



## Fontana J8 School District

### Local Wellness Policy Triennial Assessment Report Card

Date Completed: {10/01/2020}

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 Nikki Christensen, [nchristensen@fontana.k12.wi.us](mailto:nchristensen@fontana.k12.wi.us), 262-275-6881 ext. 219.

### 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 |
|---|--------|
|---|--------|

|  |            |
|--|------------|
| <p>{The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification”; and to meet the needs of school children within their calorie requirements.}</p>   | <p>{3}</p> |
| <p>{The District participates in, and is committed to offering, USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).}</p>   | <p>{3}</p> |
| <p>{All meals meet/exceed current nutrition requirements established under Healthy Hunger-free Kids Act. }</p>   | <p>{3}</p> |
| <p>{In addition, all school meals are accessible to all students. The District offers reimbursable school meals that meet USDA nutrition standards. Drinking water will be available to all students throughout the school day and throughout every school campus, including during meal times. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.}</p>  | <p>{3}</p> |
| <p>{Other food available at school: The foods and beverages sold outside of the school meal programs (e.g., “competitive foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at minimum. The District encourages all foods offered on the school campus will meet or exceed the USDA Smart Snack in School nutrition standards. The District will provide a list of healthy party ideas and snacks to parents/guardians and teachers, including non-food celebration ideas. Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.}</p> | <p>{3}</p> |

|   |     |
|---|-----|
| The District will provide a list of healthy party ideas and snacks to parents/guardians and teachers, including non-food celebration ideas. | {3} |
|---|-----|

| Nutrition Promotion  | Rating |
|--|--------|
| {Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. The district will also encourage its contracted school nutrition services to use the “Smarter Lunchroom” self assessment scorecard to determine ways to improve the school meals environment.} | {2}    |
| {Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques}  | {3}    |
| {The school will implement at least one Farm to School activity (local/regional products are incorporated into the school meal program, school hosts a school garden, school hosts field trips to local farms, or school utilizes promotions or special events such as tastings, that highlight the local/regional products).}   | {3}    |
| {Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.}   | {3}    |
| {Food advertising and marketing includes, but is not limited to the following: brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container. Displays, such as on vending machine exteriors. Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. Corporate brand, logo, name, or trademark on cps   | {3}    |

|  |  |
|--|--|
| used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.} |  |
|--|--|

| Nutrition Education   | Rating |
|---|--------|
| {The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.}            | {3}    |
| {Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens} | {3}    |
| {Nutrition education will be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.}  | {3}    |
| {Nutrition education will include scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans.}   | {3}    |

| Physical Activity and Education   | Rating |
|---|--------|
| {The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.} | {3}    |
| {The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop  | {3}    |

|   |     |
|---|-----|
| skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.}                     |     |
| {All students will be provided equal opportunity to participate in physical education classes}                                | {3} |
| {Children and adolescents should participate in 60 minutes of physical activity every day.}                                   | {2} |
| {The District shall provide opportunities for students to participate in physical activity in addition to physical education} | {3} |

| Other School-Based Wellness Activities   | Rating |
|--|--------|
| {The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.}                               | {3}    |
| {Families will be invited to participate in school-sponsored events and will receive information about health promotion.}  | {3}    |
| {The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management)}   | {3}    |
| The District will partner with an outside mental health provider to address wellness as a whole (e.g., healthy eating/exercise, managing stress, anxiety, etc). This will be offered to both staff and families. | {3}    |

| Policy Monitoring and Implementation  | Rating |
|---|--------|
| The district will evaluate compliance with the Wellness Policy no less than once every three years. | {3}    |

## Section 2: Progress Update

Due to COVID, some of our wellness events/gatherings are postponed; however, there is a focus on mental wellness provided through an outside partner as well as the full-time social worker.

## 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

{Promoting healthy eating and discouraging unhealthy choices such as soda, chips, cookies, and other vending machine choices. Fontana is consistent with meeting physical activity minutes, sometimes going above and beyond.}

### Areas for Local Wellness Policy Improvement

{Community outreach is an area of needed improvement.}