

Hartford Union High School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: December 2024

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, monica.glorioso@huhs.org or (262) 670-3315.

Section 1: Policy Assessment

Overall Rating:
2.9

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
All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.	3
The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available.	2
All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.	3
Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	3

Nutrition Promotion	Rating
The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	3
School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment 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
Nutrition education will provide the knowledge and skills necessary to promote health.	3

Physical Activity and Education	Rating
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
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
Planned instruction in physical education shall promote participation in physical activity outside the regular school day	3
Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3

Other School-Based Wellness Activities	Rating
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.	3
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.	3
The District will implement the following activities below to promote healthy eating and physical activity among school staff. A. Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members. B. Administration of flu shots at school.	3
Students are permitted to have bottled water in the classroom, except in the lab environment.	3
Shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.	3

Policy Monitoring and Implementation	Rating
The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.	2

Section 2: Progress Update

The updated Wellness Center spaces now provides increased opportunities for students and staff to increase their physical activity before and after school. Additional athletic club and co-curricular opportunities are available for students such as Hockey, Competitive Cheer, Competitive Dance, and Equestrian.

Marketing language has been added to the policy and signage in the building is fully compliant with the standards.

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

HUHS is doing a great job implementing current policy language and increased both its Comprehensiveness and Strength score from the prior WellSat Assessment.

Areas for Local Wellness Policy Improvement

To enhance the school district's local wellness policy, improvements should focus on ensuring Student Wellness Committee meetings are conducted annually to review policy language and implementation.

Additional best practice language would help strengthen all areas of the policy, especially the Physical Activity and Promotion & Marketing areas.

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:
{66}

Strength Score:
{57}

Your District's Scorecard

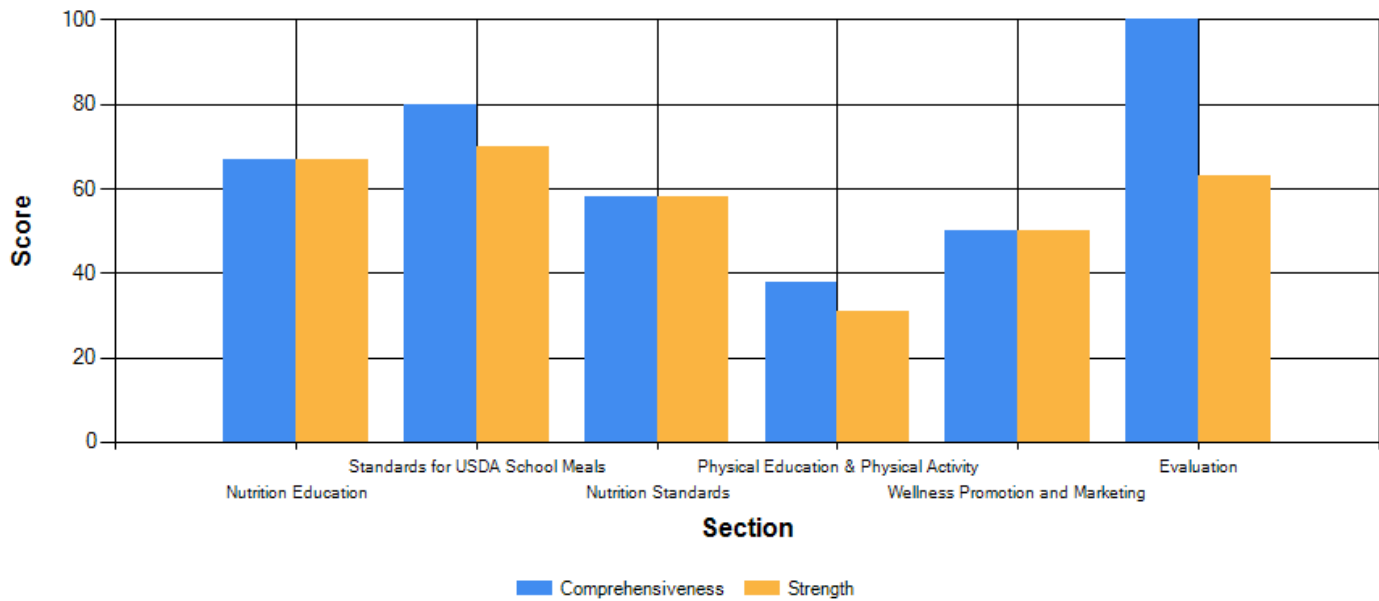
Close window

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 HS 12/2024



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 (the number of items in this section). 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 (the number of items in this section). 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.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	 Free drinking water is available during meals.	2
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 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	80
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	70

[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.	2
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 with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	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 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	58
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	58

[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.	0
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 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	38
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). 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.	2
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.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
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).	2
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).	2
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	0

	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).	
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	50
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	50

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

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	1
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:	2
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 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). 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 66
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 57



Federal Requirement



Farm to School



CSPAP



Tool: Meal Appeal Self-Assessment

INSTRUCTIONS

1. Read each statement carefully.
2. Check off statements that reflect your school's lunchroom. If you have multiple lunchrooms, use a different assessment for each school.
3. Tally the score.
4. Choose unchecked strategies to implement in the lunchroom.

