

Tigerton School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2019-20 School Year

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 Kelley Strike, District Administrator, 715-535-4040.

Section 1: Policy Assessment

Overall Rating:
2.25

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
The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.	3
Schools alone, however, cannot develop healthy behaviors and habits in students with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.	1

Nutrition Promotion	Rating
Promote nutrition education with the objective of improving students' health and reducing childhood obesity.	1
Promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity.	3
Provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle.	1
Promote the health and wellness of students and staff through other school based activities.	2

Nutrition Education	Rating
Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	3
Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	2

Nutrition Education	Rating
Nutrition education shall extend beyond the school by engaging and involving families and the community.	1
Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.	3
The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.	1
Links with Nutrition-Related Community Service: <ol style="list-style-type: none"> Grades K-4: University of Wisconsin-Extension Wisconsin Nutrition Education Program (WNEP) nutrition lessons. Grade 4: UW – Extension/FFA partnership or representative will teach Adventures in Dairyland Others as available 	0
Staff as Role Models It is realized that role modeling and consistent messaging is an important part of health education. The School District encourages staff to exhibit healthy food/beverage habits during the instructional school day within the classroom.	1

Physical Activity and Education	Rating
Select one (1) or more of the following from both categories: Physical Education <ol style="list-style-type: none"> A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State. All students in grades ECE - 5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least three (3) days per week for the entire school year. All students in grades 6 - 8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least two (2) - three (3) days per week for the entire school year All students, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for five (5) days per week for at least three (3) semesters in grades 9 -12. 	3
Select one (1) or more of the following from both categories: Physical Activity <ol style="list-style-type: none"> Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. All students in grades ECE - 5 shall be provided with a daily recess period at least thirty (30) minutes in duration. Recess shall not be used as a punishment. All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs. Youth Sports Programs (i.e. Little League, Softball, T-ball, Basketball) will be coordinated through the District. Use of fitness center by community members is encouraged, will be promoted through: Newspaper, Newsletter, Website, Social Media, Community Postings 	3

Other School-Based Wellness Activities	Rating
The schools shall provide at least fifteen (15) minutes daily for students to eat.	3
An organized wellness program shall be available to all staff.	3
Schools in our system utilize electronic identification and payment systems, therefore eliminating any stigma or identification of students eligible to receive free and/or reduced meals.	3

Policy Monitoring and Implementation	Rating
<p>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 distribute information at the beginning of the school year to families of school children and post the wellness policy on the District’s website, including the assessment of the implementation of the policy prepared by the District.</p>	2
<p>Review of this policy shall occur every three (3) years, by a committee appointed by the District Administrator; consisting of the administrator, the food service director, phy-ed teacher, and the public. The committee shall provide the Board with any recommended changes to this policy.</p>	3

Section 2: Progress Update

The School District of Tigerton continues to revise and update the wellness policy in order to stay compliant. We continuously work to provide a safe, positive and healthy environment for our students and staff.

Comprehensiveness Score:
42

Section 3: Model Policy Comparison

Local Wellness Policy Strengths

- Physical Activity
- Other School-Based Wellness Activities
- Policy Monitoring and Implementation

Areas for Local Wellness Policy Improvement

- Nutrition Standards for All Foods in School
- Nutrition Promotion
- Nutrition Education