

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA’s compliance with their local wellness policy, describe the SFA’s progress toward meeting their local wellness policy goals, and describe how the language in the SFA’s wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellSAT). The WellSAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellSAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at [wellsat.org](http://wellsat.org). To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

### **Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card**

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({Example Form Field}).

**1. Assess Compliance with the Local Wellness Policy.**

Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.

**2. Describe the overall progress made toward meeting policy goals.**

Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.

**3. Report on results of the WellSAT.**

Describe areas of policy strength and areas for improvement based on the findings of the WellSAT. You may elect to include your WellSAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Cameron School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: Spring 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 District Administrator- Joe Leschisin [jleschisin@cameron.k12.wi.us](mailto:jleschisin@cameron.k12.wi.us) .

**Section 1: Policy Assessment**

*Overall Rating:*  
**{Score}**.

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>
<p><b>Any food sold in schools must:</b></p> <ul style="list-style-type: none"> <li><b>A. Be a “whole grain-rich” grain product; or</b></li> <li><b>B. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or</b></li> <li><b>C. Be a combination food that contains at least ¼ cup of fruit and/or vegetable.</b></li> </ul>	3
<p><b>Foods must also meet several nutrient requirements:</b></p> <ul style="list-style-type: none"> <li><b>A. Calorie limits:</b> <ul style="list-style-type: none"> <li><b>1. Snack or side items: ≤ 200 calories</b></li> <li><b>2. Entrée items: ≤ 350 calories</b></li> </ul> </li> <li><b>B. Sodium limits:</b> <ul style="list-style-type: none"> <li><b>1. Snack or side items: ≤ 200mg</b></li> <li><b>2. Entrée items: ≤ 480 mg</b></li> </ul> </li> <li><b>C. Fat limits:</b> <ul style="list-style-type: none"> <li><b>1. Total fat: ≤35% of calories</b> Exemptions: reduced-fat cheese, part skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds(with no added nutritive sweeteners or fat), seafood with no added fat and eggs</li> <li><b>2. Saturated fat: &lt; 10% of calories</b> Exemptions: reduced-fat cheese, part skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds(with no added nutritive sweeteners or fat), seafood with no added fat and eggs</li> <li><b>3. Trans fat: zero grams</b></li> </ul> </li> <li><b>D. Sugar limit:</b> <b>≤ 35% of weight from total sugars in foods</b></li> </ul>	3

Nutrition Standards for All Foods in School	Rating
<p><b>Exemptions: dried/dehydrated fruits or vegetables without added nutritive sweeteners, dried fruit with nutritive sweeteners for processing and /or palatability, and dried fruit with only nuts/seed (no added nutritive sweeteners or fat)</b></p>	
<p><b>All schools may sell:</b></p> <ol style="list-style-type: none"> <li>1. Plain water</li> <li>2. Unflavored low fat milk</li> <li>3. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</li> <li>4. 100% fruit or vegetable juice and</li> <li>5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.</li> </ol> <p>Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. Beyond this, the standards allow additional “no calorie” and “low calorie” beverage options for high school students.</p> <p>No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and Other flavored and/or carbonated beverages that are labeled to contain &lt; 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.</p> <p>No more than 12-ounce portions of Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces</p>	3
<p>Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food items sold.</p> <p>This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant</p>	3
<p>Any groups or organizations selling food/beverage items outside of the school meal programs (i.e., “competitive” foods and beverages) during the school day must sell items which meet the USDA Smart Snacks in School nutrition standards (See attached) at a minimum, but will follow the Department of Public Instruction’s guidance to allow up to two (2) fundraiser exemptions per student organization per school year. A fundraiser cannot exceed two (2) weeks time. An exempt fundraiser may sell foods that are not allowable under the smart Snacks rule, but may not compete directly with the sale of reimbursable meals. These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.</p>	3

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
All groups offering but not selling food/beverage items on the school campus will be strongly encouraged to offer items which meet or exceed the USDA Smart Snacks in School nutrition standards. (exp... Celebrations and classroom snacks brought by staff or family members)	1

