

McFarland School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022/23

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 Jacki Ribble, 608-838-4521.

Section 1: Policy Assessment

Overall Rating:
58

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
The McFarland Nutrition Department will offer meals that meet or exceed the minimum standards set by the USDA for breakfast and lunch.	3
McFarland's Nutrition Department office had a variety of nutritious food choices that are accessible to all students	3
McFarland's Nutrition Department offers healthy options to both students and staff. Items offered include a variety of fresh fruits and vegetables, whole grain-rich, low in fat, low in sodium, and trans fat-free.	3
McFarland's Nutrition Department offers low-fat unflavored milk along with fat-free flavored milk.	3
McFarland Schools have filtered bottle refilling stations and drinking fountains throughout their buildings.	3

Nutrition Promotion	Rating
McFarland School District promotes students to practice healthy eating and physical activity.	3
McFarland School District restricts food and beverage marketing to only those that meet the USDA's nutrition standard.	3

Nutrition Education	Rating
The health education curriculum reinforces the knowledge and self-management skills necessary to maintain a physically active life style.	3
The health education curriculum offers all students' academic lessons promoting healthy life skills and disease prevention.	3

Physical Activity and Education	Rating
The District shall provide students with grade-appropriate opportunities to engage in physical activities.	3
Certified/licensed teachers will provide all instruction in physical education.	3

Physical Activity and Education	Rating
Comprehensive physical education curriculum shall be provided to students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the state.	3
The curriculum is designed to encourage equality of participation and promote the student's sense of responsibility for lifelong physical fitness and wellness.	3

Other School-Based Wellness Activities	Rating
Elementary (K-8) students should be provided at least 20 minutes a day of recess in a safe and satisfying environment.	3
During prolonged periods of inactivity (greater than 2 hours), teachers should provide periodic breaks for students to stand or be moderately active.	3
Students are provided with a minimum of 20 minutes for the students to consume lunch in the cafeteria.	3
School grounds where physical activity occurs shall have adequate space and equipment and be kept safe and well-maintained.	3

Policy Monitoring and Implementation	Rating
Assessment of policy goals will be ongoing and may be amended as needed.	2
The Nutrition Director will ensure compliance with nutrition policies within the food service area.	3
The principal or designees will ensure compliance with the fundraiser policy in his/her building.	2

Section 2: Progress Update

The School Nutrition Department continually exceeds all USDA and DPI requirements regarding the food and beverages sold in our cafeterias.

A fresh variety of fruits and vegetables are offered to our students and staff on a daily bases.

We offer taste testing and surveys to our students for feedback on our menued items.

Our curriculum will continue to promote nutrition and physical education that reinforces the development of a healthy life style.

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

Our wellness policy strength are in the standards of our meal program. Our goal is to provide students with healthy eating habits in a safe environment while following all USDA guidelines.

Areas for Local Wellness Policy Improvement

Our wellness policy could improve in the area of promotion and marketing section. Our Comprehensiveness score receives high marks, but we can strengthen our policy by adding clearer content to our language.

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:

74

Strength Score:

34