

# Hartland Lakeside School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-21

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 Karen Obukowicz, Director of Business Services.

### Section 1: Policy Assessment

*Overall Rating:*  
2.1

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 local school wellness policy required by federal law (hereinafter referred to as the District's "Wellness Plan") is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.	3

Nutrition Promotion	Rating
Nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The District, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.	2
School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.	3

Nutrition Education	Rating
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.	2

Physical Activity and Education	Rating
Students have opportunities to be physically active before, during and after school.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.	2

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.	1

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
Direct and monitor the District-wide implementation of the District's Wellness Plan and related nutrition guidelines, including monitoring school-level compliance with the Plan.	2
Oversee the periodic evaluation of the Wellness Plan and its implementation at least as often as such formal assessments are required under applicable regulations, including having primary responsibility for ensuring the timely preparation of a written report following each such assessment.	2
Ensure opportunities for stakeholder group involvement in the development, implementation, and periodic review and updating of the District's Wellness Plan in a manner that is consistent with the requirements of applicable federal regulations and the specific content of the Wellness Plan.	1

## **Section 2: Progress Update**

The district is transitioning from its policy to a new updated policy. An important area, the district is examining, is who are the necessary stakeholders to include in the future progress.

## **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 staff engagement is a strength, along with promoting the breakfast and lunch program, especially during the pandemic.

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

How the district provides information for teachers to share with students, and how the district communicates with the community. Another area, is creating a policy rule, that directs the districts goals.