

School District of Rib Lake

The Wisconsin Local Wellness Policy Triennial Assessment Report Card

Date Completed: May 28, 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 Judy LeMaster, RN, BSN.

Section 1: Policy Assessment

Overall Rating:

2.66

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
Reimbursable meals offered in any federally-subsidized school meal program shall meet the statutory and regulatory nutrition standards established for such meals and address needs of students with eligible medical meal requirements.	3
Foods and beverages sold to students outside of the school meal programs shall meet at least the USDA's minimum nutrition standards for such items (also called the "smart snacks" or "competitive food" standards), including all permissible exemptions and exceptions that are identified in the regulations or otherwise expressly allowed by the USDA. These standards apply, for example, to a la carte options in cafeterias, vending machines that are accessible to students, and items sold in school stores or on snack carts. https://healthymeals.fns.usda.gov/sites/default/files/uploads/USDASmartSnacksks.pdf	3

<p>Both the federal standards and this Wellness Plan allow a building principal, or another administrative-level designee, to approve (to the extent authorized by the Department of Public Instruction) a limited number of exempt student organization fundraisers involving the sale of food or beverage items that do <u>not</u> meet any minimum nutrition standards. DPI currently allows up to two (2) approved exempt fundraisers per student organization per school year, with each such fundraiser lasting no longer than two (2) weeks. However, an approved exempt fundraiser may <u>not</u> take place in the food service area during any school meal period. In addition, an authorized exempt fundraiser must adhere to all other District policies and procedures related to fundraisers.</p>	<p>3</p>
<p>Foods that, with appropriate District approval, are ordered and delivered at school or through a school-related activity, but that are not intended to be (and that due to packaging, preparation requirements, etc., cannot reasonably be) consumed on school premises (such as a frozen pizza fundraiser) are not subject to any specific nutrition standards or time or location restrictions regarding orders or deliveries under this local Wellness Plan.</p>	<p>3</p>
<p>Any beverages that are not on the approved list of beverages to be sold on the school campus during the school day should not be served or distributed to students during the school day without first receiving written permission from the building principal. All schools must also be aware of and adhere to federal requirements regarding the availability of free drinking water for students.</p>	<p>3</p>
<p>Classroom Celebrations, Receptions for Special Events, and Similar Special Occasions – Teachers and students are encouraged to offer or distribute healthy snacks and treats for student birthday celebrations, classroom parties, and other similar events. A healthy snack list that is based on sound nutrition facts and principles will be developed and maintained under the coordination of the building principal and made available to staff and parents. This list may include, but is not limited to, items such as the following:</p> <ul style="list-style-type: none"> ● Fresh fruit or fruit cups ● Trail/cereal mixes (no candy included) ● Fresh vegetables & low-fat dip yogurt ● Dried fruits ● Pretzels ● String cheese/cheese cubes ● Popcorn ● Whole grain crackers ● Low-fat muffins ● Other low-fat crackers 	<p>3</p>
<p>During occasional celebrations (birthday observances, classroom parties, etc.) items of minimal nutritional value that do not meet the federal nutrition standards for “competitive food” sold to students and that also would not</p>	<p>2</p>

<p>qualify as a healthy snack option as defined by District standards may, in moderation, be served or distributed to students unless otherwise restricted by a directive of the building principal. However, unless the building principal or his/her administrative designee approves an exception, whenever school staff are involved in organizing such an occasional celebration (for a class or club party, a brief reception following an intra-day performance, etc.), staff shall ensure that one or more healthy alternatives are offered in conjunction with any items of minimal nutritional value that may be offered. Whenever a student's parent or guardian is primarily responsible for initiating such an occasional celebration, the schools shall encourage parents and guardians to provide a healthy snack item to be offered in conjunction with any offering of minimal nutritional value.</p>	
<p>Staff members are strongly encouraged to schedule occasional celebrations and other events where food is served or distributed to occur after the students' scheduled lunch period.</p>	3
<p>As needed and while maintaining an appropriate degree of confidentiality, staff will also make parents, guardians and students aware of restricted foods to be avoided as a means of accommodating any identified food allergies or similar dietary restriction within the relevant class or other student group.</p>	3
<p>Teacher-Initiated Rewards or Learning Incentives – Staff's use of foods of minimal nutritional value as student rewards or learning incentives should be kept to a minimum (e.g., not regularly and using minimal serving sizes). Healthy food choices or non-food items are referred. Should teachers or other staff members feel compelled to utilize food items as an incentive, they are strongly encouraged to select an option from the District's list of healthy snack options for foods served or distributed during the school day, as outlined above.</p>	2
<p>At any other school-sponsored meeting/event that occurs before, during, or up to 30 minutes after a school day, that involves student participation, and that has not otherwise been addressed in this section of the Wellness Plan, any food or beverage that is provided by the District and served to the attendees shall either (1) adhere to the District's nutrition guidelines for food and beverages sold on school campus during the school day, as identified above; or (2) adhere to the District's list of healthy snack options for items served or distributed to students during the school day, as mentioned above. The building principal or his/her administrative-level designee may, at his/her discretion, approve an exception to this restriction if requested and approved in advance of the event.</p>	3
<p>Food an Individual Student Brings from Home – Nothing in this Wellness Plan attempts to create or modify any District or school rules for the foods and beverages that a student brings to school for his/her own consumption.</p>	3

