

McDonell Area Catholic Schools

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023

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 Aaron Kasper at 715-723-0538 X3316.

Section 1: Policy Assessment

Overall Rating:

2

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 meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.	2
All food and beverages sold outside of the school meal programs during the school day shall meet the USDA Smart Snack standards	2
McDonell Area Catholic Schools encourage foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
Non-food celebrations will be promoted and a list of ideas is available	2
McDonell Area Catholic Schools will restrict food and beverage marketing during the school day 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.	2

Nutrition Promotion	Rating
McDonell Area Catholic Schools shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment.	1
McDonell Area Catholic Schools shall implement at least 1 technique at each school.	1

Nutrition Education	Rating
McDonell Area Catholic Schools shall integrate nutrition and wellness education into the school curriculum.	1

Nutrition Education	Rating
McDonell Area Catholic Schools shall provide related resources/information to parents/guardians.	1

Physical Activity and Education	Rating
Children and adolescents should participate in 60 minutes of physical activity every day.	1
McDonell Area Catholic Schools shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	2
The district shall also provide opportunities for students to participate in physical activity in addition to physical education.	2

Other School-Based Wellness Activities	Rating
McDonell Area Catholic Schools shall implement at least 1 family-focused event supporting health promotion each year.	1

Policy Monitoring and Implementation	Rating
The McDonell Area Catholic Schools Education Commission shall ensure compliance with the policy by leading the review, update, and evaluation of the policy.	1
The Education Commission will be guided, assisted, and supported by the Food Service Director along with the suggestions and guidance of the McDonell Area Catholic Schools Wellness Committee.	1
McDonell Area Catholic Schools will invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the policy.	1

Section 2: Progress Update

During the 2022-2023 School Year, McDonell Area Catholic schools revised the existing wellness policy and formed a Wellness Committee as the policy stated. Now that a committee has been formed, it will meet periodically throughout the year to strengthen and monitor the policy.

Section 3: Model Policy Comparison

McDonell Area Catholic Schools compared its policy as a required component of the triennial assessment to 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.

During the comparison the McDonell Wellness Committee found that the policy language was strong and clear. However, the McDonell Wellness Committee determined that there is a gap of what the policy states and what is actually happening in the school system. The

McDonell Wellness Committee wants to focus on strengthening the actions of the school system to match that strong language the policy states. Some ideas are as follows:

1. Reincorporate health learnings by defining the scope and sequence of education in our elementary schools.
2. Provide/involve students in defining Nutritional Information for 1 meal.
3. Start a MACS Snack Program for before and after school at the high school level.

Local Wellness Policy Strengths

1. The policy shows compliance to the DPI School Program Guidelines
2. The policy requires a strong Wellness Committee.
3. The current committee is excited about bringing the policy to life and offers great ideas to strengthen a student's opportunity to achieve nutrition and activity daily.

Areas for Local Wellness Policy Improvement

MACS needs to continue to align our daily actions in its school system to better match the actions as stated in the McDonell Wellness Policy.