

Wisconsin Local Wellness Policy Triennial Assessment Report Card

St. John the Evangelist

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 Ben Oberdorf, 414-321-8540.

Section 1: Policy Assessment

Overall Rating:

2.45

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 will meet the nutrition recommendations of the U.S. Guidelines for Americans.	3
School lunch is available for all children regardless of income level by a licensed food service provider. Students are not identified as receiving free or reduced lunch.	3
School lunch consists of the following: protein, whole grains, vegetables, fruit and ½ pint of fat free chocolate or 1% white milk. Students must choose at least 3 of the options made available to them. Students are encouraged to eat the items they have chosen. A drinking fountain is available outside of lunchroom. Bottled water is available in the office.	3
Students are given an opportunity to wash/sanitize their hands prior to lunch.	3
Students who are required to brush their teeth because of special oral health needs (e.g. orthodontia or high tooth decay risk) are allowed to do so.	3

This institution is an equal opportunity provider.

St. John the Evangelist contracts with Aviands, Inc. to provide hot lunches for our students. Lunches are prepared at a remote location and delivered daily. Aviands provides us with a Serve-Safe certified food service provider on site.	3
St. John the Evangelist prohibits students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.	2
Snacks are provided to students attending the after school program. These snacks are approved by the director and take into consideration any special dietary needs. Students are offered fat free chocolate or 1% white milk or water.	1
Students are provided with a 20 minute time period to eat lunch. Lunch times are scheduled from 11:10-11:30am, 11:45-12:05pm.	3
The Wellness Policy is published in the Parent-Student Handbook	3
Throughout the school year healthy snacks will be reviewed in weekly newsletters and handbook by teachers.	2

Nutrition Promotion	Rating
Students will be provided with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.	3
St. John the Evangelist provides nutrition education and engages in nutrition promotion that teaches children to consider the health benefits of a variety of foods including fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices.	3
Offers nutritional lessons and healthy snack breaks created by students for our students	2
Offers a healthy morning snack cart twice per week. Snacks are available for a minimal charge of .50.	2
Parents are encouraged to send a healthy snack with their child to school.	2
A monthly school lunch menu is provided to the parents.	3

Nutrition Education	Rating
Students will be provided with adequate time to eat.	2
Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.	3
Students are allowed to bring a healthy snack from home. Snack suggestions are given to parents. Teachers will monitor snacks of students during snack time. If an unhealthy snack is brought by a student, parent contact will be made to encourage healthy alternatives. The classroom teacher will also review healthy snacks with students throughout the school year.	1
St. John the Evangelist limits celebrations that involve food to select events throughout the year. These events vary by grade level. Students are allowed to bring a treat in on their birthday for their class. Parents of students with food allergies are encouraged to provide an alternate treat for their child.	2
St. John the Evangelist provides nutrition education and engages in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;	2

St. John the Evangelist provides nutrition education and engages in nutrition promotion that is part of our science/health curriculum	2
A healthy lifestyle is encouraged for all adults in the community. This is supported by providing physical activity breaks as part of our faculty faith formation	1

Physical Activity and Education	Rating
All students will have opportunities at school, support, and encouragement to be physically active on a regular basis.	3
Sponsors an annual Fun Run and healthy snack break	3
in grades K4-4 th grade students will have recess 2 times per day totaling 35 minutes.	3
in grades 5 - 8 students will have recess 1 time per day totaling 15 minutes.	3
St. John the Evangelist has a licensed physical education and health teacher who provides instruction to all students in K4-8 th grade.	3
Teachers are encouraged to give Brain Breaks utilizing physical movement.	2
Our Physical Education teacher supervises a co-curricular club which provides nutrition and physical activity breaks periodically throughout the year.	2
Co-curricular activities, an athletic program and recess support the Physical Education program.	3
Teachers and other school personnel will not use physical activity (e.g. running laps, pushups) as punishment.	3
A healthy lifestyle is encouraged for all adults in the community. This is supported by circulating health tips and information as offered by United Healthcare	1

Other School-Based Wellness Activities	Rating
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Policy Monitoring and Implementation	Rating
The Principal, the Hot Lunch Director, the school Health teacher, and the Parent Educational Advisory Committee will monitor/evaluate the wellness policy.	2

Section 2: Progress Update

Although our school was blessed to offer in-person instruction throughout the 2020-2021 school year, co and extra-curricular activities were severely curtailed. In spite of these challenges, our students participated in regular physical education classes and we planted, cared for, and harvested our school garden.

We look forward to a return to normal programming in the upcoming year, allowing our student leaders to plan and implement activities for our community.

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 wellness policy spells out the guidelines necessary to provide a safe and healthy environment for our students. Participation in the NSLP ensures that nutritionally sound meals are available. During the 2021-2022 school year, due to participation in the SSO program, all of our students have access to free lunch on a daily basis.

We look forward to the ability to offer activities such as our school snack cart and co-curricular community events to encourage healthy lifestyles for our students and their families.

Areas for Local Wellness Policy Improvement

We have not addressed employee health over the past period. Our goal is to provide employees with opportunities for more physical activity. Additionally, we want to continue to encourage family involvement in events that encourage healthy nutrition and activity.