



**The Student Wellness Committee
Board of Education Update
2019-20 School Year**

Overview

Policy 8510 Wellness was originally adopted by the HUHS Board of Education (BOE) in August 2006 and was most recently revised in April 2018. The policy requires annual BOE updates on the District's wellness programs.

As of the 2019-2020 school-year, districts are required to complete and report a triennial assessment of the district's compliance with its Local Wellness Policy and compare how the language in their Local Wellness Policy compares to the Model Local Wellness Policy.

The Student Wellness Committee did not meet as a group during the 2019-20 school-year. The last meeting was January 2019 with a report to the BOE on February 2019.

Progress of HUHS's Student Wellness Practices and Goals

The Wellness Policy incorporates four goals to enable students to establish good health and nutrition choices. Following are examples of current practices aligned with these goals as well as future opportunities that were presented in the February 2019 update. Progress notes from the 2019-2020 SY have been added to these goals.

1. Nutrition Education

Current Practices:

- Health curriculum provides students with the base knowledge and skills necessary to lead healthy lives
- Nutrition education integrated into other curricular areas such as AP BioPsych Bundle, Cohort, and Culinary Arts

Future Opportunities:

- Explore elective course focused on Wellness that delves deeper into health curriculum topics such as nutrition and physical activity

Update:

- Progress since the February 2019 BOE Report has not been identified in this area

2. Nutrition Promotion and Nutrition Standards for All Foods in School

Current Practices:

- All foods and drinks sold to students during the school day through School Nutrition Programs, Vending Machines, School Store, and Fundraising comply with the *Healthy, Hunger-Free Kids Act of 2010* regulations
- Implementation of Smarter Lunchroom techniques – silver award

Future Opportunities:

- Ensure all food and beverage marketing in building is restricted to only those food and beverages that meet the nutrition standards set forth by USDA's *Nutrition Standards for All Foods Sold in Schools* (Smart Snacks) rule
- Develop suggestions for all foods and beverages provided to students, but not sold (e.g., class parties, rewards)

Update:

- During Spring 2019, Pepsi replaced all coolers with advertising for products that do not meet this standard; all coolers inside the building now comply

3. Physical Activity and Physical Education

Current Practices:

- Physical Education curriculum provides personalized opportunities for sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- Expanded physical education opportunities during summer school and zero-hour
- Extra-curricular, intramural, and club opportunities expanded

Future Opportunities:

- Expand wellness facility space and equipment available to increase opportunities for students and staff before and after school

Update:

- Construction of the new Fitness & Wellness Center was approved by the BOE in March 2020

4. Other School Based Wellness Activities

Current Practices:

- Free water available at water bottle filling stations
- Mental health education added to Health curriculum
- Community partnership for onsite yoga instruction afterschool

Future Opportunities:

- Provide opportunity for students to go outside during school day
- Promote use of outdoor track and indoor halls for public walking

Update:

- Progress since the February 2019 BOE Report has not been identified in this area

Evaluation of Policy Implementation

The *Wisconsin Local Wellness Policy Triennial Assessment Report Card Tool* was used to evaluate how well the policy-specific wellness objectives are being achieved. Using a 3-point scale, an overall rating of 2.73 was received indicating that most local policy objectives and activities are being met. The full report card is attached.

Evaluation of Policy Language

As part of the *Triennial Assessment*, districts are required to complete the *Wellness School Assessment Tool (WellSAT)*. The *WellSAT* allows districts to rate the extent to which their policy contains language related to policy items considered to be best practices for school wellness. This tool only evaluates policy content and not procedures or practices. On a 100-point scale, HUHS's Wellness Policy received a Comprehensive Score of 54, and a Strength Score of 44. Language regarding Nutrition Promotion and Marketing was found to be lacking in our local policy. The full scorecard is attached.

Summary

Hartford Union High School provides nutrition and physical education, physical activity opportunities, and sells foods and beverages that promote students' health and well-being. The District's practices align with the BOE policy on Wellness however, key components are missing from the policy language. During the 2020-21 school-year, the Student Wellness Committee will continue to explore and evaluate opportunities for student wellness and ensure the local policy includes language regarding Nutrition Promotion and Marketing.

Attachments:

- Wisconsin Local Wellness Policy Triennial Assessment Report Card – June 2020
- WellSat Scorecard – June 2020

Hartford Union High School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 29, 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 Monica Glorioso, School Nutrition Supervisor by email monica.glorioso@huhs.org or phone (262) 670-3315.

