

Dodgeland School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: Spring of 2023 - 2024

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 Natalie Bolman, Food Services Director, bolman@dodgeland.k12.wi.us or 920-386-4404.

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
All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010.	3
Drinking water is available for students during mealtimes.	3
All schools in the District participate in the USDA child nutrition programs, including NSLP, SBP, SFSP.	2
All meals are accessible to all students.	3
Withholding food as a punishment shall be strictly prohibited.	3
All meals are appealing and attractive and served in clean and pleasant settings.	2
When drinking fountains are not present in the cafeteria, water cups/jugs are available.	3
Students are provided at least ten minutes to eat breakfast and at least twenty to eat lunch after being seated.	2
All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.	3
Lunch shall be scheduled following recess for elementary students.	2
Menus shall be posted on the District website and will include nutrient content.	2
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3

Nutrition Promotion	Rating
The district is committed to providing a school environment that promotes students to practice healthy eating and physical activity.	3
Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2

Nutrition Education	Rating
The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support health eating by providing nutrition education.	1
Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and health eating practices based on the Dietary Guidelines for Americans and MyPlate.	2
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.	2
Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.	2
Schools will provide nutrition education lessons that cover topics such as reading a Nutrition facts label.	2
Nutrition education will provide the knowledge and skills necessary to promote health.	2
Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.	1
Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.	2

Physical Activity and Education	Rating
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
The District shall develop a comprehensive, school-based physical activity program, that includes the following components: physical education, recess, classroom based physical activity, walk to school, and out-of-school time activities.	3
Physical activity should not be employed as a form of discipline or punishment.	3
Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.	2
All students in grades K-5 shall be provided with a daily recess period of at least twenty minutes in duration. Recess shall not be used as a reward or punishment.	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.	1
The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.	2
In addition to planned physical education, the school shall provide age-appropriate physical activities that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.	2
All students in grades 6-12 shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity.	2
All district elementary students in each grade shall have physical education a minimum of three times per week.	3
All District middle school students are required to take the equivalent of one academic year of physical education.	3

Physical Activity and Education	Rating
All District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460 – Graduation requirements.	3
Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	2
All students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings shall receive daily physical education for the entire school year, for at least 150 minutes per week for K-8 students and at least 225 minutes per week for students in grades 9-12	1
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	3

Other School-Based Wellness Activities	Rating
Students, parents, and other community members shall have access to, and be encouraged to use the school’s outdoor physical activity facilities outside of the normal school day.	1
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.	2
The District shall work with community partners, including Marshfield Medical Clinic to support district wellness.	2

Policy Monitoring and Implementation	Rating
The wellness committee shall evaluate compliance with the wellness policy no less than once every three years.	1
The District Administrator shall be responsible for informing the public, including parents, students, and community members on the content and implementation of this policy.	1
In accordance with Policy 8500 – Food Services, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, and disposal of food and beverages as well as to the fiscal management of the program	3
As set forth in Policy 8531 – Free and Reduced-Price meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the US Department of Agriculture. All foods available on campus during the school day shall comply with the USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.	2
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances without stigma.	3
The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.	3
The food services program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed according to current professional standards.	3
All food services personnel shall receive pre-service training in food service operations.	3

Section 2: Progress Update

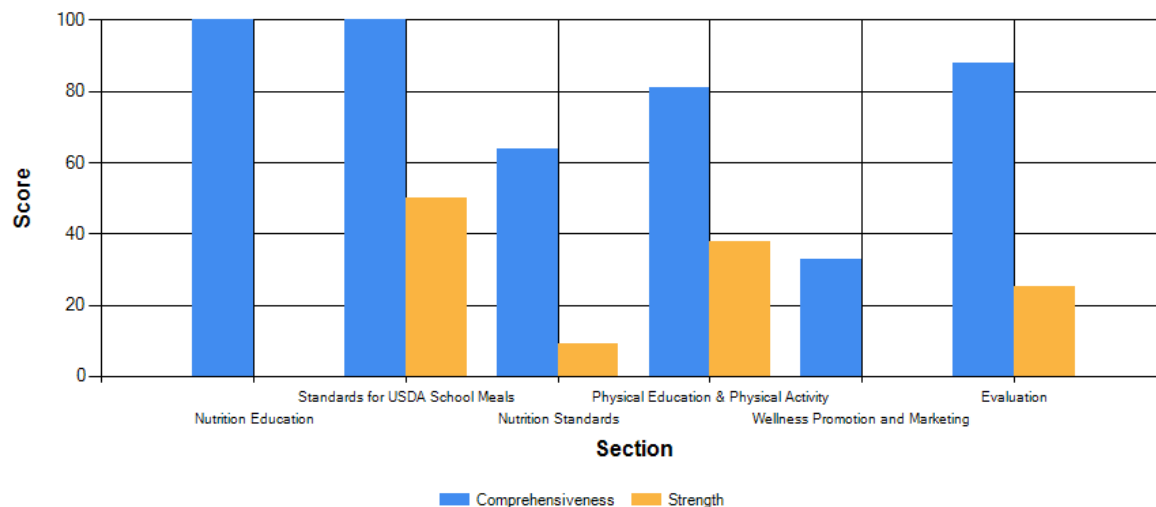
The Dodgeland School District prepares nutritious meals for our students based on the USDA guidelines. Dodgeland Elementary has participated in the FoodWise Nutrition lessons from the UW-Extension nutrition educator in grades kindergarten through third grade for four years. Each week, the educator from UW-Extension comes to each classroom to discuss food guidelines from MyPlate and the benefits of eating healthy food. The students are engaged in hands-on activities and meaningful lessons. The lesson summaries are shared with families weekly so students could discuss their learning with their families. After the weekly lessons, the classroom teachers review and tie in the information to other class discussions or instruction. In this way, students are learning the importance of nutrition from a variety of sources. As a result of these lessons, students are asking to eat more vegetables and are willing to try new foods.

K-5 students get frequent physical activity through classroom brain breaks throughout the day, along with Playworks activities at recess.

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.

The overall scorecard for Dodgeland School District came out as follows:



Local Wellness Policy Strengths

Strengths include:

1. Standards for USDA School Meals.
2. Nutrition Standards
3. Physical Education and Physical Activity

Areas for Local Wellness Policy Improvement

Areas for improvement include:

A revised and more specific policy to Dodgeland School District, that includes components of practice that are happening, just not identified in policy.

WellSAT 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:

78

Strength Score:

20