

# Ripon Area School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024 SY

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 Jonah Adams, 920-748-4600.

### Section 1: Policy Assessment

*Overall Rating:*  
**2.85**

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><b>The consumption of nutrient-dense foods, i.e. whole grains, fresh fruits, low-fat meats and vegetables will be encouraged.</b></p> <p><b>a. Grains</b></p> <p><b>Whole and naturally occurring grains are encouraged with no more than thirty percent (30%) of calories from fat and minimal added sugar.</b></p> <p><b>b. Fruit and/or vegetables</b></p> <p><b>Offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.</b></p> <p><b>c. Dairy</b></p> <p><b>Schools must offer low-fat or skim milk, low-fat cheese, yogurt, and low-fat ice cream.</b></p> <p><b>d. Meat/Beans/Nuts</b></p> <p><b>No more than thirty percent (30%) of calories from fat except for nuts, seeds and nut butters. Trail mixes, nuts and seeds should have portions 1.25 ounces or smaller.</b></p>	3
<b>School campuses may not serve or provide access for students to Foods of Minimal Nutritional Value (FMNV) as defined by the USDA during the school day.</b>	3
<b>Sale of candy will not be permitted in vending machines.</b>	3
<b>Sale of soda or other calorically sweetened drinks will not be permitted in vending machines in public areas.</b>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
The program developed shall include the following items, along with any additional measures deemed appropriate:  A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;	3
The Food Service provider will promote healthy choices by ensuring school lunch menu items reflect good nutrition. Nutrition education materials will be incorporated into the meal program i.e., promotional posters and menu signs.	3

<b>Nutrition Education</b>	<b>Rating</b>
Nutrition education will be included in the school curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	3
Nutrition education resources will be made available through a variety of delivery methods to students, parents and the community starting in elementary school and continuing through middle and high school.	3
Creative delivery methods will be used including but not limited to foods/cooking classes, handouts, lectures, B.R.A.V.E. after-school classes that all focus on healthy lifestyles and nutrition education.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The School District will ensure that every student from kindergarten through twelfth grade receives or is offered regular, age-appropriate quality physical education, including lifetime physical activities in accordance with the standards established by the State of Wisconsin.	3
Certified physical education teachers should teach all physical education classes.	3
Planned instruction in physical education should promote participation in physical activity outside the regular school day.	3
Whenever possible, elementary schools shall provide daily recess that encourages physical activity.	3
After-school programs should include supervised, age-appropriate physical activities that appeal to a variety of interests.	3
Schools shall provide information to parents to help them promote and incorporate physical activity into their children's lives.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor and indoor physical activity facilities outside the normal school day.	3
The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.	2
An organized wellness program shall be available to all staff.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The Superintendent shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and other school administrators in the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.	2
The Superintendent is encouraged to form a wellness committee to carry out this function.	

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<p>The wellness committee shall be an administrative committee with members recruited and appointed by the Superintendent.</p> <p>The Superintendent shall be responsible for accomplishing the following:</p> <ul style="list-style-type: none"> <li>A. assess the current environment in each of the District’s schools;</li> <li>B. measure the implementation of the District’s wellness policy in each of the District’s schools;</li> <li>C. review the District’s current wellness policy;</li> <li>D. recommend revision of the policy, as necessary; and</li> <li>E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.</li> </ul>	
<p>The Superintendent will oversee development, implementation, and evaluation of the wellness procedures.</p> <p>The Superintendent shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.</p> <p>Before the end of each school year the Principal shall submit to the Superintendent a report describing the environment in each of the District’s schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.</p> <p>The Superintendent or a designee of the wellness committee shall report annually to the Board on the District’s wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The Superintendent or a designee from the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.</p> <p>The program developed shall include the following items, along with any additional measures deemed appropriate:</p> <ul style="list-style-type: none"> <li>A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;</li> <li>B. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;</li> <li>C. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;</li> <li>D. describes the process and public involvement in the development of the wellness program and initiatives.</li> </ul>	2

## **Section 2: Progress Update**

In the spring of 2024, the Department of Public Instruction completed an on-site administrative review of the Ripon Area School District's food service program. The District performed very well in this review. The suggestions from this review will guide the District's future progress.

In the summer of 2024, the School Board will consider updates to the Wellness Policy to align with recent state and federal policy changes. Going forward, the District will ensure that an annual review of the Wellness Policy becomes part of its annual community engagement meetings. This will allow community members and other district stakeholders to learn about the Wellness Policy, provide input on the current status of its implementation, and guide future goal setting.

## **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 current Wellness Policy scores well on the WellSAT assessment in the area of Nutrition Education. This is due to the Ripon Area School District's consistent updates to the curriculum to match state and federal standards, as well as the employment of well-qualified physical education and health teachers. As a result, the nutrition education and physical education provided to students are strong.

Additionally, the food service program adheres to local, state, and federal regulations. The District ensures that the food served to students is prepared and stored appropriately and is nutritious. By participating in the National School Lunch Program, the School Breakfast Program, and the Summer Food Service Program, the District stays up to date on the latest nutrition best practices. This commitment to following best practices and maintaining high standards in food service is another strength of our schools.

### **Areas for Local Wellness Policy Improvement**

Much of the language in the current Wellness Policy will be updated in the summer of 2024 to align with current state and federal goals. While the District already implements nearly all of the state and federal suggestions for the policy, updating the language in the District Wellness Policy will help it score better on the WellSAT assessment.

## **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.

*Note: Scores are from spring 2024.*

**Comprehensiveness Score:**

65

**Strength Score:**

47

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