Section 1: Policy Assessment

Overall Rating:
2.73

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
In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.	3
As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).	3
The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.	3
Continuing professional development shall be provided for all staff of the food service program.	3

Nutrition Promotion	Rating
School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.	3

Nutrition Education	Rating
Nutrition education shall be included in the Health 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 shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	3

Physical Activity and Education	Rating
A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3
The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	3
Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.	3
Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	3
The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	3

Other School-Based Wellness Activities	Rating
All students in grades 9-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.	3
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	2
Students are permitted to have bottled water in the classroom.	3
Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.	3
Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.	3

Policy Monitoring and Implementation	Rating
The District Administrator 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, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy. The District Administrator is encouraged to form a wellness committee to carry out this function.	2
Before the end of each school year the wellness committee shall submit to the District Administrator and Board their report in which they describe 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.	2
The District Administrator 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.	2
The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall include information in the student handbook, and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.	2
Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with review of the performance of the programs and any recommended changes to this policy.	2

Section 2: Progress Update

The HUHS Student Wellness Committee did not meet during the 2019-2020 School Year. However, in January 2019, the Committee identified a future need to “expand wellness facility space and equipment available to increase opportunities for students and staff before and after school”. We are looking forward to the new Wellness Center addressing this need.

It was also identified in January 2019 that all food and beverage marketing in the building was not restricted to only those food and beverages that meet the nutrition standards set forth by USDA’s *Nutrition Standards for All Foods Sold in Schools* (Smart Snacks) rule. Since then, Pepsi has removed all coolers with advertising for products that do not meet this standard.

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

Compared to best practice models, HUHS’s Local Wellness Policy scored the highest in Nutrition Education and Implementation, Evaluation, & Communication.

Areas for Local Wellness Policy Improvement

Wellness promotion and marketing language is missing from our Local Wellness Policy. Addition in this area will improve our overall policy comprehension and strength.

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:

54

Strength Score:

44

Your District's Scorecard

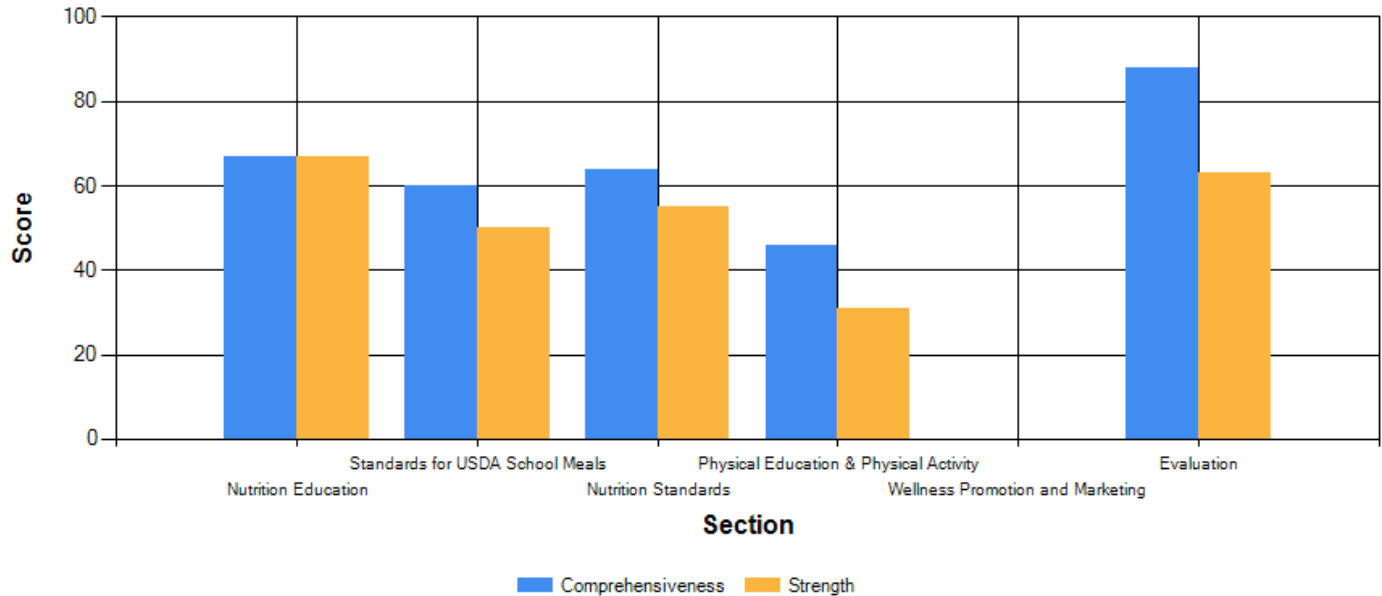
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.



Version: 3.0

Policy Name: Hartford Union High School



Section 1. Nutrition Education






Rating

NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	0
NE8	 Nutrition education addresses agriculture and the food system.	0
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if the rating is "0."	67
	Strength Score: Count the number of items rated as "2" and divide this number by 6. Multiply by 100.	67

[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals





Rating


SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	 Free drinking water is available during meals.	0
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	60
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	50

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2

NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	0
NS12	Addresses food not being used as a reward.	0
NS13	Addresses availability of free drinking water throughout the school day.	0
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	64
	Strength Score: Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	55

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA14	 Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1

PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."	46
	Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	31

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing







Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0
WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	0
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	0
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	0
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	0

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	88
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	63

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 54
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 44



Federal Requirement



Farm to School



CSPAP