

St. John's Lutheran School

Local Wellness Policy Report Card | 2020-2021

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 David Rust (david.rust@stjohnsmilw.org).

Overall Rating:
1.75

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 Competitive and Other Foods and Beverages	Rating
St. John's allows up to one exempt fundraiser per school per year, which is conducted by our Home and School Association. Fundraiser items, including food items, are not sold to students during the school day.	3
St. John's will strive to regulate all food and beverages served during classroom activities and parties and will encourage the use of foods that meet the USDA Smart Snack standards.	1
Food or beverages will not be used as rewards for academic, classroom or sports performance.	1
When drinking fountains are not present in the cafeteria, water cups/jugs are available. Students may bring water bottles from home.	3

Standards for USDA Child Nutrition Programs and School Meals	Rating
Meals served through St. John's lunch program shall comply with the National School Lunch standards for meal patterns, nutrient levels and calorie requirements for the ages/grade levels served, as specific in 7 CFR 210.10 (https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program).	3
St. John's will take steps to ensure that students qualifying for free or reduced price meals are not overtly identified in any way. The school kitchen is cashless; while serving, students are not differentiated based on how their lunch was paid for.	3
Students with unpaid lunch account balances shall not be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.	3
St. John's nutrition services shall notify parents of the availability of the lunch program and shall be encouraged to determine eligibility for reduced or free meals. Applications for free/reduced price meals are provided to all families at the beginning of the school year. The application is also available on the St. John's website.	3
School meals shall be made attractive to students by appealing to their taste preferences.	2
After obtaining food, students will have at least 20 minutes to each lunch.	3
Drinking water is available for students during mealtimes.	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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.	3
<ul style="list-style-type: none"> • St. John's will encourage our food service provider to make fresh fruits and vegetables from local farmers available as often as possible. 	3

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Physical Activity and Education	Rating
St. John's comprehensive, standards-based physical education curriculum identifies the progression of skill development. Physical education curriculum will follow a periodic review cycle as set forth in the Faculty and Staff Handbook and the Policy Manual. The curriculum will be aligned with established state physical education standards.	3
Our physical education program will foster lifelong habits of physical activity.	1
All students shall receive a minimum of 60 minutes per week of physical education instruction throughout the school year.	2
Physical education is taught by teachers who have received a bachelor's degree in elementary education, which includes instruction in physical education.	3
Annual professional development opportunities are available that are focused on physical education/physical activity topics.	1
St. John's shall inform and invite parents to participate in school-sponsored activities throughout the year. St. John's shall provide information on how the public can participate in the school wellness committee on an annual basis.	0
St. John's shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and sports.	3
Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt). Outdoor recess shall be offered weather permitting following the guidelines set forth in our Parent & Student Handbook.	3
Each class must schedule a 20-minute mid-morning break each day to provide all students with physical activity opportunities.	3

Wellness Promotion and Marketing	Rating
School staff members shall be encouraged to model healthy eating and physical activity behaviors.	1
An employee health newsletter will be distributed to promote healthy behaviors. School physical activity equipment will be available for use by staff before or after school to support employee wellness. St. John's will establish peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues. St. John's will encourage staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.	0
Staff is prohibited from using food as a reward. We strongly recommend that staff use physical activity as a reward when feasible.	1
Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground)	3
Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.	0
The healthiest food choices, such as salads and fruit, will be prominently displayed in the kitchen to encourage students to make healthy choices.	2
The advertising of foods and beverages will not be permitted on any school property.	3
Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy food.	0

Policy Monitoring and Implementation	Rating
To assist in the creation of a healthy school environment, St. John's shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy.	0
The designated official for oversight of the implementation and compliance of the wellness policy is the school administrator. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.	0
St. John's shall invite a diverse group of stakeholders in the development, implementation, and periodic review and update of the wellness policy. A letter of invitation shall be sent to the school community via email. Stakeholders may include: <ul style="list-style-type: none"> • Administrator 	0

<ul style="list-style-type: none"> • Classroom teacher • Physical education teacher • School food service representative • Community member/parent • Student 	
The Committee shall meet no less than once every three years to implement, assess and review, and make recommendations for changes to the Wellness Policy.	0
The assessment will include the extent to which St. John's is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture, and will update our policy accordingly.	0
The progress report will be posted on our website. It will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies and progress made in achieving goals.	0

Comments regarding progress made towards obtaining policy goals:

There are several areas in which we have met our policy goals, particularly in the Standards for USDA Child Nutrition Programs and Program Meals section. We have a number of areas in which to improve. Most importantly, a Wellness Committee should be formed to oversee the Wellness Policy. Additionally, many changes need to be made with regard to Physical Activity and Education and Wellness Promotion and Marketing.

WellSAT Score

Comprehensiveness Score:

{96}

Strength Score:

{82}

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.