

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. 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.

Medford Area Public School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-23, completed 5/3/23

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 **Pat Sullivan, 715-748-4620**.

Section 1: Policy Assessment

Overall Rating:
2.67

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
MAPSD promotes nutrition integrity in all school buildings. The school shall provide attractive, clean environments in which the students eat. The School Nutrition Association (SNA) defines nutrition integrity as “a guaranteed level of performance that assures all foods available in schools for students are consistent with recommended dietary allowances and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits.” All foods available at breakfast and lunch comply with the USDA guidelines. A la carte offered at MAMS and MASH also complies with the requirements.	3

Nutrition Promotion	Rating
<p>To promote nutrition MAPSD encourages:</p> <ul style="list-style-type: none"> • Adhering to nutrition standards based on the Dietary Guidelines for Americans and the current Healthy Hungry Kids Act. • Considering student preferences in menu planning. • Providing meals with enough calories to support growth. • Evaluating the nutritional value of foods over a period of time. • Purchasing food items that meet expected quality and nutrition standard • Preparing foods in ways that provide optimal nutrition and student acceptance. • Carefully selecting other foods offered in addition to meals (competitive foods) to promote nutrition and encourage healthy eating habits. • Providing a pleasant eating environment. • Promoting nutrition education. • Developing cooperative efforts between nutrition professionals and other school / community members. • Monitors are in place at MASH displaying the lunch menu so students can plan ahead. • We have posters in all cafeterias that explain a well-balanced meal and what should be on a tray for a reimbursable meal. • Promotions are offered throughout the year. We have Fresh Picks that features a fruit or vegetable each month. This promotes health and awareness to every student. Sampling is offered that gives everyone the chance to taste and learn about the featured item. • Allocated \$30,000 this year into fresh fruits & vegetables as part of our annual commodities 	3

Nutrition Promotion	Rating
<p>thru DPI.</p> <ul style="list-style-type: none"> • Brain Break: Utilize a breakfast cart at MASH for breakfast after the bell. • Guest Chef: New promotion/program this year. An A'viands chef comes to Medford every other month to promote healthy recipes that our students can make at home. Examples: chia seed blueberry pudding, pumpkin mousse dessert and tropical apple fruit salad. • New program this year promoting local foods in our schools. Working closely with Cattail Organics and Rock Ridge Orchards to bring \$6,000 in local fruits and vegetables for our students. • Implemented a new program called "Spice ology." Students at MASH have many salt free spices available to try and used to enhance their food. • MAMS afterschool snack was added. 	

Nutrition Education	Rating
<p>MAPSD encourages school administrators, teachers and food service staff to work together to develop and support nutrition policies and procedures aimed at promoting lifelong healthy eating. Nutrition integrity and nutrition education should be an integral part of nutrition policies. MAPSD encourages using the district nutrition standards as minimal guidelines and includes nutrition education in the Health curriculum. All foods available at breakfast and lunch comply with the USDA guidelines. A la carte and vending food offered also comply with the requirements.</p> <p>A'viands promotes nutrition integrity by offering digital menus that can be accessed by any parent/guardian, staff or students. With a touch of a finger, you can find out nutritional and allergens of any item offered on the menu. We have posters in all cafeterias that explain a well-balanced meal and what should be on a tray for a reimbursable meal.</p> <p>Our food director goes to the elementary school and speaks to the students about healthy eating. What foods are good for you and what foods should you stay away from. Students get involved by activities and questions asked during the presentation.</p>	3

Physical Activity and Education	Rating
<p>MAPSD will develop and maintain wellness plan that will address nutrition guidelines, nutrition education, physical activity and other school-based activities designed to promote student, staff and community wellness.</p> <p>Physical education programs are provided to students in accordance with the physical education curriculum standards and benchmarks adopted by the state.</p> <p>Schools will promote use of physical activity as a reward.</p> <p>At MASH, students have Brain Break time where they can walk the halls.</p> <p>PreK thru Grade 6 have access to recess daily.</p>	1

Other School-Based Wellness Activities	Rating
<p>The district will set forth nutrition guidelines set by the state and federal government for all foods available in each school during the school day. Nutrition guidelines will be based on sound nutrition facts and principles. Foods are selected with the objective of promoting student health and reducing childhood obesity.</p> <p>Nutrition activities include:</p> <ul style="list-style-type: none"> • Sampling • Global Bites Program • Food For Thought Program • Meet a Hero • Farm to Fork 	3

Other School-Based Wellness Activities	Rating
<ul style="list-style-type: none"> • Flex Farms and use of local farms <p>Physical activities include:</p> <ul style="list-style-type: none"> • Brain Break • Recess • Physical Education <p>Marketing, health and nutrition includes:</p> <ul style="list-style-type: none"> • Dental health • Vision screening • Hearing screening • Mental health CARES Model • Health classroom presentations • Licensed fitness specialist 	

Policy Monitoring and Implementation	Rating
<p>MAPSD will develop and maintain a wellness plan that will address nutrition guidelines, nutrition education, physical activity and other school-based activities that are designed to promote student, staff and community wellness. We have a school wellness committee with community stakeholders that will meet annually. Our wellness plan will be reviewed every three years (triennially) by the district administrator and policy implementation status and follow-up activities will be reported to the school board and administration.</p>	3

Section 2: Progress Update

MAPSD continues to review our wellness policy to stay compliant. Key community stakeholders were identified and a formal committee was formed. That committee met in May of 2023 and will meet at minimum annually. We continuously work to provide a safe, positive and healthy environment for our students and staff members. Each head cook and food director is required to complete the serve safe certification along with monthly training on food, procedures and safety topics. The district has extended wellness education beyond the classroom and is engaging and involving the school's food service staff. MAPSD is monitoring participation by the students in breakfast and lunch programs. Staff are also responsible for educating their students on wellness.

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

Our school food service program meets USDA requirements and functions effectively within the requirements. Our strengths include nutrition promotion and nutrition education.

Areas for Local Wellness Policy Improvement

MAPSD will continue to develop and maintain compliance with the local wellness policy. We will add physical activity and education standards and other school-based wellness activities to our wellness policy. We will continue to evaluate how we promote physical activity opportunities to staff, students and families along with increasing community involvement. We will continue to educate healthy food choices at school functions and outside of the school day, including concession stands, celebrations and school meetings.

Will develop a work plan to identify goals and objectives for all the components of the school wellness policy.

WellSAT Scores: 97

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 & the use of specific & directive language.

Comprehensiveness Score:

{100}

Strength Score:

97