

# Paris J1 School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 3, 2021

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: Roger Gahart, District Administrator, 262-859-2350.

### Section 1: Policy Assessment

**Overall Rating:**  
**2.7/3.0**

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

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
<b>Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; that are moderate in sodium, low in saturated fat, and have zero grams <i>trans</i> fat per serving; and to meeting the nutrition needs of school children within their calorie requirements.</b>	3
<b>Our School District is committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs that: are accessible to all students; are appealing and attractive to children; are served in clean and pleasant settings; meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations; and promote healthy food and beverage choices using at least ten of the Smarter Lunchroom techniques.</b>	2
<b>To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.</b>	3
<b>The district is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.</b>	3
<b>Foods and beverages will not be used as a reward, or withheld as a punishment for any reason, such as for performance or behavior.</b>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
<b>Students and staff will receive consistent nutrition messages throughout our school, classrooms, gymnasium, and cafeteria.</b>	3
<b>Nutrition Promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.</b>	1
<b>The District will promote healthy food and beverage choices for all students throughout the school campus, as well as participation in school meal programs. This promotion will occur through implementing at least ten or</b>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.	
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as participation in school meal programs. This promotion will occur through ensuring that 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.	2

<b>Nutrition Education</b>	<b>Rating</b>
Our school will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.	3
The District will teach, model, encourage, and support healthy eating by all students.	3
Our school will provide nutrition education and engage in nutrition promotion that promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.	3
All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.	2
The District will include in the health education curriculum a minimum of 12 of the Essential Healthy Eating Topics in Health Education.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
Physical activity during the school day will not be withheld as punishment for any reason.	3
Children and adolescents should participate in at least 60 minutes of physical activity every day.	3
The District will ensure that its grounds and facilities are safe and that equipment is available for students to be active.	3
All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.	3
All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
All school-sponsored events will adhere to the wellness policy guidelines.	2
The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.	3
The District will develop, enhance, or continue relationships with community partners in support of this wellness policy's implementation.	2
Our District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.	3
When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and in school.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>The District will develop and maintain a plan for the implementation to manage and coordinate the execution of this wellness policy.</b>	3
<b>The District will retain records to document compliance with the requirements of the wellness policy at the District Office.</b>	3
<b>The District will actively inform families and the public each year of basic information about this policy.</b>	2
<b>At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy.</b>	3
<b>The District will actively notify households/families of the availability of the triennial progress report.</b>	2

## **Section 2: Progress Update**

The Paris Joint #1 School District has made excellent progress in the implementation and continued development of our Wellness Policy. We will continue working diligently.

## **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 Paris Joint # 1 School District Policy is fully aligned with the USDA Final Rule, making it very strong from top to bottom.

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

With the comprehensive nature of our policy by being fully aligned with the USDA Final Rule, there are no specific areas for local wellness policy improvement identified. The Wellness Committee will continue to monitor and make additions or changes, as necessary, to the Wellness Policy.