

Luck School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 2022

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 Christina Jensen, RN at christinaj@lucksd.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:

2.5

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
The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.	3

Nutrition Promotion	Rating
<p>Students and staff will receive consistent nutrition messages throughout classrooms, gymnasiums and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.</p> <ul style="list-style-type: none"> ● Promote healthy food and beverage choices using <u>Smarter Lunchroom</u> techniques. ● The District will implement: <ul style="list-style-type: none"> ● School hosts a school garden ● School hosts field trip to local farms (2nd grade field trip) ● Minimum of two annual participation events, contests, promotions with a goal of 100% participation for a week at a time. ● Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. 	3

Nutrition Education	Rating
<p>The District’s primary goal of nutrition education is to influence students’ lifelong eating behaviors. Nutrition education, a component of comprehensive health education, will be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.</p> <ul style="list-style-type: none"> ● 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. ● Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects. ● The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating: <ul style="list-style-type: none"> ● Food guidance from MyPlate ● Reading and using USDA's food labels ● Balancing food intake and physical activity ● Food safety ● Social influences on healthy eating, including media, family, peers, and culture ● How to find valid information or services related to nutrition and dietary behavior ● Resisting peer pressure related to unhealthy dietary behavior ● Influencing, supporting, or advocating for others’ healthy diet 	<p>2</p>

Physical Activity and Education	Rating
<p><u>Physical Activity:</u></p> <p>Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.</p> <ul style="list-style-type: none"> ● The elementary school will offer at least 20 minutes of recess for each student on all or most days during the year. <ul style="list-style-type: none"> ● Outdoor recess will be offered when weather is feasible for outdoor play. ● Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games led by staff ● In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable ● The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through <u>Active Schools WI</u>. 	<p>3</p>

Physical Activity and Education	Rating
<ul style="list-style-type: none"> ● The District offers opportunities (e.g., activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day. ● The District will support active transport to and from school, such as walking or biking. 	
<p><u>Physical Education:</u></p> <p>The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.</p> <ul style="list-style-type: none"> ● All district students will participate in physical education that meets or exceeds state standards: <ul style="list-style-type: none"> ● All elementary students receive physical education for at least 60 minutes per week throughout the school year ● All middle school students are required to take physical education in all grade levels ● All high school students are required to take 2 credits of Physical Education to graduate ● Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. ● All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education. 	3

Other School-Based Wellness Activities	Rating
<p>The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. 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 goals and objectives promoting student well-being, optimal development, and strong educational outcomes.</p> <ul style="list-style-type: none"> ● The District will continue relationships with its community partners, including UW-Extension and our local hospital, in support of this wellness policy's implementation. ● The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. ● Families will be invited to participate in school-sponsored events and will receive information about health promotion. ● The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management. ● When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. ● Specific District-sponsored activities that promote student wellness: 	2

Other School-Based Wellness Activities	Rating
<ul style="list-style-type: none"> ● Jump Rope for Heart ~ Jump Rope for Heart (JRFH) is a fundraiser the elementary school does every year in February for the American Heart Association. Grades K-6 get pledges from family, friends, and community members. The amount they raise will allow them to get different prizes for incentives. The more money they raise, the more prizes they get! After pledges are collected, we host our event in the big gym over two days during their lunch recess time where there are multiple jump rope activity stations for them to come and be active in ● Lucky Loops ~ Lucky Loops is an annual fundraiser for our wellness program. All proceeds help fund continued programming of special day events (walk to school day, day of play, etc.), new and improved summer program, physical education and health curriculum improvement and continued enhancement of our school nutrition. (All contributions are tax-deductible.) Students collect pledges to be turned in the day of our event. The Lucky Loops event is school wide and takes place in the second half of the school day. There is water and fruit provided for snacks while students are working on getting laps completed around the track or the “horn”. After a number of laps are completed, elementary students have the opportunity to go into the middle of the track and play at different stations of games that are run by our junior class ● Mental Health Mini-Week ~ New during the 2017-2018 school year was the Mental Health Mini-Week. We expect to continue this great event intermittently, as we are able to do so. During the first week of the second semester, presenters and activities were organized for K-12 students in order to promote wellness and to teach students how to “Maintain Your Brain!” The week included educational opportunities to learn about mental health and wellness as well as skills and take-home activities to help have a healthy mind and happy life. Examples of presenters include: Question, Persuade, Refer Training by Polk County Health Dept., Breaking the Stigmas of Mental Health by Positive Alternatives, Male/Female Empowerment discussion by a local Social Worker, Dose of Reality Campaign by Polk County Health Dept., and Climb Theater presentations on resilience and bullying ● Mileage Club ~ The Luck School Mileage Club is an easy way to get students moving even more during recess time. Students are able to walk or run a selected path on the school playground during their scheduled recess times. Each lap is recorded on a special card back in their classrooms. When students have walked 20 laps, they get a toe token as a reward which can be worn in a necklace or on their shoelace. A card with 20 completed laps is equal to walking 5 miles. For the younger K-2 students, a shorter course is laid out on their playground. When their card is full, it equals about 10 miles. Students can participate in special themed “challenges” during the year in which they can earn special shaped tokens, certificates, and special prizes ● Walk/Bike to School Day ~ There are two days during the school year that the school (K-12) participates in the national walk/bike to school days. Information about the event is sent home with the kids a few days prior. Busses and parents drop kids off at a local store (Jensen Furniture) where staff and students meet together. As a group we make the 0.8 mile walk to the school to start the day off with some physical activity 	
<p>All staff within the District of Luck are expected to be wellness role models. Students are always watching and staff must be mindful of their words, actions, and attitudes, and how they may be perceived by students, families and the community. Staff must model appropriate behavior throughout the</p>	<p>2</p>