Nutrition Promotion	Rating
By establishing nutrition promotion goals, the District intends to provide resources and opportunities for students, staff, and others that will help students to recognize, develop, and practice healthy eating habits within the school environment, at home, and/or in other community settings.	3
The Lunch/Breakfast Program will offer a wide variety of fruits, vegetables, and targeted entrees to expose students to new fruit and vegetable offerings.	2
The Lunch/Breakfast program will train staff to prompt students to select fruits and vegetables as part of their lunch or breakfast.	3
The District will provide and promote the opportunity for student, staff and community participation in a bi-monthly group "Primetime" morning workout followed by the offering and discussion of nutritional snacks.	1
The District will promote staff wellness initiatives promotion which outline innovative ways to collaboratively encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.	3
The District will use Community Programs Funds (Fund 80) to promote physical activity and overall wellness and community education with parents and other members of the Rib Lake community. This will be done through partnerships developed within the Rib Lake Community Programs and will include classes such as: Zumba, POUND, yoga, pickleball, volleyball.	1
No District official, employee, or agent shall prospectively authorize or allow the marketing of any foods or beverages on a school campus during the school day (including before school and 30 minutes after the close of the instructional day for students) that do not meet the minimum federal nutritional standards for foods and beverages that are sold to students outside of the school meal programs.	3

Nutrition Education	Rating
The nutrition education goals established within this Wellness Plan are intended to support and supplement state-mandated curricular elements that relate to health and nutrition, for the purpose of providing students with the knowledge and skills necessary to appreciate the benefits of and make sound decisions related to eating habits and nutrition. Sequential and interdisciplinary nutrition education will be provided and promoted. Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.	3

All students in grades preK-12 will receive health education instruction that includes nutrition education as part of a planned, sequential and comprehensive school health education program. The program will be aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state and health education benchmarks.	3
Health instruction will be delivered by a certified health educator, but may also be taught within the classroom instruction in science, physical education, and Family and Consumer Science programs.	3
The District will offer a foods and nutrition course as a high school elective opportunity in addition to health education and physical wellness offerings.	3
The District will promote staff wellness initiatives promotion which outline innovative ways to collaboratively encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.	3

Physical Activity and Education	Rating
The physical activity goals within this Wellness Plan are intended to help students develop their knowledge, experience, and interest in specific physical activities and to obtain and appreciate the short-term and long-term benefits of personal fitness. The goals listed below, which focus on students directly engaging in physical movement and exercise, will support and supplement the District's comprehensive physical education curriculum.	3
All students will receive instruction about the value of physical activity, and receive opportunities to develop the knowledge and skills for specific physical activities. Focus will be on maintaining health-related physical fitness and to build an understanding of the short and long-term benefits of a physically active and healthy lifestyle. The school will offer opportunities open to all students before, during, and after the school day to meet this goal.	3
Students are given opportunities for physical activity during the school day through K-12 physical education classes, daily recess periods for elementary school students, and the daily integration of physical activity into the free time of middle and high school students. The entire school environment, not just the physical education classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, tobacco prevention and regular physical activity.	3

Other School-Based Wellness Activities	Rating
By establishing goals for other school-based activities that promote student wellness within this Wellness Plan, the District attempts to recognize that wellness initiatives can be integrated across a variety of school-related settings and can extend beyond the school food service venues and the facilities that are specifically intended for engaging in physical activity. In addition, it is possible to promote student wellness through programs that facilitate parent/family engagement or that involve partnerships or coordination with other public and private entities.	3
The District will provide and promote the opportunity for student, staff and community participation in a bi-monthly group “Primetime” morning workout followed by the offering and discussion of nutritional snacks.	2
The District will promote staff wellness initiatives Promotion which outline innovative ways to collaboratively encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.	3
The District will use Community Programs Funds (Fund 80) to promote physical activity and overall wellness and community education with parents and other members of the Rib Lake community. This will be done through partnerships developed within the Rib Lake Community Programs and will include classes such as: Zumba, POUND, yoga, pickleball, volleyball.	2
The District will provide access to the Fitness Center for all community members at a nominal charge and free for all staff and students.	2

