

PEACE LUTHERAN SCHOOL

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 29, 2021 for 2020 – 2021 year

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 David Reineke at the school office.

Section 1: Policy Assessment

Overall Rating:
2.38

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
1.1.1. Continue to emphasize meals that meet nutrition standards established under the Healthy Hunger-free Kids Act of 2010, conform to good menu planning principles (https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/meal-pattern-components), and feature a variety of healthy choices that are tasty, attractive, and of excellent quality.	3
1.1.2. Continue to use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar, especially high fructose corn syrup. Emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.	3
1.1.3. Use only whole grain breads for school meals.	3

Nutrition Promotion	Rating
3.1. Provide to parents, via the school's hot lunch menu and newsletters, helpful hints relating to childhood obesity, diet and healthy activities.	2
3.2. Display information posters in the school building that illustrate concerns associated with obesity, diet and healthy activities.	3
3.3. Consider integrating nutrition and healthy activities into core curriculum areas such as math, science, and language arts.	3
3.4. Consider placing additional emphasis on diet/ healthy activities in science/ health classes. Nutritional themes include but are not limited to: Knowledge of food guide pyramid Healthy heart choices; Sources and variety of foods; Guide to a healthy diet; Diet and disease; Understanding calories; Healthy snacks; Identify and limit junk food Healthy diet; Food labels; Major nutrients; Multicultural influences Serving sizes; Proper sanitation; Healthy breakfast	2

Nutrition Education	Rating
Peace Lutheran School will develop a comprehensive curriculum approach to nutrition in Pre-Kindergarten through Eighth grades. All instructional staff will be encouraged to integrate nutritional themes into daily lesson plans when appropriate. The health benefits of good nutrition should be emphasized.	3

Physical Activity and Education	Rating
2.1. Students in grades 1-4 should have sixty minutes of physical activity on most, preferably all, days of the week.	2
2.2. Students should be given opportunities for physical activity during the school through daily recess periods, physical education classes, and the integration of physical activity into academic curriculum.	3
2.3. Students should be given opportunities for physical activity through a range of after-school programs including, interscholastic athletics, and family activity programs.	2
2.5. Students will receive instruction in the five health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.	3

Other School-Based Wellness Activities	Rating
2.4. The school should work with the community to create an environment that is safe and supportive of student's physically active commute to and from school.	1
2.6. The school will limit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.	2
2.7. The school will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.	1
4.1. Provide on-going professional training and development for foodservice staff, teachers, and parents in the areas of nutrition and physical education.	3
4.2. Consider scheduling recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.	2
4.3. Develop strategies for parents, teachers, students, foodservice, professionals, and community members to serve as role models in practicing healthy eating and being physically active in school and at home.	2
4.4. Snacks served during the school day will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. Peace will assess if and when to offer snacks based on timing of school meals (2 hours before lunch), needs, children's ages, and other considerations. The school will offer a list of healthful snack items to teachers and parents.	3
4.5. The school will consider limiting celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.	2
4.6. The school currently does not market or sell any food or beverages but if marketed in the future, the school will market only Smart Snacks compliant products. See following page for definition of Smart Snacks: https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-in-a-nutshell.pdf	3

Policy Monitoring and Implementation	Rating
5.2.a The School Administrator will oversee the School Wellness Policy. To ensure public involvement, the School Wellness Team (made up of a community member/parent, teacher, PE teacher, and school administrator) will conduct a review of the school in the spring of every third year to identify areas for improvement.	3
5.2.b As a part of that review, the school will review the nutrition and physical activity policies and will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. School families will be notified of any changes to the Local Wellness Plan. The group will also report their findings to the principal and School Leadership Team.	2
5.2.c School families will be notified of any changes to the Local Wellness Plan. The group will also report their findings to the principal and School Leadership Team.	2
5.3. The School Administrator will ensure compliance with established school nutrition and physical activity wellness policies and will report on the school's compliance to the School Leadership Team.	3
5.4. School Nutrition Implementation Plans and Ideas – <ul style="list-style-type: none"> ▪ Know and be familiar with the new food guide pyramid. ▪ Have a health professional speak at a fall family night. ▪ Incorporate family communication in menus and newsletters. ▪ Do Physical Fitness Testing for ages 6 and up each year. ▪ Encourage and incorporate healthy snacks. ▪ Begin using healthier foods and beverages during parties. ▪ Place Wellness information on hall bulletin boards. ▪ Evaluate wellness plan and make any changes or additions that are needed. ▪ Provide for students to be physically active during school and encourage them to be physically active after school, at home, and in the community. 	1

Section 2: Progress Update

We were successful in following our LWP this past year in meeting nutrition standards in our school. Our food service staff served appropriate meals and kept them varied. Our teachers did an excellent job in the areas of nutrition education and in physical activity with the students. It was a challenging being a year with Covid restrictions and limited playground space due to a building project but there was good creativity put into play!

Some areas that need some more attention include communication with families about healthy diet and healthy activity levels. I look forward to working with our wellness team to accomplish this in the coming year.

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 strengths were:

Nutrition Education – NE 1, 3, 4, 6; Standards for USDA Child Nutrition Programs and School Meals – SM 1, 4, 5, 8; Nutrition Standards for Competitive and other foods and beverages – NS 2, 13; Physical Education and Physical Activity – PEPA 1, 2, 3, 7, 13, 14; Wellness Promotion and Marketing – WPM 1, 2, 7; Implementation, Evaluation & Communication – IEC 3, 4, 7, 8

Areas for Local Wellness Policy Improvement

This coming year we will work on improving the link between nutrition education and the school food environment (NE 7). There are some great ideas that we want to try with our new food service director working closely with our teachers to share resources.

Another area needing improvement is annual training for our staff in the kitchen(SM 9). This coming year we will provide 12 hours of training for our new director and for our current staff, 6 hours. Along the same lines, our PE Instructor needs more options for Professional Development (PEPA 8). We will provide those for him either virtually or on site.

In the coming school year, we will add more defined language in the areas of physical activity used for reward and not used as punishment (WPM 3, 4).

Our teaching staff along with our wellness team will look at implementation plans and brainstorm ways to address any other deficiencies in our policy. This will take place in September of 2021.

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:

{98}

Strength Score:

{81}