

BALDWIN-WOODVILLE AREA SCHOOL DISTRICT

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2/2023

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 Eric Russell, Superintendent, 715-684-3411.

Section 1: Policy Assessment

Overall Rating:

2.2

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
1. The primary goal for establishing nutrition standards for all foods available on the school campus during the school day is to reduce student access to foods of minimal nutritional value.	3
2. Quality meals that meet the nutrition guidelines set forth by the U.S. Dietary Guidelines for Americans and the Health Hunger Free Kids Act of 2010.	3
a. Encourage in-house fundraisers to use the Competitive Foods and Foods of Minimal Nutritional Value manual as a guide for food sold on campus during instructional hours. (Any questions or for a copy of this guide, contact the food service director)	1
b. It is recommended that foods and beverages sold in vending machines should at a minimum contain some healthy choices. The healthy choices should be priced competitively.	3
c. Encourage parents to provide healthy bag lunches and healthy classroom snacks for parties and celebrations during the school day. It is recommended by the sanitarian that these items be prepackaged. Food service will supply a list of items that could be ordered through the school.	2

Nutrition Promotion	Rating
*	0

Nutrition Education	Rating
1. The primary goal of nutrition education is to influence student's eating behaviors in a positive, developmentally appropriate way.	3
2. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	3
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	3

Nutrition Education	Rating
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.	3

Physical Activity and Education	Rating
1. The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain lifelong physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.	3
a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.	3
b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	3
a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
b. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	
c. All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs.	3

Other School-Based Wellness Activities	Rating
1. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day, where appropriate.	3
2. An organized wellness program shall be available to all staff	2
3. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.	2
4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.	3
5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	3
6. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.	3

Policy Monitoring and Implementation	Rating
1. A Wellness Committee shall be established to participate in the development, implementation, periodic review and update of the school wellness policy.	2
2. The District will regularly evaluate the effectiveness of this policy and its implement. The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy	2

Section 2: Progress Update

The Baldwin-Woodville Area School District has not made as much progress as expected due to the Covid pandemic. The school district has not been able to meet over the last few years due to the pandemic. Therefore, the Wellness Policy may not be as strong as we would like it to be. However, wellness practices within the district are very strong. For example, staff training is a priority but it is not mentioned in the policy. The school district practices for handling unpaid balances have been updated to eliminate all stigmatism. Student privacy is also very important. The school district plans to add additional language to the policy as needed.

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 Baldwin-Woodville Area School District's local wellness policy strengths revolve around student wellness education. The policy includes goals for nutrition education that are designed to promote student wellness. Nutrition education teaches skills that are behavior focused, interactive and participatory. Nutrition education is integrated into other subjects beyond health education. The written physical education curriculum for each grade is aligned with national and state physical education standards and promotes a physically active lifestyle. Before and after school physical activities for all students also includes clubs, intramural and interscholastic opportunities.

Areas for Local Wellness Policy Improvement

The Baldwin-Woodville Area School District's local wellness policy could be improved by addressing nutrition standards for all food and beverages served and sold to students after the school day, including, before and after care on school grounds, clubs and after school programs.