

Burlington Area School District

Local Wellness Policy Triennial Assessment Report Card | 2019-2020

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 Jill Dreger – Director of Health Services or Ruth Schenning – Business Manager at 262-763-0210.

Overall Rating:
64 out of 81

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 All Foods in School	Rating
All school meals are accessible to all students	3
The District offers reimbursable school meals that meet USDA nutrition standards	3
Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes	3
Concession sales will include healthy choices, which adhere to the wellness policy nutrition guidelines	2
Foods and beverages sold outside of the school mealtimes (i.e., competitive foods, or those of minimal nutritional value as defined by the USDA), are prohibited from being sold from the beginning of the day (12:01am) until 30 minutes past the end of the school day unless they meet or exceed the USDA Smart Snacks in School nutrition standards	2
All food and beverages sold throughout the school campus during the school day will meet or exceed the standards specified in the USDA Smart Snacks rule. This includes foods sold in student stores, vending machines a la carte programs and fundraisers	2
Foods and beverages offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal	2

Nutrition Promotion	Rating
Signage displayed throughout the school campus, including vending machines, will promote nutrient – rich foods and beverages	1
Healthy food and beverage choices will be promoted by implementing at least ten Smarter Lunchroom techniques	3
The District will be engaged in a Farm to School program by purchasing local products a minimum of 15 times per year	2

Nutrition Education	Rating
Nutrition education will be enjoyable, developmentally appropriate, culturally relevant, and include participatory activities, such as cooking demonstrations or lessons, promotions, taste testing and farm visits	2
Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition	2
The District teaches students nutrition education using resources based on up-to-date, scientifically based nutrition information consistent with the Dietary Guidelines for Americans and USDA’s Choose MyPlate program	3
Parents, community members and staff will be provided with suggestions of healthy choices for snacks, lunches and treats, including non-food celebration ideas	2
Parents will be provided a list of foods and beverages that meet Smart Snacks nutrition standards	3

Physical Activity and Education	Rating
All students will participate in physical education that meets state standards	3
Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity	3
The District encourages teachers to provide short (3-5 minute) physical activity breaks to students during and between class time	2
The District offers opportunities for students to participate in physical activity before and/or after the school day	3
The District discourages staff from withholding or requiring physical activity as a consequence for inappropriate behavior or academic performance	2

Other School-Based Wellness Activities	Rating
The District will continue relationships with its community partners in support of this wellness policy's implementation	2
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	2
The District promotes staff member participation in health promotion programs, and will support programs for staff members on healthy habits	2

Policy Monitoring and Implementation	Rating
All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals	3
Each school will designate one or more persons to monitor and ensure the implementation of the district-wide policy	1
The District will at least annually convene a District Wellness Policy Committee, comprised of representative staff and community members, to review the policy and the district's progress on meeting wellness goals, and an update report will be distributed to staff, families and the community	3
At least every three years, an assessment of compliance of the policy will be conducted and this information will be shared with the public	3

Comments regarding progress made towards obtaining policy goals:

The BASD Director of School Health Services and Business Manager met several times during the 2019-2020 school year to review the District Wellness Policy. A meeting was held February 28th, 2020 which consisted of BASD Director of Health Services, BASD Business Manager, Advocate Aurora Community Outreach, BASD elementary teachers, parents of BASD, BASD Food Service Director and members of BASD PTO. The District Wellness Policy was reviewed during this meeting. BASD is in the process of updating all policies, including the Wellness Policy. Below is our WellSAT score: the state average comprehensiveness score is 45 and the state average strength score is 26. BASD exceeds the state average in both areas. BASD is committed to a strong, ongoing wellness program.

WellSAT Score

Comprehensiveness Score:

{80}

Strength Score:

{35}

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.