

Fall Creek School District
Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 Val Callahan 715-877-1006.

Section 1: Policy Assessment

<p><i>Overall Rating:</i> 3</p>	<p>Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.</p> <p>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</p>
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Nutrition Standards for All Foods in School	Score
<p><u>Classroom Treats:</u> The Fall Creek School District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any classroom or co-curricular function (parties, celebrations, sporting events, etc) healthy food choice options should be available.</p> <p>It is strongly suggested that teachers download the form and list of suggested snacks/treats from the district's website. The form will allow students to sign up in advance for a category of approved snacks; thus, avoiding an overabundance of unhealthy snacks with no healthy alternatives.</p> <p><i>Suggested snack list:</i></p> <ul style="list-style-type: none"> * Please consider the use of Peanut Free Snacks due to student allergy concerns. - Raw vegetable sticks/slices with low-fat dressing or yogurt dips - Fresh fruit and/or 100% fruit juices - Frozen fruit juice pops - Dried fruits (raisins, banana chips, etc) - Trail mix (Nut Free) - Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads) - Party mix (variety of cereals, crackers, pretzels, etc) (Nut Free) - Low-sodium crackers - Baked corn chips and fat-free potato chips with salsa and low-fat dips such as ranch, French, onion, bean, etc. - Low-fat muffins, granola bars and cookies (Nut Free) - Angel food and sponge cakes - Flavored yogurt and fruit parfaits - Jello and low-fat pudding cups - Low-fat ice creams, frozen yogurts, and sherbets (Nut Free) - Low-fat and skim milk products - Pure ice cold water <p><u>CLASSROOM REWARDS:</u> Strong consideration should be given to non-food items as part of any teacher to student incentive and/or reward program. Should teachers feel compelled to utilize food items as incentives, they are encouraged to utilize healthy and nutritious food choices taking into account student's special dietary needs including allergies.</p>	100%

Nutrition Standards for All Foods in School	Score
<p>VENDING: In keeping with contractual obligations to the National School Lunch and Breakfast Programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program. Vending sales of candy will not be permitted on school grounds. Only beverage vending machines with water, milk, and 100% fruit juices will be available during instructional school hours.</p> <p>Meals served through the district’s food services programs, Breakfast and Lunch, shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.</p> <p>The cafeteria is cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.</p> <p>Handling Children with unpaid account balances are handled as per Board Rule 760-R Food Service Management Procedures.</p> <p>Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website and at each School office.</p> <p>Students will have the opportunity to provide input on local, cultural, and ethnic favorites.</p> <p>Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.</p> <p>Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast</p> <p>Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings</p> <p>The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.</p> <p>At the High School Level healthy snacks may be purchased as ala carte during meals.</p> <p>After obtaining food, students will have at least 20 minutes to eat lunch.</p> <p>Water filling stations are available in the cafeteria.</p> <p>All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.</p> <p>School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.</p>	

Nutrition Promotion	Score
<p>The Fall Creek School District promotes healthy schools by promoting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle</p>	<p>100%</p>

Nutrition Promotion	Score
<p>practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.</p> <p>Instructional staff should emphasize the health benefits of good nutrition and healthy eating habits through a comprehensive curriculum, classroom activities, and positive role modeling. All staff should be encouraged to model nutritional guidelines during the course of directly working with students in the classroom.</p> <p>It is important to involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and a healthy lifestyle. Learning about nutrition both in the educational and community setting is one way to help students apply knowledge and critically view multiple aspects of food, health and society, while developing higher level thinking skills. Eating well can make a positive difference in a student’s ability to achieve in school as well as contribute to the overall health and well-being of youth.</p> <p>Physical education will be an enjoyable experience for all students and will include a plethora of choices regarding physical activity engagement opportunities. Cooperation, fair play, sportsmanship, respectful, physical and health literacy, and responsible participation will be actively taught, and participation in physical activity and healthy lifestyle choices outside of school will be promoted.</p> <p><u>VENDING:</u> In keeping with contractual obligations to the National School Lunch and Breakfast Programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program. Vending sales of candy will not be permitted on school grounds. Only beverage vending machines with water, milk, and 100% fruit juices will be available during instructional school hours.</p>	

