



## Risen Savior Lutheran School

### Local Wellness Policy Triennial Assessment Report Card

Date Completed: 6-30-2022

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 Debbie Purfuerst, Food Service Director.

### Section 1: Policy Assessment

*Overall Rating: 2.92*

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. All meals served through the district's food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.20 and 7 CFR 220.8 see links. <a href="https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program">https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program</a> and <a href="https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program">https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program</a>	3
All meals are accessible to all students at no charge. Risen Savior Lutheran School participates in the CEP program.	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
Drinking water is available for students during mealtimes and throughout the day.	3
Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.	3

**Main Campus** (K4-8) - 9550 W. Brown Deer Rd., Milwaukee, WI 53224 | 414.354.7320

**East Campus** (K5-7) - 3909 W. Clinton Ave, Milwaukee, WI 53209 | 414.446.5631

[www.rsismke.org](http://www.rsismke.org)

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
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 11am-1pm	3
Menus shall be posted on the District website and will include nutrient content.	2
Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional through MCFI, District’s Food Service Vendor.	3
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3
District has no vending machines on site.	3

<b>Nutrition Promotion</b>	<b>Rating</b>
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	3

<b>Nutrition Education</b>	<b>Rating</b>
The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.	3
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District and will be aligned with established state physical education standards.	3
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	3
Licensed teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and religion curricula	3
Staff shall only use approved nutrition curriculum in the classroom	3
Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy food.	3
Staff involved in physical education should be provided with opportunities for professional development.	3
Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops	2
Nutrition education will be offered in the school cafeteria via a bulletin board that is regularly changed and presents timely, relevant, and engaging nutrition information	3
Field trips to local food stores and museums’ health and wellness displays, as well as presenters brought into school, will provide reinforcement of concepts taught.	2
Weekly chapel services will include themes about being good stewards of our bodies and health.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The District shall provide opportunities for students to participate in physical activity in addition to physical education. .	3
Elementary schools shall offer at least 30 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	3
The District will not allow students to be exempt from required physical education class time or credit and there will be no substitutions allowed for physical education time requirement	3
Outdoor recess shall be offered weather permitting. In the case of inclement weather or temperatures below freezing recess will be moved to the gym.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Recess monitors/teachers shall encourage students to be active during recess.	3
Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in our Youth Haven after school program, intramurals, and varsity sports	3
Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, parent emails, and parent text messages.	3
District promotes and encourages walking to school for those students within walking distances.	3
The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	3
All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.	3
All District middle school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.	3
All District middle school students are required to take the equivalent of one academic year of physical education.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
Staff are strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.	3
Educational activities for school staff members on healthy lifestyle behaviors.	2
Encourage and provide opportunities for staff and community volunteers to practice healthy eating and serve as role models in school dining areas.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The wellness committee will meet once a year. The committee will review the latest national recommendations pertaining to school health and will update the wellness policy as needed every two to three years	3
The Wellness Committee shall evaluate compliance with the Wellness Policy every three years using the Wellness School Assessment Tool Implementation (WellSAT-I). The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.	3
The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance. The triennial progress report will be posted on the District website.	3
The Superintendent along with the Food Service Director shall ensure compliance with established district wide nutrition and physical activity policies	3

## Section 2: Progress Update

In the upcoming school year, the district will focus on more PR relating to nutrition education and promotion. The district also may consider bringing in a presenter promoting overall wellness.

## 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 district is strong in complying with nutrition standards for all schools, nutrition education and physical activity and education.

### Areas for Local Wellness Policy Improvement

The district can improve on the number of posters, newsletters and engaging articles relating to wellness. We periodically post MCFI’s monthly Nutrition Focus newsletters to our facebook page but we need to ensure that we post these newsletters every month. The district also needs to add a link to our website with nutrient content. This link should be posted on the same page as the monthly menu.

### 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:*

100

#### *Strength Score:*

100