Policy Monitoring and Implementation	Rating
School districts are required to provide opportunities for school administrators, teachers (including physical education and health education teachers), school food service staff, school health professionals (e.g., the District Nurse and/or contracted registered nurse), students, parents and guardians, School Board members, and other interested members of the community to participate in the development, implementation, and periodic review and updating of the District’s Wellness Plan.	3
This local school wellness plan (“Wellness Plan” or “Plan”) applies to all Rib Lake School District schools. The Wellness Plan outlines the District’s approach to ensuring appropriate environments and purposeful opportunities for students to learn about and practice healthy eating and to engage in physical activity. The Plan seeks to provide opportunities for all interested members of the school and local community to become engaged in and contribute to this	3

<p>important work. The District Administrator and Principals have primary responsibility for the District-wide implementation and oversight of the District's Wellness Plan, with the goal and intent of ensuring, to the extent applicable, each school's compliance with the Wellness Plan.</p>	
<p>The Wellness Steering Committee is a formal committee that shall consist of not more than 13 members and that shall be chaired by the District Administrator. The committee's primary charge is to be involved in the periodic assessment, review, and updating of this Wellness Plan, with a particular emphasis on recommending steps to improve District-wide knowledge of and compliance with the Plan and on recommending possible changes to the Plan (e.g., new or revised goals).</p>	3
<p>The District Administrator will periodically hold, attend, and/or help organize meetings for the purpose of gathering input related to this Wellness Plan and its implementation.</p>	2
<p>In formulating and implementing action steps related to the goals identified in this Wellness Plan, District-level and school-level personnel will attempt to identify specific opportunities for stakeholder input and participation.</p>	3
<p>The primary means of measuring the implementation of and schools' compliance with this Wellness Plan is through a formal assessment that will occur at least once every three (3) years. Such assessments shall be completed under the direction of the District Administrator. A report shall be generated in conjunction with each such formal assessment that addresses at least all of the following:</p> <ol style="list-style-type: none"> 1. The extent to which the District and District schools are in compliance with the Wellness Plan; 2. A description of the progress made in attaining the goals of the Wellness Plan, as assessed quantitatively and qualitatively to the extent practical and appropriate; 3. The extent to which the District's Wellness Plan compares to one or more model local school wellness policies/plans; and 4. A statement of any recommended changes to the District Wellness Plan, or a statement that no specific changes are recommended, shall be forwarded for formal District-level consideration and possible District-level approval. This statement may be forwarded by school officials who have school wellness leadership responsibilities and/or on behalf of the Wellness Steering Committee. When developing such recommendations, the remainder of the assessment report shall be reviewed and considered. 	2

<p>The District Administrator will:</p> <ol style="list-style-type: none"> 1. Identify the data and other records that will be required to reasonably document and evaluate the progress that is being made with the specific goals, nutritional standards, and other requirements outlined in this Wellness Plan. Particularly with respect to the Wellness Plan goals and related action steps that have specific near-term target dates or that are otherwise short-term in nature, progress should be monitored and informally evaluated on an interim basis between the years of the formal evaluations described above. Ultimately, information from and the results of any such interim assessments will inform and can be incorporated into the next triennial assessment. 2. Communicate expectations to school-based personnel related to tracking school level data and preparing and organizing other school-level records that will be needed for assessment purposes, emphasizing when such documentation should occur. 3. Periodically meet with school-based personnel to serve as a support resource regarding Wellness Plan implementation and to review and discuss the school's compliance and progress to date. 	1
<p>The primary means that the District will use to inform the public of the content of this Wellness Plan, the status of implementation efforts, and the outcome of formal assessments will be through a prominent, wellness-themed web page or microsite that is part of the District's official website. Minimally, the following information will be prominently displayed or clearly linked on a continuous basis and without requiring any login or similar restriction on access:</p> <ol style="list-style-type: none"> 1. The names, positions, and contact information of the District-level and/or school-level officials who have been designated as local wellness program leaders. 2. A complete copy of this Wellness Plan. 3. An executive-level summary of current Wellness Plan goals. 4. An executive-level summary of the most recent updates or modifications to the Wellness Plan, if applicable. 5. A complete copy of at least the two most recent triennial assessment reports (once available). 6. Information regarding how interested stakeholders can become involved in the development, implementation, review, and updating of the Wellness Plan. 	2
<p>In addition to electronic posting, at least once annually, the District will actively notify staff and school households of the Wellness Plan and how it can be accessed, and a similar active notice shall be given of the availability of each formal (triennial) assessment report at the time each such report is completed.</p>	1

Section 2: Progress Update

Our District has faced many challenges in the last 15 months due to the COVID-19 pandemic. Many of our goals and objectives have been affected by the early closure of school last year and the inability to follow-through on many of our wellness strategies, due to the COVID-19 mitigation procedures we have had to put in place. We have been able to be open this entire school year, with limited closure one time. We have done what we could to move forward, but will be meeting with our Wellness Committee this fall (2021) to reevaluate our strategies within the Wellness Plan -- based on whatever COVID-19 limitations we may still have in place.

