

# 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

This institution is an equal opportunity provider.

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.

# Assumption Catholic Schools

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-24

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 Daniel Minter 715-422-0902 dminter@assumptioncatholicschools.org.

### Section 1: Policy Assessment

*Overall Rating:*

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
<ul style="list-style-type: none"> <li>All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.</li> </ul>	3
<ul style="list-style-type: none"> <li>All meals are accessible to all students.</li> </ul>	3
<ul style="list-style-type: none"> <li>Withholding food as a punishment shall be strictly prohibited.</li> </ul>	3
<ul style="list-style-type: none"> <li>All meals are appealing and attractive and served in clean and pleasant settings.</li> </ul>	3
<ul style="list-style-type: none"> <li>All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.</li> </ul>	3
<ul style="list-style-type: none"> <li>All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.</li> </ul>	2

Nutrition Promotion	Rating
Lunch shall be served between 11am-1pm	3
School nutrition services shall purchase at least 5 locally grown/produced products each year	2

Nutrition Education	Rating
<ul style="list-style-type: none"> <li>Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.</li> </ul>	1

<b>Nutrition Education</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.</li> </ul>	1

<b>Physical Activity and Education</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>Children and adolescents should participate in 60 minutes of physical activity every day.</li> </ul>	2
The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	3
<ul style="list-style-type: none"> <li>The District shall also provide opportunities for students to participate in physical activity in addition to physical education. <ul style="list-style-type: none"> <li>Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.</li> </ul> </li> </ul>	3
<ul style="list-style-type: none"> <li>Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).</li> <li>Outdoor recess shall be offered weather permitting</li> </ul>	3
<ul style="list-style-type: none"> <li>Opportunities to participate in physical activity shall be promoted throughout the school via flyers and website.</li> </ul>	2
<ul style="list-style-type: none"> <li>All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.</li> <li>All District middle school students in each grade shall receive at least 80 minutes of physical education per week throughout the school year.</li> <li>All District middle school students are required to take the equivalent of one academic year of physical education.</li> <li>All District high school students are required to receive 1.5 credits of physical education prior to graduation.</li> <li></li> </ul>	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.</li> </ul>	3
<ul style="list-style-type: none"> <li>The District 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.</li> </ul>	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<p>The Wellness Committee shall 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 and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District shall 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 <a href="http://www.assumptioncatholicschools.org">www.assumptioncatholicschools.org</a>. The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.</p>	2

## Section 2: Progress Update

Summer 2023, the wellness committee meet on 3 occasions to create and review the local wellness plan. The new plan is a complete revision of the prior plan created in 2015 and follows the suggestions from the DPI for building a local wellness plan. The committee believes we are making progress on our local wellness plan and plans to review at the end of the 23-24 school year to see which areas have seen growth and which areas need additional work.

## 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 food service has made great strides with the offerings it presents to students. Food service at all levels is offer vs. serve.

### Areas for Local Wellness Policy Improvement

{Involvement of faculty and staff in wellness activities. Continued work on food in the classroom and promoting general wellness. Nutrition education needs to be expanded.

### WellSAT Scores *(Delete this sub-section if you do not want to report your 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:***  
90

***Strength Score:***  
80