

Algoma School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 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 Alison DeMeuse, HR/Accounting, ademeuse@algomaschools.org, 920.487.7001 ext. 3402.

Section 1: Policy Assessment

Overall Rating:
2.2

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
In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.	3
All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.	2
As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).	3
The schools may use environmentally friendly practices, such as the use of locally grown foods and non- disposable tableware and dishes.	1
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well	2

Nutrition Promotion	Rating
All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	2
The school shall provide attractive, clean environments in which the students eat.	2
The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.	1
The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.	2

Nutrition Education	Rating
Nutrition education standards and benchmarks shall be age- appropriate and culturally relevant.	2
Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.	2
Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.	2
Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.	2
Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.	3

Physical Activity and Education	Rating
Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity.	3
All students in grades K- 5 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment. The school shall provide students in grades 7 - 12 with the opportunity to use physical activity in which they participate outside the regular school day (other than organized interscholastic athletics) to satisfy physical activity requirements.	3
In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.	2

Other School-Based Wellness Activities	Rating
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day	2
An organized wellness program shall be available to all staff.	2
The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	3

Policy Monitoring and Implementation	Rating
Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with review of the performance of the programs and any recommended changes to this policy.	2
The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall include information in the student handbook and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.	2
The District Administrator or a designee of the wellness committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The District Administrator or a designee of the wellness committee shall also	2

Policy Monitoring and Implementation	Rating
report on the status of compliance by individual schools and progress made in attaining goals established in the policy.	

Section 2: Progress Update

Our Local Wellness policy was adopted in 2017 and revised in 2019. This is our first self-assessment and a great stepping stone. We have a strong understanding of encouraging wellness in our district and already do many of the best practice items. Looking forward, we need to ensure our wellness committee gets specific language of our practices into a more comprehensive policy and continues to reevaluate and grow.

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

We are very strong in addressing Nutrition Education & Standards as well as USDA Program Standards. The language in these areas just needs to be more specific. We are also strong in promoting Wellness, but need to be more specific in the marketing areas.

Areas for Local Wellness Policy Improvement

Physical Education and Activity was lacking in policy language. We employ many of the practices, but need to actually make it part of the policy language.

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:

79

Strength Score:

44