

# Gilmanton School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 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 Kory Rud, Superintendent.

### Section 1: Policy Assessment

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**Overall Rating:**  
**113**

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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 meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ( <a href="https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart">https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart</a> ).	3
Drinking water is available for students during mealtimes.	3
All meals are accessible to all students.	3
Withholding food as a punishment shall be strictly prohibited.	3
All meals are appealing and attractive and served in clean and pleasant settings.	3
All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.	3
Lunch shall be served between 11 am-1 pm.	3
Menus shall be posted on the District website.	3

Nutrition Promotion	Rating
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2
School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment ( <a href="http://dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf">dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf</a> ) to determine ways to improve the school meals environment.	3
School nutrition services shall implement at least three (3) Wisconsin Team Nutrition Meal Appeal techniques at each school.	3
School nutrition services shall purchase locally grown/produced products each year, if and when they are available and feasible.	3

<b>Nutrition Education</b>	<b>Rating</b>
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
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.	1
Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.	3
Nutrition education will provide the knowledge and skills necessary to promote health.	3
Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.	3
Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.	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
Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
The District shall utilize the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources.	3
Physical activity shall not be employed as a form of discipline or punishment.	3
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	1
All students in grades K-4 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.	2
In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.	1
All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.	3
Schools shall discourage extended periods of student inactivity, without some physical activity.	2
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.	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.	2
All District elementary students in each grade shall have physical education a minimum of three (3) times per week.	2
All District middle school students are required to take the equivalent of one (1) academic year of physical education.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
All-District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460.	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
Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	2
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 include cooperative as well as competitive games.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
A review of this policy shall occur no less than once every three (3) years using a procedure developed and implemented by the District Administrator. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at ghs.k12.wi.us.	3
The District Administrator shall conduct an annual review of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.	1

## Section 2: Progress Update

Since the last assessment, the District has worked to improve upon nutrition promotion, increasing that section score from 0 to 11. Nutrition education has improved from 11 to 21. Physical activity and education has a slight improvement as well.

## 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

Strength is in the physical activity and education category.

### **Areas for Local Wellness Policy Improvement**

Areas for improvement are in the other school-based wellness activities category. In a small community and school, there are less opportunities for group activities and access to outside programs relating to wellness.