LUNCHROOM ATMOSPHERE

- ☒ Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- ☐ Attractive, healthful food posters are displayed in dining and service areas.
- ☒ A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.
- ☒ The lunchroom is branded and decorated in a way that reflects the student body.
- ☐ Cleaning supplies or broken/unused equipment are not visible during meal service.
- ☒ All lights in the dining and meal service areas work and are turned on.
- ☐ Compost/recycling and trash cans are at least 5 feet away from dining students.
- ☒ There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.
- ☒ Trash cans are emptied when full.
- ☐ A menu board with tomorrow's featured meal with creative names is readable from 5 feet away in the service or dining area.

LUNCHROOM ATMOSPHERE SUBTOTAL: 6 out of 10

FRUIT

- ☒ At **least** two kinds of fruit are offered.
- ☒ Sliced or cut fruit is offered.
- ☒ A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- ☒ Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.
- ☐ At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ☐ A fruit taste test is offered at least once a year.

FRUIT SUBTOTAL: 4 out of 6

VEGETABLES

- ☒ At **least** two kinds of vegetables are offered.
- ☒ Vegetables are offered on **all** service lines.
- ☒ Both hot **and** cold vegetables are offered.
- ☐ When cut, raw vegetables are offered, they are paired with low-fat dip (e.g., ranch, salsa, hummus).
- ☒ A serving of vegetables is incorporated into an entrée item **at least** once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).
- ☐ Self-serve spices and seasonings are available for students to add flavor to vegetables.
- ☐ At **least** one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.

VEGETABLES SUBTOTAL: 4 out of 7



SALAD

- ☒ Pre-packaged salads or a salad bar is available to all students.
- ☒ Pre-packaged salads or a salad bar is in a high traffic area.
- ☐ Pre-packaged salads or a salad bar are labeled with creative, descriptive names and displayed next to each choice.
- ☒ Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.

SALAD SUBTOTAL: 3 out of 4

WHITE MILK

- ☒ Milk cases/coolers are kept full throughout meal service.
- ☒ White milk is offered in all beverage coolers.
- ☒ White milk is organized and represents at least one third of all milk in each designated milk cooler.
- ☒ White milk is displayed in front of other beverages in all coolers.
- ☐ 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

WHITE MILK SUBTOTAL: 4 out of 5

REIMBURSABLE MEALS

- ☒ Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- ☐ One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, and is the first entrée offered.
- ☒ Creative, descriptive names are used for featured items on the monthly menu.
- ☐ One reimbursable meal is identified as the featured combo meal and is labeled with a creative name.
- ☐ The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.
- ☒ A (reimbursable) combo meal is offered as a grab-and-go meal.
- ☒ Signs show students how to make a reimbursable meal on any service line (e.g., a sign that says "Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!").
- ☐ Students can pre-order lunch in the morning or day before.
- ☐ Students must use cash to purchase à la carte snack items if available.
- ☐ Students have to ask a food service worker to select à la carte snack items if available.
- ☒ Students are offered a taste test of a new entrée at least once a year.

REIMBURSABLE MEALS SUBTOTAL: 5 out of 11

STUDENT INVOLVEMENT

- ☐ Student artwork is displayed in the service area or dining space.
- ☐ Students are involved in the creation of artwork or marketing materials to promote menu items.
- ☐ Students, teachers, or administrators announce today's menu in daily announcements.
- ☐ Students are involved in the development of creative and descriptive names for menu items.
- ☐ Students have the opportunity to volunteer in the lunchroom.
- ☒ Students provide feedback (informal or formal) to inform menu development.

STUDENT INVOLVEMENT SUBTOTAL: 1 out of 6



SCHOOL COMMUNITY INVOLVEMENT

- ☒ A monthly menu is posted in the main office.
- ☐ A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- ☒ A monthly menu is provided to students, families, teachers, and administrators.
- ☒ Information about the benefits of school meals is provided to teachers and administration at least annually.
- ☒ Nutrition education is incorporated into the school day.
- ☒ Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).
- ☐ Elementary schools provide recess before lunch.
- ☐ The school participates in one or more food promotion programs such as Chefs Move to Schools, Fuel Up to Play 60, etc.
- ☐ The school has a partnership with Farm to School, local business(es), or a farmer's market.
- ☐ Smarter Lunchrooms strategies are included in the Local School Wellness Policy.

SCHOOL COMMUNITY INVOLVEMENT SUBTOTAL: 5 out of 10

ASSESSMENT TOTAL

6 Lunchroom Atmosphere

4 Fruit

4 Vegetables

3 Salad

4 White Milk

5 Reimbursable Meals

1 Student Involvement

5 School Community Involvement

32 TOTAL SCORE out of 59