or Food Service Director	3
The Chief Administrator will develop a summary report annually on compliance with St. Mary Schools' established nutrition and physical activity wellness policies, based on input from school staff.	1

Section 2: Progress Update

St. Mary School has implemented all Nutrition Standards of the National School Lunch Program with regular, required education for School Nutrition Staff. Healthy eating is promoted with colorful signage and Staff example. Students have regular Nutrition Education incorporated in the classroom and added to additional subject areas. Nutrition Education is also sent home to parents intermittently with the plan to do this more often going forward. Physical Education is a regular part of the school curriculum. Other school-based activities will continually be added. Administrators are working to ensure more compliance with adding more regular evaluation.

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

{Nutrition Education has a comprehensive strength in that all areas are covered in our policy. Nutrition standards are closely followed, regularly evaluated and stated in our policy. Non NSLP foods are very minimal and is so stated in our policy. Statements regarding the School's Physical Education as being largely promoted are included.}

Areas for Local Wellness Policy Improvement

{Nutrition Education and Physical Education needs to be more specified in our policy. More emphasis should be placed on Wellness promotion. More work and effort could go into establishing a wider wellness committee}