

Kenosha Unified School District

Local Wellness Policy Triennial Assessment 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 Food Service Department. 262-359-6382.

Overall Rating:
2.1

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
Business and Information Technology (school stores) will support the district’s wellness policy by complying with the Nutrition Standards for All Foods Sold in Schools (also known as the Smart Snack Rules).	2
Breakfast - To ensure that all children have breakfast either at home or at school in order to meet their nutritional needs and enhance their ability to learn, schools will: 1. Operate the National School Breakfast Program. 2. Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess to the extent possible. 3. Notify parents/guardians and students of the availability of the National School Breakfast Program. 4. Schools will utilize newsletter articles, take-home materials, or other means to encourage parents/guardians to provide a healthy breakfast for their children at home or through the National School Breakfast Program.	3
School Meals –Meals served through the National School Lunch and Breakfast Programs will: a. Meet, at a minimum, nutrition requirements established by state and federal statutes and regulations. Foods from reimbursable meals will, over the course of five days, derive no more that 30 percent of their total calories from fat and less than 10 percent of their total calories from saturated fats. Foods from reimbursable meals will provide one-third of the recommended dietary allowances (RDA) for lunch and one-fourth of the RDA for breakfast. b. Offer a variety of fruits and vegetables daily with at least two fresh fruits and one fresh vegetable offered per week. c. Serve only low-fat (1 percent) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by the USDA). d. Ensure that 100 percent of the served grains are whole grain.	3
Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through cafeteria a la carte [snack] lines) will comply with the Nutrition Standards for All Foods Sold in School, also known as the Smart Snack Rules	3
All fundraising activities require administrative approval. Fundraising during school hours will comply with the Nutrition Standards for All Foods Sold in Schools, also known as Smart Snack Rules (located on the Kenosha Unified School District website).	1
Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.	2
Booster clubs should be inserviced on the sale of nutrient dense foods (i.e., whole grains, fresh fruits and vegetables).	2
Items sold through vending machines will comply with the Nutrition Standards for All Foods Sold in Schools, also known as the Smart Snack Rules.	2

Nutrition Promotion	Rating
In addition to carrying out responsibilities as outlined in board policy and elsewhere in these procedures, the Office of Food Services will share information about the nutritional content of meals with	3

parents/guardians and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.	
Schools will promote positive nutrition and healthy behavior by: a. Displaying resource posters (e.g., Wisconsin Milk Marketing Board, My Plate, Fuel Up for 60); b. Displaying student artwork promoting positive nutritional and healthy behavior in the classrooms, hallways, and/or school cafeterias; and c. Participating in taste testing of unfamiliar foods (e.g., Taste Test Tuesday, Fresh Fruit and Vegetable Grant).	2

Nutrition Education	Rating
Health and Nutrition Education Curriculum goals for grades 1 through 12 include the following: • a. Eating habits • b. Nutrients • c. Dietary guidelines • d. My Plate • e. Portion sizes • f. Product labeling • g. Body awareness • h. Eating disorders • i. Alternative dieting • j. Diet supplements • k. Food safety • l. Food allergies • m. Food sensitivities	2
The Family and Consumer Sciences Curriculum will support the philosophy that lifelong quality of life is dependent on students having the knowledge of nutrition and food needs for all age groups. Since the family is responsible for meeting food needs, students must understand the effects of technology on food, current health problems related to diet, and the social and cultural influence on food and resources.	2

Physical Activity and Education	Rating
A quality physical education program is an essential component of the district’s wellness activities. Physical activity provides an opportunity for self-expression and social interaction and can be enjoyable, challenging, and fun. These benefits entice students to continue participation in physical activities throughout their lifetimes. Elementary children derive pleasure from movement sensation and experience different challenges as they sense a growing competence in their movement ability. At the middle level, participation in physical activity provides important opportunities for challenges, social interaction and group membership, as well as opportunities for continued personal growth in physical skills and their applied settings. Participation at the high school level continues to provide enjoyment and challenges as well as opportunities for self-expression and social interaction. As a result of these intrinsic benefits, students will have the knowledge base to actively pursue lifelong physical activities that meet their own needs.	3

Other School-Based Wellness Activities	Rating
Schools will use nonfood items as rewards for academic performance or good behavior for individuals or classrooms.	2
Schools will not use food or any restrictions of foods as a consequence for negative student behavior or academic performance.	2

Policy Monitoring and Implementation	Rating
The Wellness Committee will meet at least three times per year.	1
The Wellness Committee will monitor implementation of the district’s wellness policy, evaluate policy progress, serve as a resource to school sites and revisit the policy annually.	1
The district’s Wellness Committee shall consist of the following members: coordinator of athletics, activities, health, physical education, and recreation (co-chair), director of food services (co-chair), staff members (e.g., school nurse and physical education and marketing education teachers), parent representatives, and student representatives.	2

Comments regarding progress made towards obtaining policy goals:

The Food Service Department works very hard to meet the goals of the wellness policy. The requirements set forth by USDA require meals served met the meal pattern requirements in addition to ala carte items sold. The online menus and menu boards provide information regarding carbohydrates for families who have diabetic students. Items outside of the Food Service Department are out of our jurisdiction and therefore do not have control over what is done.

WellSAT Score

Comprehensiveness Score:

37

Strength Score:

8

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.