# Marinette School District

Local Wellness Policy Report Card | 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 Sean Kelly at 715-735-1402.

*Overall Rating: 2.7/3.0*

Ratings are based on a four-point scale to measure success in meeting/ complying with each 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 |
|---|---|
| **Nutrition education shall be included in the curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.** | 3 |
| **Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.** | 3 |
| **Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.** | 3 |
| **The standards and benchmarks for nutrition education shall be behavior focused.** | 3 |
| **Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.** | 3 |
| **Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.** | 2 |
| **Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.** | 2 |
| **The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.** | 2 |
| **Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.** | 3 |
| **Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.** | 2 |
| **Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.** | 3 |
| **Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.** | 3 |
| **Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.** | 3 |
| **The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.** | 2 |

| Nutrition Promotion | Rating |
|---|---|
| **All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.** | 3 |

| Nutrition Education | Rating |
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| **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 |
| **The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.** | 3 |
| **Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.** | 3 |
| **Planned instruction in physical education shall promote participation in physical activity outside the regular school day.** | 3 |
| **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 |
| **The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.** | 3 |
| **Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.** | 3 |
| **Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.** | 3 |
| **Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.** | 3 |
| **Planned instruction in physical education shall include cooperative as well as competitive games.** | 3 |
| **Planned instruction in physical education shall take into account gender, and cultural, ethnic, and religious differences.** | 3 |

| Physical Activity and Education | Rating |
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| **Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.** | 3 |
| **Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong Page 85 physical activities like bowling, swimming, or tennis.** | 2 |
| **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.** | 2 |
| **The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.** | 2 |

| Other School-Based Wellness Activities | Rating |
|---|---|
| **An organized wellness program shall be available to all staff.** | 3 |
| **The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.** | 2 |
| **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.** | 2 |

| Policy Monitoring and Implementation | Rating |
|---|---|
| **The schools shall provide at least twenty (20) minutes daily for students to eat** | 3 |
| **The school shall provide attractive, clean environments in which the students eat.** | 3 |
| **Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.** | 3 |
| **In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.** | 3 |
| **As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).** | 3 |
| **All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.** | 3 |
| **The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.** | 2 |
| **The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.** | 3 |

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| **The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.** | 2 |
| **The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA nutrition guidelines** | 2 |
| **Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA nutrition guidelines** | 2 |
| **All food service personnel shall receive pre-service training in food service operations.** | 3 |
| **Continuing professional development shall be provided for all staff of the food service program.** | 3 |
| **The District will encourage healthy food choices District-wide.** | 3 |

**Comments regarding progress made towards obtaining policy goals:**

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

1. promote nutrition education with the objective of improving students' health and reducing childhood obesity;
2. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
3. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
4. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
5. promote the health and wellness of students and staff through other school based activities.

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## WellSAT Score

*Comprehensiveness Score:*

*{100}*

*Strength Score:*

*{78}*

The Wellness School Assessment Tool (WellSAT) allows schools/districts to evaluate how their policy addresses 67 best practice policy items. 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.