

# Iowa-Grant School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020

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 bhugill@igs.k12.wi.us.

### Section 1: Policy Assessment

*Overall Rating:*  
2.5

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
<b>Support and promote proper dietary habits contributing to the students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district guidelines. Foods should be served based on variety, appeal, taste, safety, preparation and packaging to ensure high quality meals with an emphasis on nutrient density per calorie.</b>	2
<b>Ensure that foods and beverages offered for sale during the school day in vending machines comply with the Smart Snacks guidelines. Ensure that foods and beverages used for classroom rewards, snacks and parties during the school day will not include soda and calorie-dense, low nutrient content food (ie. candy) Fund raisers and special recognition events will be approved on a case-by-case basis with high priority given to healthy snack items. Approved snacks and beverages for vending machines and encouraged for fund raising, classroom snacks, rewards, and parties are: cereal and granola bars, Fresh fruit and dried fruit snacks, Single-serve fruit cups, Graham and flavored crackers, Baked chips, Pre-packaged vegetables, String cheese, Yogurt and yogurt sticks, Popcorn, Low-fat pudding snacks, Trail mixes, Whole grain cereals and bagels, Mixed nuts, Reduced-fat, low-fat or fat-free milk: white and flavored, bottled water and flavored water, 100% fruit juice, Low-fat yogurt beverages, Other healthy snacks.</b>	3
<b>Soda and high energy drinks will not be sold during the school day. Consumption of these beverages is not constrained if the items are sent from home for school lunch. However, students will not be allowed to consume these drinks in the classrooms during school sponsored events that are outside of school lunch hours</b>	3
REFERENCES: Healthy, Hunger Free Kids Act, 2010	3
REFERENCES: USDA Final Rule, 2016	3

<b>Nutrition Promotion</b>	<b>Rating</b>
Ensure that all children have access to adequate and healthy food choices at reasonable prices; assure confidentiality offering free and reduced priced meals to families that qualify.	3
Support and promote proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the districts nutritional guidelines. Foods should be served based on variety, appeal, taste, safety, preparation and packaging to ensure high quality meals with an emphasis on nutrient density per calorie. All staff is encouraged to focus on the Dietary Guidelines for Americans found at <a href="http://www.health.gov/dietaryguidelines">www.health.gov/dietaryguidelines</a> .	3
Ensure that food service staff adheres to this policy to reinforce messages about healthy eating and to ensure that foods offered are handled and prepared properly to promote good nutrition, contributing to the development of life-long, healthy eating habits.	2
Ensure that fundraising food/beverage sales, classroom snacks and parties are not held during hours that will conflict or compete with the breakfast and lunch programs.	3
Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.	3
REFERENCES: Policy#112 Nondiscrimination	3

<b>Nutrition Education</b>	<b>Rating</b>
Provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition, regular physical activity, and making healthy choices. Students should also be involved, as practicable, in experiences which teach about where food comes from, how it is grown, how it is harvested, and how fresh healthy foods are made available to consumers. Programs which involve students in school garden activities should be promoted.	2
Provide that required health instruction will include information about the body's nutrition requirements and information about reading labels.	3
Employ qualified persons and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and guidance services staff members, as well as staff members who supervise recess, cafeteria time, and out of school time programs.	3
REFERENCES: #345.5 Graduation Requirements-.5 credit Health Education	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Provide physical education to help all students to develop a positive attitude towards physical activity that will last a lifetime. Students learn and develop age appropriate skills that will enable them to participate in and enjoy a variety of physical activities. Students learn, develop, and enhance their ability to work well with others through sport competition and team building. A stated goal of the Physical Education Department is to have students actively moving for 85-90% of every PE class. The ultimate goal is for students to be able to self-assess their fitness and be able to set personal goals and develop a personal fitness program to allow them to meet their goals throughout their	3

<b>Physical Activity and Education</b>	<b>Rating</b>
<b>life. The district will provide scheduled opportunities for physical education instruction for all grades as well as free play activity time for elementary students. The district will also provide, as able, supervised extra-curricular activities for students in grades7-12.</b>	
REFERENCES: #345.5 Graduation Requirements-1.5 credits Physical Education	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>The district will provide scheduled opportunities for physical education instruction for all grades as well as free play activity time for elementary students. The district will also provide, as able, supervised extra-curricular activities for students in grades 7-12.</b>	1

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>Involve family members and the community in supporting and reinforcing nutrition education and promotion of healthy eating and lifestyles.</b>	1
<b>Ensure that a committee remains in place to regularly evaluate the effectiveness of the wellness policy in promoting proper nutrition, active lifestyle, and making healthy choices and to change the program as required by law or as appropriate to increase its effectiveness. The policy shall be reviewed at least every three years.</b>	3

## **Section 2: Progress Update**

A stronger, more comprehensive wellness policy will be presented to the Iowa-Grant School Board in July, 2020. Areas addressed will be public involvement, leadership, and nutrition standards. The wellness policy has been developed from input by IGSD stake holders: parents, students, representatives of the school food authority, educational staff, school health professionals, and members of the public.

## **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**

At Iowa-Grant we recognize a need for good nutrition and regular physical activity. Good health increases a child's ability to learn. By providing opportunities for students and community members to engage in physical activities at school and by following USDA guidelines for all food and beverages sold during the school day, Iowa-Grant School District enhances our student's ability to learn.

### **Areas for Local Wellness Policy Improvement**

The wellness policy will be periodically reviewed and updated with input from district stakeholders. We will continue to identify goals for nutrition promotion and education. We will continue to encourage families to provide physical activity outside the regular school day.