

Peshtigo School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021

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 Patrick Rau, Superintendent.

Nutrition Standards for All Foods in School	Rating
Develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;	2
Develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;	2
The food service program may involve students, parents, staff and school officials in the selection of competitive food items to be sold in the schools.	3
The food service program shall be administered by a qualified nutrition professional.	3
The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.	3

Nutrition Promotion	Rating
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.	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 shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.	3

Physical Activity and Education	Rating
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.	2

Physical Activity and Education	Rating
Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.	3
Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	3
Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	3
Planned instruction in physical education shall take into account gender and cultural differences.	3
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	2
All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.	3
Physical activity shall not be employed as a form of discipline or punishment.	3

Policy Monitoring and Implementation	Rating
The District Administrator shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including: copy of the current policy; documentation pertaining to the most recent assessment of implementation of wellness initiatives identified in the policy; documentation of efforts to publicize the policy; and documentation of efforts to review and update the policy, including identification of the participating and invited stakeholders.	3

Section 2: Progress Update

Progress towards nutritional and physical education/activity goals continues to evolve. Students participate in activities that are designed around universal and local interests. Continued work needs to be completed related to mental health.

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

- Community Resource information is provided to connect students, staff, and parents to support systems.
- Large group instruction is provided through the Life Skills course in 8th grade which addresses SEL topics.

- Large group instruction is provided to 7th grade students through the Botkin Life Skills program.
- Counseling services are available to students who are encountering mental health issues. Usually referrals are made for community counseling support.
- Instruction of Social and Emotional Learning is used in accordance with the Second Step Curriculum
- Social wellness is demonstrated through the breakfast in the classroom program. Sharing a common meal. The program was designed to build community between the teachers and children as that's what eating together does.
- Physical education classes promote all three; social, emotional, and mental health.

Areas for Local Wellness Policy Improvement

- Provide healthy food and beverage choices in the vending machines.
- Continue to have a nurse on staff to meet student needs.
- Continue the athletic training program, maybe even extending it to provide nutrition/exercise consultations to all interested/referred students.
- Allow high school credit for participation in the summer school strength and conditioning program.
- Find some cost effective ways to maybe incorporate some plant based foods (other than salads) from time to time.
- Review of physical education credit fulfillment through sports participation (ie. managers).
- All middle school students should participate in physical education in both 7th and 8th grade.