Kenosha Unified School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: October 24, 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 Emily Riedler, Food Service Director at 262-359-6382.

Section 1: Policy Assessment

Overall Rating: 2.3

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
Standards and Nutrition Guidelines for Foods and Beverages Available to Students **The following nutrition standards and guidelines (https://www.govinfo.gov/content/pkg/FR-2016-07-29/pdf/2016-17227.pdf) apply to foods and beverages offered for sale to students on school premises before the start of the school day, during the official school day, and within 30 minutes after the official school day:** **a. Reimbursable meals offered in any federally-subsidized school meal program shall meet the statutory and regulatory nutrition standards established for such meals.** **b. Foods and beverages sold to students outside of the school meal programs shall meet at least the United States Department of Agriculture's (USDA's) minimum nutrition standards for such items (also called the "smart snacks" or "competitive food" standards), including all permissible exemptions and exceptions that are identified in the regulations or otherwise expressly allowed by the USDA. These standards apply, for example, to a la carte options in cafeterias, vending machines that are accessible to students, and items sold in school stores or on snack carts.** **c. Vending machines may be made available for the use of middle and high school students.** **d. Both the federal standards and this Wellness Plan allow a building principal or another administrative-level designee to approve (to the extent authorized by the Wisconsin Department of Public Instruction) a limited number of exempt student organization fundraisers involving the sale of food or beverage items that do not meet any minimum nutrition standards. DPI currently allows up to two approved exempt fundraisers per student organization per school year, with each such fundraiser lasting no longer than two weeks. However, an approved exempt fundraiser may not take place in the food service area during any school meal period. In addition, an authorized exempt fundraiser**	3

Nutrition Standards for All Foods in School	Rating
must adhere to all other District policies and procedures related to fundraisers. e. Foods that, with appropriate District approval, are ordered and delivered at school or through a school-related activity but that are not intended to be (and that, due to packaging, preparation requirements, etc., cannot reasonably be) consumed on school premises (such as a frozen pizza fundraiser) are not subject to any specific nutrition standards or time or location restrictions regarding orders or deliveries under this local Wellness Plan.	
Business, Information Technology and Marketing courses (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).	3

Nutrition Promotion	Rating
No District official, employee, or agent shall prospectively authorize or allow the marketing of any foods or beverages on a school campus during the school day (including before school and 30 minutes after the close of the instructional day for students) that do not meet the minimum federal nutritional standards for foods and beverages that are sold to students outside of the school meal programs. "School campus" means any area of District property that is accessible to students during the school day. "Marketing" means advertising and other promotions and can include oral, written, or graphic statements/materials that are presented with the purpose of encouraging the sale or consumption of a particular product. Examples of items on which marketing may sometimes be proposed include the exterior of vending machines, trash cans, cups, tray liners, posters, etc. The prohibition on the marketing of certain foods and beverages established in the previous paragraph is clarified and limited as follows: a. The limitations on food and beverage marketing do not apply to events or activities that occur on nonschool days or more than 30 minutes after the end of the official school day for students. b. The limitations do not apply to materials used for educational purposes in the classroom. c. The prospective aspect of the limitations means, for example, that any stock on hand of noncompliant materials may be exhausted and that any noncompliant durable equipment (such as a menu board or a scoreboard in a gymnasium) can continue to be used until it is replaced. d. The limitations do not categorically prohibit the display or presentation of marketing materials that identify a general brand that is widely associated with specific products that are considered healthy and other specific products that would be considered unhealthy (i.e., that would not meet the minimum federal standards for "competitive food" sold in schools). However, the degree to which a general brand may be more strongly associated with unhealthy products should be considered in evaluating any specific marketing-related proposal. e. Because the minimum federal nutritional standards for foods and beverages that are sold to students at school and outside of the school meal programs include a provision allowing a limited number of approved exempt fundraisers, the marketing limitations do not apply to materials that relate to such fundraisers.	2

Nutrition Promotion	Rating
f. Although students and staff remain subject to any other applicable District rules, the marketing limitations in this Wellness Plan are not intended to be enforced with respect to personal items, such as clothing worn by a student, a lunch bag, a water bottle or thermos, or the packaging on items that are brought from home for personal consumption.	

