

Gilmanton School District

Wellness Self Report Card 2019-20

February 12, 2020

A local wellness policy guides a school district's efforts to create a healthier school environment. Effective wellness policies support a culture of health by establishing healthful practices and procedures for students, staff, and families. School 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

- 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

Overall Rating:

Nutrition Standards for All Foods in School Rating	Rating
The school district shall provide attractive, clean environments in which students can eat.	2.7
In accordance with the Food Service Policy, 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.	2.7
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.	2.3
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.	2.7

Nutrition Promotion

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.	2.3
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Nutrition Education

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.	3.4
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Physical Education/Activity Rating

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	2.7
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	2.8

Other School Based Wellness Activities

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.	2.2
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Policy Monitoring and Implementation

The District Administration shall form a wellness committee to develop, implement, evaluate, and review and update the wellness policy.	2.8
The District Administration will oversee development, implementation, and evaluation of the wellness procedures and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools.	3
The District Administration or a designee of the wellness committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The District Administrator or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.	2.5

The program developed shall include the following items, along with any additional measures deemed appropriate: identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies.	2.8
Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with review of the performance of the programs and any recommended changes to this policy	3

Documentation on efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

- This is the first required Triennial Assessment of our school Wellness Policy which was last revised on June 21, 2017.
- The Wellness Committee was formed with the following members, who were invited by the District Administrator and Principal to be a part of the committee:
 - Todd Pozarski (Phy-Ed/Health Teacher), Stephanie Deiss (School Counselor), Elaine Rud (School Nurse), Kory Rud (4K-12 Principal and district parent), Michelle Hovey (Grade 4 Teacher), Jodi Brantner,(Grades 2 & 3 Teacher and district parent), and Sue Lay (Food Service Manager).
- The Wellness Committee met on February 12, 2020, and had a follow-up meeting on February 26, 2020.

Documentation on how the policy and assessments are made available to the public:

Our Wellness Policy and assessments are posted on the school website at https://www.ghs.k12.wi.us/cms_files/resources/Wellness%20Policy%20upd%206%2021%2017.pdf

Assessment results by committee regarding implementation and progress toward meeting the policy goals:

- The committee discussed and will add a wellness link to our school website to share information with families.
- Marie Ritscher, UW-Extension Office FoodWise Coordinator teaches lessons to elementary students in grades 4K-4 once per month. Activities are shared on our school Facebook page.
- Our foodservice program follows the USDA Nutrition Standards and food posters are displayed in the cafeteria.

- During health classes in grades 5-8, our health teacher instructs/discusses with students, nutrition and the importance of being physically active.
- The school district promotes students carrying water bottles to class.
- Grades 2-8 are offered free dental health care (sealants and fluoride) from a licensed dental hygienist funded by the state program, Seal-A-Smile.
- Annual vision and hearing screening is conducted by the School Nurse.
- Yearly influenza vaccines are currently being offered to students by the local county health department.
- Vision and hearing screening of children ages 0-4 is currently being offered to district residents by Western Dairyland Head Start.