

# Wisconsin Local Wellness Policy Triennial Assessment Report Card

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](http://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.

# Mosinee School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-21

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 Haley Donlan at [hdonlan@mosineeschools.org](mailto:hdonlan@mosineeschools.org).

### Section 1: Policy Assessment

*Overall Rating:*

*2.54*

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

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
<b>All meals served through the National School Breakfast and Lunch Program meet and follow all the U.S. Federal Nutrition Standards.</b>	3
<b>All fundraising projects for sale and consumption within the school day must meet the U.S. Federal Nutrition Standards.</b>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
<b>Monthly newsletters encouraging activities, promoting educational opportunities, and supporting healthy lifestyles are distributed.</b>	2
<b>The Mosinee School District encourages an environment that promotes positive nutrition by encouraging healthy food and beverage choices. In an effort to support this, the district has adopted the following District Nutrition Guidelines during the school day (midnight day of until 30 minutes after end of school day):</b> <b>-discourage classroom distribution of high fat, low nutrient home-prepared foods, and any foods containing peanut products</b> <b>-strong consideration should be given to non-food items as part of incentive programs. Any food items used as an incentive should adhere to District Nutrition Guidelines</b> <b>-no vending sales of candy on school grounds during the day</b> <b>-non-vending sales of candy will be permitted at concessions during after-school events</b> <b>-the School District will not depend on revenue from foods and beverages that do not comply with district nutritional guidelines</b> <b>-food sales and/or parties will not be held during hours that conflict with school lunch and breakfast programs</b> <b>-nuts and seeds are exempt from the guidelines because they are nutrient dense and contain high levels of monounsaturated fat</b> <b>-only items considered allowable by the USDA federal guidelines will be served by food services as part of a traditional meal or sold as an ala carte item or sold as a snack</b>	2

<b>Nutrition Promotion</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>-milk, water, and 100% fruit and vegetable juices may be sold on school grounds both prior to and throughout the school day</li> <li>-products containing caffeine will not be available for sale during the school day as defined above</li> <li>-pop products will not be available during the school day with the exception of the p.m. hours at the high school. No caffeinated beverages will be allowed at elementary and middle school</li> <li>-milk will be promoted at all meals</li> </ul>	

<b>Nutrition Education</b>	<b>Rating</b>
Health Education is encouraged through classroom experiences K-5 and through specific class instructions at grade 6, again at grade 9, and as elective opportunities 10-12.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
High school students are required to have a minimum of 1.5 credits in physical education for graduation.	3
Middle school students (sixth through eighth grade) are required to have a minimum of 43 minutes of physical activity every other day.	3
Elementary students (kindergarten through grade 5) will be provided with a minimum of 30 minutes of activity daily.	3
A required minimum of one hour of physical activity is with a licensed physical education instructor for grades 1-5.	3
Kindergarten students are provided a minimum of one hour of physical education from a licensed elementary teacher under the direction of a physical education teacher.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The District provides additional opportunities for physical development and fitness through co-curricular and fitness rooms, and will work cooperatively with outside community resources and the City of Mosinee Parks and Recreation to provide additional programming.	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The committee will meet at least one time per year to: evaluate the implementation of and progress toward current goals; review, revise and/or develop policy, goals, objectives, and plans related to the existing wellness and nutrition policies; consider special events, incentive issues, and policy exceptions; serve as a resource to students, the PTO, clubs, organizations, and the community.	3
The committee will report to the School Board annually to provide the Board with information related to progress, and to provide the opportunity for the Board to review the District Wellness and Nutrition Policy.	3

## Section 2: Progress Update

Overall, the Mosinee School District strives to promote wellness within the organization. The District does an excellent job at meeting current policies and at times going above and beyond. In the future, the District should aim to include more detail in their policies to strengthen our score on the Wellness School Assessment Tool.

### **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 Mosinee School District's Wellness Policy is relatively strong in the area of "Nutrition Standards for Competitive and Other Foods and Beverages" with a score of 54. The policy does an excellent job of providing regulatory guidance for all food and beverages sold within the school. The strongest area was in "Physical Education and Physical Activity" with a score of 63. The Wellness Policy very clearly outlines the physical education curriculum for each grade level.

#### **Areas for Local Wellness Policy Improvement**

There are a couple areas where the Mosinee School District's Wellness Policy needs significant improvement. These areas are "Nutrition Education" and "Implementation, Evaluation & Communication." The policy is relatively vague about nutrition courses in the curriculum and does not mention anything about agriculture and the food system. The policy also lacks detail in regards to how the public can be involved in the Wellness Policy, as well as how the public receives information about triennial assessment results.