

# Cumberland School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2019-2020

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 Kristin Olson 715-822-5123.

### Section 1: Policy Assessment

*Overall Rating*  
*58/72*

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
<p><b>Our school district is committed to serving healthy meals to children, and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.</b></p>	3
<p><b>All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Summer Food Service Program. All Schools within the District are committed to offering school meals through the NSLP and SBP programs that: ♣ Are accessible to all students; ♣ Are appealing and attractive to children; ♣ Are served in clean and pleasant settings; ♣ Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. Healthy Hunger-Free Kids Act of 2010 ♣ With proper medical documentation the District child nutrition program will accommodate students with special dietary needs.</b></p>	3
<p><b>♣ Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. ♣ Students are served lunch from 11:30 a.m. - 1:00 p.m. ♣ Lunch will follow the recess period to better support learning and healthy eating. ♣ Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.</b></p>	2
<p><b>To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes.</b></p>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
Nutrition promotion and education positively influence lifelong eating behaviors by using evidence based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students.	2
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	2
The District encourages that food offered meets the USDA Smart Snacks in School nutrition standards for classroom celebrations. Food rewards or incentives shall not be used in classrooms to encourage achievement or desirable behavior	1
The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum	3
Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day.	3

<b>Nutrition Education</b>	<b>Rating</b>
The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:	2
Is designed to provide students with the knowledge and skills necessary to promote and protect their health;	3
Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens; Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;	2
Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);	2

<b>Physical Activity and Education</b>	<b>Rating</b>
The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	3
All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.	3
All District elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
All District middle school students are required to take the equivalent of one academic year of physical education.	3
All K-8 grade students will be offer at least 20 minutes of recess on all days during the school year. Recess will be offered before lunch at the elementary school.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The District 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 tag, except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand 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.	3
The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, teachers may provide periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week	2
The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The district will offer at least one event annually	1
The District will distribute an employee health newsletter to promote healthy behaviors. The administration of flu shots to staff on campus is promoted. A staff wellness committee will promote nutrition and physical activity information and contests to all staff.	2
The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes	2

Policy Monitoring and Implementation	Rating
<p><b>The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. Annually, the District will also publicize the name and contact information of the District personnel leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.</b></p> <p><b>At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include: ♣ The extent to which</b></p> <p><b>A</b></p>	2

## Section 2: Progress Update

Overall the district has done a good job of supporting the policy and its goals. The staff understand the importance of good nutrition and physical activity in the health, wellness and success of students. We have a supportive community and many organizations that partner with us for education and physical activity opportunities for students and staff. The goal of moving forward with new and changing ideas and programs to continue to engage the students is important.

## 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 district overall has moved forward in supporting the goals of the wellness policy. Building level integration of the policy is based on developmental age. We have continued to look for ways for the high school students to engage in ongoing nutrition and physical activity opportunities, beyond what is required for graduation. This has included an addition of new PE class and health fairs with community contacts. The middle and elementary schools have also had additional physical activity and nutrition programming both within the district and by outside community support. Students were involved by getting opinions of favorite menu items and suggestions for new ones that. Ongoing support of increasing offerings of salad bar at each school daily as well as fresh fruit and vegetables. A second chance breakfast was started at the middle and high schools last year and was incredibly popular. In conjunction with that a free Smart Snack was made available to all elementary students at milk break time to reduce stigma if a child didn’t have one at school.

### Areas for Local Wellness Policy Improvement

Areas for growth include continuing to support non-food rewards, alternatives to food treats at class parties, and use of recess time for detention/discipline. Several additions to the policy are needed to clarify the confidentiality of students who are free and reduced. Also a statement that we do not limit food if a child has not paid their school lunch bill. They are offered the same meal without indication of any lack of funds. Addition of snacks offered in afterschool school

based programing meeting guidelines. The goals of the nutrition education program could be more specific as well. Our WellSAT scores where higher than average which is encouraging, but there is always room for improvement in wellness promotion.

### **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:***

85.73

***Strength Score:***

60.66