

School District of Edgar

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-23

A local wellness policy guides districts 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 Cari Guden (715-352-2351) or cguden@gapps.edgar.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:
2.8

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
The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">2.4</div>
<u>Standards and Guidelines for School Meals:</u> The District is committed to ensuring that All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf#page=2)	<div style="border: 1px solid black; padding: 5px; display: inline-block;">3</div>
<u>Marketing:</u> Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition 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.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">3</div>
<u>Foods Provided but Not Sold:</u> Celebrations that involve food will be limited to one per month.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">3</div>

Nutrition Promotion	Rating
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.	2.2

Nutrition Education	Rating
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.	2.8

Physical Activity and Education	Rating
The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:	
A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	2.8
All District elementary students in each grade shall have physical education a minimum of three (3) times per week.	3
All District middle school students are required to take the equivalent of one (1) academic year of physical education	3
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.	3

Staff and Community Wellness Activities	Rating
<p><u>Staff Wellness</u>-The District will implement the following activities below to promote healthy eating and physical activity among school staff.</p> <p>The District shall offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.</p>	2
<p><u>Community Engagement</u>- The District shall inform and invite parents to participate in school-sponsored activities throughout the year.</p>	3

Other School-Based Strategies for Wellness:	Rating
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.	3

Policy Monitoring and Implementation	Rating
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 www.edgar.k12.wi.us .	2.5

Section 2: Progress Update

The School District of Edgar continues to revise and update the wellness policy in order to stay compliant. We continuously work to provide a safe, positive, and healthy environment for our students and staff members.

Local Wellness Policy Strengths

Physical Education every day in the Elementary program.

The PE Program at all levels provides students with diverse learning opportunities that promote a healthy and active lifestyle.

Our Cafeteria staff does a great job of promoting and offering students healthy options during breakfast and lunch.

The physical aspects for the students are by far the strength of our school.

Availability of “free” outdoor school facilities for use by parents and the community.

Areas for Local Wellness Policy Improvement

The promotion of healthy eating behaviors throughout the school building.

I believe that staff wellness, while it is being addressed, is still a work in progress. We have grown in this area, but let’s continue to do more.

Board approved 4/19/23

This institution is an equal opportunity provider.