Other School-Based Wellness Activities	Rating
<p>school day and at school sponsored events. This includes appropriate use of technology, maintaining a positive attitude and open communication. The District of Luck encourages all staff to participate in a variety of wellness challenges that are offered throughout the school year. The challenges are organized in calendar form, usually spanning a week or more. At the beginning of each challenge, staff will sign up to participate. At the end of the weekly challenge, the staff that completed that week’s challenge will be able to enter their name into the drawing for the large prize. At the end of the weekly challenges, the large items/prizes are raffled off.</p> <ul style="list-style-type: none"> ● Staff Wellness Challenges may include: <ul style="list-style-type: none"> ○ Get 10,000 steps each day ○ Drink at least 64 ounces of water per day ○ Don’t touch your phone after 8pm every night ○ Spend 30 minutes working out at least 4 times during the week ○ Practice a 3 minute breathing exercise/meditation each day ○ Play at least one “brain game” a day (e.g. Sudoku, word search, logic puzzles, etc.) ○ Add a vegetable to at least one of your meals every day 	

Policy Monitoring and Implementation	Rating
<p>At a minimum, our District will conduct an assessment of the wellness policy every three years, report to the public the finding of the evaluation, and update the policy as appropriate.</p> <ul style="list-style-type: none"> ● The District will convene a District Wellness Committee that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness. ● The District will actively notify households/families of updates to the Wellness Policy through the District newsletter and website. ● The wellness committee membership will represent the Luck School District and include (to the extent possible), but not be limited to: parent, student representative, representative of the school nutrition program, physical education/health education teacher, school administrators, school board member, school counselor and school nurse ● The Wellness Committee will update or modify the Wellness Policy based on the results of the progress reports, and/or as 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 Wellness Policy will be assessed and updated as indicated at least every three years. 	2

Section 2: Progress Update

The Luck School District has worked diligently on creating an environment of overall health and wellness, and will continue to do so. There is always room for improvement. It is proven that healthy students and staff are better able to learn/work at their full capacity. The Wellness Policy Committee is committed to working toward overall wellness best practices throughout the school and community.

The District is in the process of updating curriculum to align with Wisconsin academic standards. The overarching goal is to provide students with the tools and information that they need to not only meet, but exceed the Wisconsin academic standards. Curriculum updating will give staff the tools that they need to best serve our kids and help them to excel.

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 Luck School District's Wellness Policy is a detailed, highly inclusive policy that incorporates several aspects of healthy eating and healthy living into its guidelines. Just a few of the strengths of the policy, as identified by the WellSAT assessment, include: nutrition education, nutrition standards, physical education and physical activity. (Please see attached WellSAT scorecard for detailed information).

Areas for Local Wellness Policy Improvement

Areas that have been identified that could use improvement include: communication of district nutrition standards in regards to food celebrations that occur in the elementary school (Smart Snacks), anonymity of students with negative food balances, and proportion of students that walk or bike to school. (Please see attached WellSAT scorecard for detailed information).

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:

87

Strength Score:

78

