

# River Valley School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

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 Claire Knoll, Director of Pupil Services, at [cknoll@rvschools.org](mailto:cknoll@rvschools.org) or 608-588-2556.

### Section 1: Policy Assessment

*Overall Rating:*

*2.77/3*

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
All schools participate and are committed to offering school meals through the USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program.	3
The district offers reimbursable school meals that meet USDA nutrition standards.	3
All school meals are accessible to all students.	3
Drinking water will be available to all students throughout the school day, including during meal times.	3
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.	2
The foods and beverages sold outside of the school meal program (i.e., competitive food and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.	3
{All foods offered on the school campus during school hours and 30 minutes after school ends will meet or exceed the USDA Smart Snacks in School nutrition standards (exceptions may be allowed by the Administrator).	3

<b>Nutrition Promotion</b>	<b>Rating</b>
The District discourages marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisement in school publications, coupons, incentive programs, or other means.	3
Students will not have access to vending machines at the elementary or middle school, during the school day.	3
High school beverage vending machine available to students will only contain water, flavored water, 100% fruit juice, low calorie sports drinks, and other beverages that meet the criteria for the USDA Smart Snacks in School nutrition standards.	3
Students are not allowed to share food or beverages with one another during meal or snack times, due to concerns about allergies and other dietary restrictions for some students.	3

<b>Nutrition Education</b>	<b>Rating</b>
The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.	2
All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.	3
Nutrition education will include enjoyable, developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations, or lessons, promotions, taste-testing, farm visits, and school gardens.	3
Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for nutrition.	3
The District teaches student nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
All district students will participate in physical education that meets DPI physical education requirements	3
Students will be moderately or vigorously active for at least 50% of class time during most of all physical education classes.	3
All physical education classes in the district are taught under the direction of licensed teachers who are certified or endorsed to teach physical education.	3
Withholding physical activity as discipline during the school day should be avoided. Options of alternative discipline may be given to students if necessary when a physical activity is withheld.	3
The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.	3
The District offers opportunities for students to participate in physical activity before and/or after the school day.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
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	3

Other School-Based Wellness Activities	Rating
goal and objectives promoting student well-being, optimal development, and strong educational outcomes.	
The District will promote to parents/caregivers, families, and the community the benefits of and approaches to healthy eating and physical activity throughout the year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.	2
The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.	3
When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge about promoting healthy behaviors in the classroom and school.	2
The district will continue relationships with its community partners.	2

Policy Monitoring and Implementation	Rating
The District will convene a district wellness committee to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.	1
The committee membership will represent all school levels includes but not limited to: staff members, representative of food service, school board, school administrators, students, and parents.	3
The committee will update and modify the policy based on the results of annual progress reports, and/or District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The policy will be assessed and updated as indicated at least every years.	3
The Chairperson of the committee will be the Pupil Services Director.	3

## Section 2: Progress Update

At the last review, it was noted that while the policy was generally comprehensive in nature, the WellSAT indicated that the policy's statements needed to be strengthened. These statements were improved, specifically around nutrition education, wellness promotion and marketing, and policy implementation and communication. These areas were revised and the current WellSAT score improved.

## 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 policy was revised after the last triannual assessment, strengthening the language. Areas of strength include our food service meeting Nutritional Standards for All Food in Schools, Nutrition Promotion, as well as Physical Activity and Education. Our food service staff and PE department implement this policy with fidelity.

## Areas for Local Wellness Policy Improvement

Overall, areas to target for improvement include Other School-Based Wellness Activities and Policy Monitoring and Implementation. The Wellness Committee identified areas to further improve our implementation that reached into scheduling regular meetings (at least 2x/year), increase information provided to families, ensure master scheduling meets the minimum lunch time requirement, and further develop the health curriculum at the middle school as health class is no longer provided in 7th grade. A good discussion about caffeine limits for beverages provided through the school took place and will be added to the policy, along with strengthening our policy language further.

## 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:**

**88** (previously 75\*)

### **Strength Score:**

**67** (previously 30\*)

(\*Previous scores from the 2020-21 triannual review)