

St. Paul's Lutheran School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 Christine Hesse, chris@splco.org or 262-567-5001.

Section 1: Policy Assessment

Overall Rating:
2.6

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 meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. St. Paul's participates in the USDA child nutrition program, National School Lunch Program (NSLP). Here is a link to the USDA Meal Pattern Requirements: https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart	3
All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at minimum, meet the standards established in the USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule. To view Smart Snacks standards go to: https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf	3
Two fundraisers per group per year are allowed.	3
St. Paul's encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
Only healthy snacks will be served to students in Extended Care.	3
St. Paul's is committed to serving healthy meals to our students. The school meal program aims to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
Students are provided a least 20 minutes to eat lunch after being seated.	3

Nutrition Standards for All Foods in School	Rating
St. Paul's school campus is "closed" meaning that students are not permitted to leave the school grounds during the school day.	3
St. Paul's shall restrict scheduling club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.	3
All school nutrition program directors, manager, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	2
Free/Reduced meal applications are sent home to all families via email at the beginning of the school year. Applications for Free/Reduced meals are available on the school website and in the school's week newsletter.	3
The cafeterias is cashless, all students, regardless of the type of payment they make for school meals, students are checked off a checklist.	3
If student accounts fall under -29.00, the school will contact parents to see if they are interested in applying for Free/Reduced meals if not, students will be provided a supplemental meal, which will be put in student lockers and student will be informed privately by kitchen staff.	3
All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at minimum, meet the standards established in the USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule. To view Smart Snacks standards go to: https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf	2
St. Paul's encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
If there are any students with allergies to certain food items in the classroom parents will be required to avoid that ingredient in any food brought into the classroom.	3
Only healthy snacks will be served to students in Extended Care.	2
St. Paul's adheres to the Wisconsin department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snack nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	3
No marketing of any foods to students/staff should be done at St. Paul's during the school day. This includes but is not limited to gym equipment, any printed material, food and beverage materials or advertisements in any school publications or website.	3

Nutrition Standards for All Foods in School	Rating
St. Paul's recommends groups and clubs do not participate in fundraising programs that promote a message inconsistent with our goals for a healthy school.	3

Nutrition Promotion	Rating
Menus shall be posted on our website www.splco.org , updated monthly.	3
St. Paul's shall allow students the opportunity to provide input on menu items.	2
Teachers are strongly discouraged from the use of food/beverages as a reward or punishment.	2
All meals are appealing and attractive and served in clean and pleasant settings. Drinking water is available for students during mealtimes.	3
The healthiest choices, such as fruits and vegetables will be displayed first in the lunch line to encourage students to make healthy choices.	3
School nutrition service shall purchase locally grown/produced products as available.	2
School nutrition service shall menu at least 1 local food per month.	2

Nutrition Education	Rating
St. Paul's shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	3
The primary goal of nutrition education is to influence student's lifelong eating behaviors.	3
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of St. Paul's. St. Paul's aims to teach, model, encourage, and support healthy eating by providing nutrition education.	3
Nutrition education will be integrated into the broader curriculum, where appropriate.	3
Students will have an opportunity to visit local farms to see how food is grown.	2

Physical Activity and Education	Rating
St. Paul's shall provide students with age and grade appropriate opportunities to engage in physical activity.	3
Physical education will be taught by a licensed teacher.	3
Outdoor recess shall provide at least 20- 60 minutes of recess per day depending on grade level. If weather permitting (temp must be above 0 degrees, this includes wind-chill) recess will be held outside. If weather does not permit, recess will be held in the gym if the schedule permits it.	3

Physical Activity and Education	Rating
Teachers may use non-food alternatives as rewards such as and extra recess, if time permits.	2
Teachers are discouraged from using physical activity as a punishment for students.	2
Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.	2
Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.	3
Teachers shall offer short (3-5 minute) activity breaks every 20-45 minutes throughout the school day.	3
Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, poster placed around the building and the Warrior Review.	3
St. Paul's elementary students shall receive at least 80 minutes of physical education per week throughout the school year.	3
St. Paul's Middle school students shall receive at least 40 minutes of physical education per week throughout the school year.	3
In health education classes, St. Paul's shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3
St. Paul's discourages students from substituting other school or community activities for physical education class time.	3
Physical activity clubs and intramurals shall be available after school hours.	3
Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.	3

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff and parents' efforts to maintain a healthy lifestyle.	3
St. Paul's 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.	1
Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Bubblers and water bottle fillers are available throughout the building.	3
St. Paul's 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

Other School-Based Wellness Activities	Rating
School staff members shall be encouraged to model healthy eating and physical activity.	2
Health and wellness classes will be offered to staff, through our health insurance provider.	2
Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases through their health insurance	2
St. Paul's will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.	3
St. Paul's will inform and invite parents to participate in school-sponsored activities throughout the year.	

Policy Monitoring and Implementation	Rating
The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, as established by the U.S. Department of Agriculture.	2
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St. Paul's will notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.splco.org .	3
The Triennial progress report shall be posted to the school website	2
St. Paul's wellness policy will be updated as needed based on triennial assessment evaluation results, school changes, emersion of the new health science information/technology, and /or new federal or state guidance are issued.	2
St. Paul's shall convene a Wellness Committee that meets a least once during the school year to establish goals and oversee school health policies and programs, including development implementation, and periodic review and update of this Wellness Policy.	3
The Wellness Committee will meet once a year.	3
The designated official for oversight of the wellness policy is the Principal. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.	3
St. Paul's will actively inform families and the public about the content of and any updates to the policy through our website www.splco.org and the Warrior Review.	2
St. Paul's shall provide information on how the public can participate in the school wellness committee on an annual basis.	1

Section 2: Progress Update

We have updated our Wellness policy to include updated DPI standards. Adding information on the Wellness Policy committee and their responsibilities. We have reviewed and updated policies to target our goal of a Healthy school community and compliance with the State guidelines.

Comprehensiveness Score:
98

Strength Score:
58

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

After completing the WellSat we find that overall our strengths are in our Comprehensiveness of the overall Wellness Policy and in the child Nutrition Programs and School Meals. We also have taken steps to improve our Wellness Committee to keep on top of our policies and the state guidelines set forth.

Areas for Local Wellness Policy Improvement

We can use improvement in the strength of our policies, implementing them more efficiently and using stronger verbiage in our statements. We also see a need for improvement in our Education curriculum on health and wellness.