Nutrition Education	Score
<p><u>Nutrition Education and Curriculum:</u> The Fall Creek School District supports the promotion and education of good nutrition and healthy eating habits. Students will develop the knowledge, attitudes, skills, and behaviors for life long healthy eating habits and nutrition mainly through the district curriculum, comprehensive health and nutrition education curriculum which follows the Wisconsin Nutrition Education Standards as a framework.</p> <p>Students will gain the knowledge and skills they need to select foods for a healthy diet that supports health and reduces the risk of illness and future chronic diseases. An essential element of nutrition education is to equip students with the critical thinking skills needed to judge the reliability of information presented to them. Other key concepts included in the nutritional standards promotes healthy eating behaviors, food safely, and nutrition for growth, health, and energy.</p> <p>A sequential, developmentally appropriate curriculum shall be in place, which meets the developmental needs of all students. Gender and cultural differences in students’ interests will be considered. Students will be regularly assessed for attainment of physical education and health education learning objectives.</p> <p>Physical education will be an enjoyable experience for all students and will include a plethora of choices regarding physical activity engagement opportunities. Cooperation, fair play, sportsmanship, respectful, physical and health literacy, and responsible participation will be</p>	100%

Nutrition Education	Score
<p>actively taught, and participation in physical activity and healthy lifestyle choices outside of school will be promoted.</p> <p>Nutrislice is available on the district website.</p>	

Physical Activity and Education	Score
<p>The Fall Creek School District supports and provides physical development and fitness through co-curricular sports, sport and fitness related activities, and will work cooperatively with other agencies such as the Fall Creek Parks and Recreation Department to provide additional programming.</p> <p>Every student in each grade shall participate in a comprehensive and coordinated health education and physical education program according to the Wisconsin Department of Public Instruction guidelines, including the recommended number of minutes. Licensed physical education and health education teachers shall teach physical education and health education in the Fall Creek School District and the program will be consistent with the national and/or state health and physical education standards. Adequate space, facilities, equipment, supplies and budgets shall be provided to achieve the objectives of the health and physical education programs.</p> <p>A sequential, developmentally appropriate curriculum shall be in place, which meets the developmental needs of all students. Gender and cultural differences in students' interests will be considered. Students will be regularly assessed for attainment of physical education and health education learning objectives.</p> <p>Physical education will be an enjoyable experience for all students and will include a plethora of choices regarding physical activity engagement opportunities. Cooperation, fair play, sportsmanship, respectful, physical and health literacy, and responsible participation will be actively taught, and participation in physical activity and healthy lifestyle choices outside of school will be promoted.</p> <p>It is important to involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and a healthy lifestyle. Learning about nutrition both in the educational and community setting is one way to help students apply knowledge and critically view multiple aspects of food, health and society, while developing higher level thinking skills. Eating well can make a positive difference in a student's ability to achieve in school as well as contribute to the overall health and well-being of youth.</p>	100%

Other School-Based Wellness Activities	Score
<p><u>COMPETITION WITH BREAKFAST/LUNCH:</u> The district should ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs unless approved by the food service director.</p> <p><u>CONCESSIONS:</u> Organizations operating concessions at school functions should include alternative healthy options of food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.</p> <p><u>FUNDRAISING:</u> All fundraising projects must be approved by the School Administrator as stated in the district policy. Items being sold must not interfere or compete with the National School Lunch or Breakfast Program. No sales of candy during instructional school hours. Whenever food and beverages are sold that raise funds for the school, the fundraising project should include some healthy food choices.</p>	100%

Policy Monitoring and Implementation	Score
<p>The Wellness Committee will meet when appropriate to review policies and procedures.</p> <p>Students, parents, staff and/or community members are welcome to join the committee.</p> <p>Any state required wellness assessment results will be post on the school website on the Food Service Page.</p>	100%

Section 2: Progress Update

The School Board will review the Wellness Policy revisions when presented

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 Wellness Policy encourages nutrition education. It makes sure the USDA child nutrition program and school meals standards are in compliance and there is no completion between the school food service and other food and beverage resources within the school. It requires physical education and health curriculum for all students. It encourages healthy lifestyle for students, staff and community. The Wellness Policy addresses that the school has a Wellness Committee to review policies and procedures as they relate to the state assessment tool

Areas for Local Wellness Policy Improvement

The Wellness Committee does not have a defines meeting schedule or membership definition.

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:
100 %

Strength Score:
100 %