

Mauston School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024-2025

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 Angela Tolbert (608) 847-4410 ext 4431.

Section 1: Policy Assessment

Overall Rating:

3

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 District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
Nutrition Promotion	Rating
The District 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 schools, classrooms, cafeterias, and school media.	3
Nutrition Education	Rating
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.	2
Physical Activity and Education	Rating
The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:	3
A. The District shall utilize the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources.	3
B. Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	3
C. Recess monitors/teachers shall encourage students to be active during recess.	3

Physical Activity and Education	Rating
D. Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.	2
E. The District shall support active transport to and from school by engaging in the following activities: Crossing guards are used.	3
All District elementary students in each grade shall receive at least 90 minutes of physical education per week throughout the school year.	3
All District middle school students in each grade shall receive at least 90 minutes of physical education per week throughout the school year.	3
All District high school students are required to receive 1.5 credits of physical education prior to graduation.	3
All physical education classes are taught by licensed teachers who are certified to teach physical education.	3
Physical education staff shall receive professional development on a yearly basis.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff, and parents’ efforts to maintain a healthy lifestyle. Students shall be allowed to bring and carry throughout the day, approved water bottles filled with only water.	3

Policy Monitoring and Implementation	Rating
The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.	3

Section 2: Progress Update

Covid 19 in the previous years created many challenges regarding implementing improvements to our wellness policy. Supply chain disruptions have still been problematic to our food service program. Our ability to provide high quality nutritious meals without substantial budgetary impact is on the mend. We again look forward to seeing what the new school year brings to us as we are one step closer to implementing even more wellness opportunities. New staff directing our food service program as well. We have expanded by one more greenhouse, as well as a small fruit orchard has been planted.

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 57 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. The School District of Mauston received a total comprehensiveness score of 100 and a total strength score of 92.

Local Wellness Policy Strengths

Our program has the wonderful support of our partners Quartz (our health insurance company), Farm-to-School, Juneau County FoodWise program, Mile Bluff Medical Center, and others within the community. These partners allow us to explore and expand wellness opportunities for all.

Each month our wellness program sends out newsletters to our staff on ways to enrich our daily lives.

Areas for Local Wellness Policy Improvement

There are always ways we can improve. We are looking at improving our nutritious offerings, as well as serving more greenhouse vegetables to our students. By offering more nutritious choices, it will help promote a healthier lifestyle. We again are looking at expanding our community partners to educate and offer opportunities to our adults in the community.