The District has made progress in the implementation of physical activity and physical education goals. All students are instructed on the importance of physical activity, along with knowledge and skills for specific physical activities. We purchased **Polar GoFit Heart Rate monitors** with grant money, to be used in our elementary grades. These were used prior to the pandemic to provide educators with accurate data and results for assessing student progress. They helped the students better understand the relationship between physical fitness and well-being. We hope to use them again in the future.

All students received health education instruction that includes nutrition education. We promoted and offered a variety of fresh fruits and vegetables. Our free breakfast program was changed to have an aide bring breakfast to the classrooms and let students choose from the healthy food choices. The aide has been able to prompt students to select healthy food. This is also taking place for the free lunch.

We have been able to make progress in the Other School-Based Activities areas, for students and staff.

1. "Primetime" -- We offered and promoted the opportunity for students, staff and community members to participate in a bi-monthly group, called "Primetime" morning workout. This was followed by offering and discussing nutritional snacks. We **had four of these events in 2019 and 2020** until COVID-19 closure of our buildings. Attendance was **approximately 12-15 participants per session**. Due to COVID-19 restrictions, we have not been able to offer this again. We do hope to be able to offer this in the future, since participation was very good.

2. Staff Wellness Challenges -- Our Wellness Team usually offers Wellness Challenges to our 71 staff members in the fall and spring of the school year. The wellness challenge topics have included: physical activities, choosing fruits and vegetables, water intake, getting adequate sleep, mindfulness, relaxation, family focused activities, and other well-rounded wellness initiatives. Due to the ongoing challenges of COVID-19, we opted to have three monthly wellness challenges in 2021. Staff were very responsive and greatly appreciative of the wellness focus. Those who met the set goals were entered into a drawing for prizes. During the last three challenges the prizes we offered were gift cards from local businesses,

4. Fitness Center -- The District provides access to the school's Fitness Center for all community members at a nominal charge and free for all staff and students to assist in the promotion of fitness skills that will assist them in achieving a healthy lifestyle. The Fitness Center has contemporary equipment, cardio/nautilus and free weights, knowledgeable staff, easy access, and flexible hours. **80 community members** are currently using the Fitness Center outside of school hours. **Students** use the Center during school as part of their physical education training and/or sports training. **A few staff** use the Fitness Center regularly. We had to close the Fitness Center in March of 2020, due to the COVID-19 pandemic. We reopened it in January 2021 with COVID mitigation strategies in place (hand sanitizing, social distancing, face coverings and enhanced cleaning and disinfecting of the room and equipment.) We will continue to promote this valuable service to our school and community.

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 District policy language is very comprehensive.

1. Nutrition Education is a strong area within our school and is integrated in all of our grades.
2. We have implemented many of the Nutrition Standards for Competitive and Other Foods and Beverages. To ensure the access to water at all times, fountains were converted into bottle fillers, and individual water bottles have been encouraged.
3. Overall, the Implementation, Evaluation and Communication goals have been met.

The COVID-19 pandemic has interrupted the progress we were making in many of our wellness planning areas. We hope to move forward with our strategies as soon as we are able.

Areas for Local Wellness Policy Improvement

Compared to the WellSAT 3.0, there are additional areas that we may need to add to our Wellness Plan.

1. In the area of Nutrition Education, we need to address agriculture and the food system.

2. In the Standards for USDA Child Nutrition Programs and School Meals section, many of the areas have not applied during the pandemic, since both breakfasts and lunches have been provided free to our students. As the pandemic eases, we will be able to address these policy areas.

3. There are some areas in the Nutrition Standards for Competitive and Other Foods & Beverages section that we will be reviewing: foods and beverages containing caffeine, those served at class parties, statement that foods and beverages served to students in before/aftercare will meet CACFP nutrition standards or Smart Snacks standards, statement of food not being used as an award, etc. Again, due to COVID-19, fund-raisers have been very limited and foods have been individually packed, etc.

4. There are several areas within the Physical Education Physical Activity section that we need to improve: details of the time/week of physical education, qualifications for physical education teachers and exemptions and substitutions for students, and active transport for students within walking/biking distance to school, in particular.

5. In the Wellness Promotion and Marketing section, our policy does not address using physical activity as a reward or punishment as well as marketing in school publications, fundraisers, etc. We will be reviewing these areas to improve the comprehensiveness and strength of our School Wellness Plan and policy.

WellSAT: 3.0 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

scores indicating higher content and the use of specific and directive language.

0 to 100, with lower scores indicating less content and weaker language and higher

Comprehensiveness Score:

{60}

Strength Score:

{50}