

# Clinton School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 12-05-24

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 Kathy Zwirgzdas, Business Manager.

### Section 1: Policy Assessment

*Overall Rating:*

85

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
- 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
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
Drinking water is available for students during mealtimes.	3
The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
The District adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	3
<b>Average</b>	93

Nutrition Promotion	Rating
Promote nutrition education with the objective of improving students' health and reducing childhood obesity	2
Improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits	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	
promote the health and wellness of students and staff through other school-based activities	2
Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition	3

Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2
<b>Average</b>	72

<b>Nutrition Education</b>	<b>Rating</b>
The primary goal of nutrition education is to influence students' lifelong eating behaviors.	3
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.	3
The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.	1
<b>Average</b>	78

<b>Physical Activity and Education</b>	<b>Rating</b>
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	3
<b>Average</b>	100

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	2
An organized wellness program shall be available to all staff.	3
<b>Average</b>	83

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
A review of this policy shall occur no less than once every three (3) years using a procedure developed and implemented by the District Administrator.	2
The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at <a href="https://www.clinton.k12.wi.us/">https://www.clinton.k12.wi.us/</a> .	3
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 provide information as part of the Annual Notices published the District Website <a href="https://www.clinton.k12.wi.us/">https://www.clinton.k12.wi.us/</a> and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.	3
The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy. The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the Wellness Policy.	2
<b>Average</b>	83

## Section 2: Progress Update

The Wellness Committee has been engaging with UW-Extension to evaluate and enhance policies and goals. During the COVID years, the wellness practices as far as nutrition and physical activity were less prominent, but now are back towards the forefront of district goals. Current district wellness goals include more community based physical activity for students outside of extra-curriculars, as well as all ages in the community. The Wellness Committee also desires to re-engage staff in modeling behaviors more consistent with healthy practices to demonstrate to our students.

## 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 wellness policy addressed all of the required areas and we felt that nutrition standards, nutrition education, and physical activity met most of the objectives and activities called for. The ratings for wellness promotion and marketing, as well as implementation and communication were lower than we would want.

### Areas for Local Wellness Policy Improvement

As a result of our assessment, we will bring the assessments to our wellness committee meetings and discuss next steps. We realized that the identification of personnel responsible for the implementation needs to be more direct and varied; splitting up duties at the committee level will be a desired outcome.

### 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:**

80

**Strength Score:**

48