<b>Nutrition Promotion</b>	<b>Rating</b>
Because hydration is essential to overall health and well-being, water is recognized by the District as the beverage of choice. Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes. Water bottles must be clear in color and have secure caps. Areas where water bottles are allowed may vary throughout our schools	2
The Cameron School District promotes a positive learning environment by providing healthy celebrations, supporting Smart Snacks in schools, and using non-food rewards. The Cameron School District will provide information regarding healthy celebrations, foods and beverages that meet the Smart Snacks nutrition standards, and non-food rewards via the Food and Nutrition Department webpage.	1
Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA’s Nutrition Standards for all Foods sold in Schools rule. (see below) Nutrition Promotion Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. The Cameron School District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Any foods and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the USDA Smart Snacks in School nutrition standards. Nutrition Education The Cameron School District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health and wellness.	3

<b>Nutrition Education</b>	<b>Rating</b>
Nutrition education will include enjoyable, developmentally-appropriate, culturally- relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and school gardens	2
Nutrition education will be included in the health curriculum so that instruction is sequential and follows the National and Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects	2

<b>Nutrition Education</b>	<b>Rating</b>
<p>The Cameron School District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. It is recommended that the Cameron School District will include in the health education curriculum the following essential topics on healthy eating:</p> <ol style="list-style-type: none"> <li>1. Food guidance from MyPlate</li> <li>2. Reading and using USDA’s food labels</li> <li>3. Balancing food intake and physical activity</li> <li>4. Social influences on healthy eating, including media, family, peers and culture</li> <li>5. How to find valid information or services related to nutrition and dietary behavior</li> <li>6. Resisting peer pressure related to unhealthy dietary choices and behavior</li> <li>7. Influencing, supporting, or advocating for others’ healthy dietary behavior</li> </ol> <p>Physical Education The Cameron School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically-active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.</p>	3

<b>Physical Activity and Education</b>	<b>Rating</b>
<p>All Cameron School District elementary students in each grade will receive physical education two (2) to three (3) times per week in a six (6) day rotation for thirty (30) minutes each session.</p>	3
<p>All Cameron School District middle school students will receive physical education at each grade level. Classes are 47-48 minutes in length and meet every other day for the entire school year in grades 5-8. Students in grades 5 &amp; 6 receive between 94 and 144 minutes of physical education per week. Students in grades 7 &amp; 8 receive between 47 and 144 minutes of physical education per week.</p>	3
<p>All Cameron School District high school students will receive a minimum of three trimesters of physical education prior to graduation. Classes are sixty-six (66) minutes long and will meet every day for one trimester.</p>	3
<p>It is recommended that all elementary schools will offer at least twenty (20) minutes of recess on all or most days during the year to include</p> <ol style="list-style-type: none"> <li>1. Outdoor recess will be offered when weather is feasible for outdoor play</li> </ol>	3

<b>Physical Activity and Education</b>	<b>Rating</b>
<p>2. Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; and provide equipment to decrease congestion on playstructures</p> <p>3. In the event that the school or Cameron School District must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable</p>	
The Cameron School District recommends teachers provide short (3-5 minute) breaks to students during and between classroom times	2
The Cameron School District offers opportunities (e.g., including activity clubs, open gym and varsity sports) for students to participate in physical activity before and/or after the school day	3
The Cameron School District will support active transport to and from school, such as walking or biking.	3
The Cameron School District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Cameron School District will coordinate and integrate other initiatives related to physical activity, physical education, sleep, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The Cameron School District will continue relationships with its community partners, including our local hospitals, health insurers, in support of this wellness policy's implementation	3
The Cameron School 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. Families will be invited to participate in school-sponsored events and will receive information about health promotion	1
The Cameron School District promotes staff member participation through the staff wellness committee in health promotion programs and will support programs for staff members on healthy eating/weight management	3
When feasible, the Cameron School District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors for themselves and in the classroom and school.	1
The Cameron School District Superintendent shall implement and ensure compliance with the policy by leading a Cameron School District wellness committee that meets at least annually to recommend goals for, and oversee, school health and safety policies and programs, including development, implementation, and periodic review and update of the policy.	2