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.	2

Other School-Based Wellness Activities	Rating
The following standards and guidelines apply to foods and beverages that are provided or distributed (but not sold) to students on school premises before the start of the school day, during the official school day, and within 30 minutes after the official school day: **a. Any beverages that are not Smart Snacks should not be served or distributed to students during the school day without first receiving written permission from the building principal. All schools must also be aware of and adhere to federal requirements regarding the availability of free drinking water for students.** **b. Teachers and students are encouraged to offer or distribute healthy snacks and treats for student birthday celebrations, classroom parties, and other similar events. Healthy snack ideas include, but are not limited to, items such as the following:** **1. Fresh fruit or fruit cups** **2. Trail/cereal mixes (no candy included)** **3. Fresh vegetables and low-fat dip** **4. Yogurt** **5. Dried fruits** **6. Pretzels** **7. String cheese/cheese cubes** **8. Popcorn** **9. Whole grain crackers** **10. Low-fat muffins** **11. Other low-fat crackers** **During occasional celebrations (birthday observances, classroom parties, etc.) items of minimal nutritional value that do not meet the federal nutrition standards for "competitive food" sold to students and that also would not qualify as a healthy snack option may, in moderation, be served or distributed to students. School staff, a student's parent or guardian responsible for initiating such an occasional celebration, shall be encouraged to provide a healthy snack item.** **c. Nothing in this Wellness Plan attempts to create or modify any District or school rules for the foods and beverages that a student brings to school for his/her own consumption.**	2

Policy Monitoring and Implementation	Rating
a. The Wellness Steering Committee shall convene the committee as needed on dates established by the committee or chosen by the chair. **b. The Wellness Steering Committee shall ensure that the meetings of the Wellness Steering Committee are noticed in compliance with the Open Meetings Law.** **c. The Wellness Steering Committee may determine the extent to which minority positions or multiple options may be presented to District officials for further consideration in situations where there is a disagreement or lack of sufficient consensus among the committee members in regard to particular issues.**	3
Meetings Designed as Stakeholder Awareness and Input Sessions: **The director of food services will periodically hold, attend, and/or help organize meetings for the purpose of gathering input related to the Wellness Plan and its implementation.**	3

Policy Monitoring and Implementation	Rating
In formulating and implementing action steps related to the goals identified in this Wellness Plan, District-level and school-level personnel will attempt to identify specific opportunities for stakeholder input and participation.	2
I. The primary means of measuring the implementation of schools' compliance with the Wellness Plan is through a formal assessment that will occur at least once every three years. Such assessments shall be completed under the direction of the food service director and shall be in line with federal requirements and any applicable requirements of DPI. For purposes of carrying out triennial assessment requirements, the District shall do all of the following: **a. Complete the Wellness School Assessment Tool (WellSAT) to evaluate how the District Wellness Plan compares to model policy language and best practices for school wellness.** **b. Complete the DPI-required Local Wellness Policy Report Card, which addresses:** **1. The extent to which the District and District schools are in compliance with the District's Wellness Plan;** **2. The progress made in attaining the goals of the Wellness Plan; and,** **3. The extent to which the District Wellness Plan compares to model policy language and best practices for school wellness.** **The Local Wellness Policy Report Card shall be reviewed and considered when developing any recommended changes to the District Wellness Plan or determining that no specific changes need to be made. Any recommended changes to the District Wellness Plan shall be forwarded for formal District-level consideration and possible District-level approval. The recommended changes may be forwarded by school officials who have school wellness leadership responsibilities and/or on behalf of the Wellness Steering Committee.** **The District's completed Local Wellness Policy Report Card, along with any recommended changes to the District Wellness Plan, shall be presented to the School Board prior to being communicated to the public as outlined in Section XV below.** **Notwithstanding the formal triennial assessment and reporting process, recommendations to update or modify the Wellness Plan (e.g., to replace a goal that has been achieved) may be brought forward for District-level consideration and possible action (i.e., approval, rejection, or modification) at any time.**	2

Section 2: Progress Update

The current Wellness Policy was approved by the school board in July 2024. The prior wellness policy's last update was in 2015. The current policy now includes in language suggested on wellness policies by the Wisconsin Association of School Boards (WASB). The current policy has strengthened language in regards to the policy oversight. The Wellness Committee will continue to meet to determine any modifications or updates that may be needed to the policy.

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 implementation, evaluation and communication of the policy are very strong in the policy. The nutrition standards for competitive and other foods and beverages are also a very strong point to the policy, with the majority of the areas touched on in the policy.

Areas for Local Wellness Policy Improvement

The Standards for the USDA child nutrition programs are spelled out in KUSD School Board Policy 3520 but received scores of 0 as it's not indicated in the wellness policy. More measurable goals pertaining to Physical Education and Physical Activity should be included.

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:
{61}

Strength Score:
{52}