

Columbus School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

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 the Food Service Director at 920-623-5950 ext. 2190.

Section 1: Policy Assessment

Overall Rating:

2.5

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
improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;	3
promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;	3
develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;	3
develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools	2

Nutrition Promotion	Rating
promote nutrition education with the objective of improving students' health and reducing childhood obesity;	2
All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	2

Nutrition Education	Rating
Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	3
A. Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses.	2
Nutrition education may be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	2
Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.	3
Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.	3

Physical Activity and Education	Rating
provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;	3
A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3
The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	3
The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.	3
Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.	3

Other School-Based Wellness Activities	Rating
promote the health and wellness of students and staff through other school based activities.	3
identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;	3
Students, parents, and other community members shall have access to the school's outdoor activity facilities outside the normal school day.	3
The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.	2
The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	3

Policy Monitoring and Implementation	Rating
The District Administrator shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.	1
The District Administrator will oversee development, implementation, and evaluation of the wellness procedures and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools.	1
Before the end of each school year the wellness committee shall submit to the District Administrator and Board its report in which they describe the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.	1

Section 2: Progress Update

The District is in the process of writing a new wellness policy.

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

The District does a great job of serving nutritious foods that are within the DPI guidelines. The District does a great job promoting physical activity and giving students a variety of physical activities during and after the school day.

Areas for Local Wellness Policy Improvement

The District can do better monitoring the wellness policy and making sure the policies are being followed. A new wellness committee is being organized.

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:

75

Strength Score:

54