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**Pewaukee School District**  
Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021

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 Colin Jacobs, Human Resources Director, (262) 695-5061.

**Section 1: Policy Assessment**

*Overall Rating:*

81

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
Foods and beverages sold or served at school shall meet or exceed the nutrition recommendations of the USDA's wellness policy regulations underneath the Healthy, Hunger-Free Kids Act of 2010 -- USDA's Nutrition Standards for all Foods Sold in Schools (Smart Snacks) rule. Reimbursable school meals shall meet all applicable state and federal regulations including standards.	3
Nutritional guidelines shall be made available for all foods provided by the District with the objective of promoting healthy choices and life-style behaviors and decreasing obesity. The District policy and goals should be considered when planning school-based activities such as school events, field trips, celebrations, PTO/Booster Club functions, dances and fund raising activities including ala carte items, school store, vending machines and other school-sponsored fund-raisers.	3
Schools shall 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.	2
Qualified food service staff with the assistance of a nutrition professional shall plan and provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and shall provide clean, safe, and pleasant settings and adequate time for students to eat. Schools shall ensure the availability of free drinking water throughout the student day.	2
Information regarding eligibility requirements for free and reduced lunch needs shall be provided to families. Student information for free and reduced lunch and unpaid lunch balances shall be handled without stigmatizing students or families.	3

Nutrition Promotion	Rating
Non-food celebrations shall be promoted and a list of ideas is available to staff and family members.	2
Nutritional guidelines shall be made available for all foods provided by the District with the objective of promoting healthy choices and life-style behaviors and decreasing obesity.	3
Decisions made in school programming shall reflect and encourage consistent positive nutrition messages and healthy food choices.	3
The District values the health and safety of its staff members and shall plan and implement materials and activities that support and promote healthy behaviors.	3

<b>Nutrition Promotion</b>	<b>Rating</b>
The District shall encourage staff to participate in healthy eating, physical activity and wellness activities.	3

<b>Nutrition Education</b>	<b>Rating</b>
Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.	2
Schools shall establish linkages between health education and school meal programs with related community services.	2
Healthy nutrition and physical activity shall be integrated across curricula and encouraged as a life-long behavior for the school community.	2
Schools shall implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum.	3
Decisions made in school programming shall reflect and encourage consistent positive nutrition messages and healthy food choices.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Healthy nutrition and physical activity shall be integrated across curricula and encouraged as a life-long behavior for the school community.	2
Schools shall implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum.	3
Students shall be taught the short- and long-term benefits of being physically active and living healthful lifestyles.	3
The District shall provide opportunities for students to develop the knowledge and skills for physical activities to maintain students' physical fitness.	3
Physical education shall meet or exceed state mandates for physical education and shall be taught by a licensed physical education teacher.	3

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<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The District policy and goals should be considered when planning school-based activities such as school events, field trips, celebrations, PTO/Booster Club functions, dances and fund raising activities including ala carte items, school store, vending machines and other school-sponsored fund-raisers.	3
The Board strongly encourages the administration and staff at individual schools to coordinate their student wellness initiatives with the formal Wellness Plan for the benefit of documenting such efforts and sharing ideas across the entire District.	2
The District shall encourage staff to participate in healthy eating, physical activity and wellness activities	3
The District values the health and safety of its staff members and shall plan and implement materials and activities that support and promote healthy behaviors.	3
The District shall provide opportunities for students to develop the knowledge and skills for physical activities to maintain students' physical fitness.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The Board delegates primary administrative oversight of this policy and the District's local Wellness Plan to the Superintendent or his/her designee who shall 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.	3
The Superintendent or his/her designee shall 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.	3
The Superintendent or his/her designee shall 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.	3

Policy Monitoring and Implementation	Rating
The Superintendent or his/her designee shall keep the Board and the broader community informed of the Wellness Plan, the District's and each applicable school's progress toward achieving Wellness Plan goals, and any recommendations for changes and improvements to the Plan, including any changes that are based on the results of a formal assessment.	3
Various stakeholders will be given the opportunity to participate in the development, implementation, and periodic review and updating of the District's Wellness Plan through the District's Wellness Advisory Committee. This committee shall assist in implementing, monitoring and reviewing district-wide nutrition and physical activity policies. Wellness subcommittees will be formed to serve as resources to individual schools for implementing wellness policies and guidelines.	3

## Section 2: Progress Update

Through this policy review and evaluation using the WellSAT 3.0 Assessment Tool, collaboration toward policy enhancement across multiple departments clarified needed additions and improved practices. Progress was observed and noted in the areas of curriculum development and delivery of integrated activities that included focus on nutrition education and physical activity. Additionally, the Pewaukee School District (PSD) has progressed, in partnership with its health insurance provider, ongoing staff activities that promote health and wellness. Lastly, the overall conclusion from the Wellness Advisory Committee was the existing policy, though clear in its overall expression of the District's plan, needed a few details for it to improve.

representative, a medical professional, district administrators, and community members.

### Areas for Local Wellness Policy Improvement

The review of the Nutrition Standards of Foods and Beverages prompted additions regarding how PSD communicates free and reduced lunch requirements and how the Pewaukee School District can more effectively partner with families. The Wellness Advisory Committee also emphasized the explicit provision of available free drinking water and this statement was added to our policy. It was evident that a statement addressing this standard was missing. The policy additions were made on February 22, 2021 by the Pewaukee Board of Education.

## 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

Through the policy review process, it became clear that the Policy Monitoring and Implementation area is very strong with clear and effective practices in place. The Wellness Plan is well articulated and reviewed on an annual basis. The Wellness Advisory Committee consists of a diverse and qualified team of a physical education teacher, a health education teacher, a nutrition services representative, a counseling/social services