Policy Monitoring and Implementation	Rating
<p>The wellness committee membership will represent a diverse group at all school levels (PreK/elementary and secondary schools) and may include (to the extent possible): parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, Principal, Assistant Principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists).</p>	2
<p>The Cameron School District will annually actively notify households/families of the availability of the wellness policy in the Opening of Schools Report. The wellness committee will recommend modifications of the wellness policy to the Cameron School District School Board based on the results of the triennial assessments, and/or as Cameron School District priorities change; community needs change; wellness goals are met; new health, science, information, and technology emerges; and new federal or state guidance or standards are issued. At least once every three years the committee will review the recommendations and forward their recommendations to the Cameron School Board for updates</p>	3

## Section 2: Progress Update

### Areas of Strength

1. A continued area of strength for our District's Wellness programming is adherence to the Federally required nutritional standards within our Food Service programming. We are required to stay within these parameters as being part of the Federal School Lunch Program. With approximately 45% of our students qualifying for free or reduced priced meals within our District each year, we must maintain these nutritional standards to be able to provide free and reduced priced meals.
2. Physical activity opportunities provided to Cameron students throughout the school day continues to be an area of strength.
3. The District provides a number of planned activities for staff throughout the school year regarding personal health and nutrition.

### Areas of Weakness

1. One of the main areas of weakness within our Wellness program is related to educating our staff, parents and non-school groups regarding Smart Snacks or healthy snacks in general. This includes activities such as classroom parties as well as fund-raising events.
2. Another weakness within our programming is the fact that nutrition education is primarily being taught in specific courses such as Health and Foods and Society that are only offered at the high school and middle school level.

3. While we have some information posted for families on our District website, we do not actively promote nutrition education with our families.
4. The main issue within our Wellness Committee structure is the fact that we do not meet regularly. A goal should be to meet at least twice each school year (Fall/Spring) and more as needed.
5. There are few professional development opportunities for Cameron staff in the area of health and wellness.

### **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**

1. Our Districts scores for Physical Education and Physical Activity was an area of strength scoring 87 on Comprehensiveness and 80 on Strength.
2. Implementation, Evaluation and Communication Strength and Comprehensiveness scores were both 100.

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

1. There is a need to increase our Strength Score (38) in Nutrition Education.
2. Wellness Promotion and Marketing were also identified as areas of need for improvement having scored 42 on both Strength and Comprehensiveness.

#### **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:***  
{77}

***Strength Score:***  
{70}



Brainstorming...

### **Student Nutrition Education**

Should we survey teachers?

What are you doing now, if anything?

Do you have creative ideas?

Can we do a nutrition month? Planned activities one day a month. Targeted activities/lessons similar to PBIS related to a theme.

Elementary used to do a Bingo checklist

Eat a new vegetable

Drink a quantity of water each day

Can we highlight things that our staff are doing? Health related accomplishments.

Can we put a monitor in the MS commons for students to see during lunch?

Could we identify teachers and/or high school students that would be willing to be a “celebrity chef” to make short videos on preparing simple snacks.?

Mrs. Hopkins’ Marketing class...Are there opportunities?

Cooking Matters for Teens? HS students possibly cook a meal for their family.

Could our school nurse help up to organize support groups for students with some more chronic issues such as diabetes, etc.?

Should we do some sort of education for students on listening to music to loud? Airpods, etc.

### **Parent/family Nutrition Education**

Could our school nurse assist in a monthly newsletter? Keep it simple. Smark Snacks info, health and wellness info/activity opportunities, recipe ideas, etc. Send home via Skyward and post on Facebook.

Facebook/ social media – “Move it Monday”

Students via Instagram