

Immanuel Lutheran School
13445 Hampton Road, Brookfield WI 53005

Local Wellness Policy Triennial Assessment Report Card

Date Completed: January 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 written wellness policy, at minimum, once every three years. This report summarizes written policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact school principal, AJ Amling.

Section 1: Policy Assessment

Overall Rating:
82

Ratings are based on a two-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 met or mostly met/multiple activities completed

Nutrition Standards for All Foods in School	Rating
<p>Written policy assures compliance with USDA nutrition standards for reimbursable school meals.</p> <p><i>The school lunch program is offered through a contract with Fresh & Safe and the National School Lunch Program-USDA. All meals provided by Fresh & Safe meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. Please refer to the USDA meal pattern requirements (https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart).</i></p>	2
<p>Written policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverage sold to students during the school day.</p> <p><i>The school lunch program is offered through a contract with Fresh & Safe and the National School Lunch Program-USDA. All meals provided by Fresh & Safe meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. Please refer to the USDA meal pattern requirements (https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart).</i></p>	2
<p>Free drinking water is available during meals and throughout the day.</p> <p><i>Immanuel provides drinking fountains and water bottle refill stations accessible to students at all times throughout the building.</i></p>	2
<p>USDA Smart Snacks standards are easily accessed in the written policy (linked).</p> <p><i>All food and beverages sold during the school day outside of the school meal program shall meet or exceed the USDA Smart Snack standards (https://www.fns.usda.gov/tn/guide-smart-snacks-school).</i></p>	2

Nutrition Promotion	Rating
<p>Written policy specifies all marketing to promote healthy food and beverage choices.</p> <p><i>Immanuel Lutheran School 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 (Smart Snacks) rule - see link above.</i></p>	2
<p>Written policy specifies strategies to increase participation in school meal programs.</p>	2

Nutrition Promotion	Rating
<i>Applications for free and reduced hot lunches are provided at the beginning of the school year and can be obtained in the school office at any time during the year.</i>	

Nutrition Education	Rating
Written policy includes goals for nutrition education that are designed to promote student wellness. <i>Immanuel is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout the school, classrooms, and the school website.</i>	2

Physical Activity and Education	Rating
Physical education promotes a physically active lifestyle. <i>Children and adolescents will participate in physical activity every day. Immanuel provides students with a physical education class, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Immanuel also provides opportunities for daily recess outdoors (weather permitting) and movement breaks in the classroom through the school day. In addition, Immanuel provides organized sports in grades 5 through 8.</i>	2

Other School-Based Wellness Activities	Rating
Written policy addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. <i>Children and adolescents will participate in physical activity every day. Immanuel provides students with a physical education class, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Immanuel also provides opportunities for daily recess outdoors (weather permitting) and movement breaks in the classroom through the school day. In addition, Immanuel provides organized sports in grades 5 through 8.</i>	2

Policy Monitoring and Implementation	Rating
Written policy addresses how all relevant stakeholders will participate in the development, implementation, and periodic review and update of the local wellness policy. <i>As required by Wisconsin Child Nutrition and WIC Reauthorization Act of 2004 and the U.S Department of Agriculture's 2016 wellness policy guidelines, the principal will implement and ensure compliance with this policy by leading the review, update, and evaluation of this policy. The principal will invite stakeholders from the list below to participate in the development, implementation, periodic review and update of this policy no less than once every three years. This triennial assessment will include the extent to which Immanuel Lutheran School is in compliance with this Wellness Policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. Immanuel Lutheran School will inform families and the public about the content of and any updates to the policy through the school website.</i>	2
<ul style="list-style-type: none"> • Administrator • Classroom teacher • Physical education teacher • Parent • Student • Health care professional 	

Section 2: Progress Update

To date, Immanuel Lutheran School has established a general wellness policy as required in the U.S Department of Agriculture's 2016 wellness policy guidelines that includes periodic review by community stakeholders as noted in our Family Handbook. Immanuel has made many strides toward meeting our

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wellness policy, including increasing communication about nutrition both in the building and on our website. We have started the process of mapping our physical education curriculum aligned to the National Shape America 2013 standards for all grade levels. Immanuel ensures that all lunch accounts are private and only accessed by a parent through our password protected school information system – Sycamore. Additionally, school lunch is ordered online by all parents each month to protect the privacy of all students, including those who receive free/reduced price lunch. A lunch is provided to all students every day in the event that a child forgets their lunch at home or the parent didn't order one. Immanuel Lutheran School will continue to work to improve the local wellness policy ensuring that all students and families have the opportunity to engage in a healthy lifestyle.

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

Through the WellSAT, the following strengths have been identified:

- Nutrition Standards
- Evaluation Process

Areas for Local Wellness Policy Improvement

Through the WellSAT, the following areas will be a focus of ongoing improvement:

- Physical Education & Physical Activity
- Wellness Promotion & Marketing

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:

82

Strength Score:

81