

Johnson Creek School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-24

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 Beth Hanna at hannaeb@johnsoncreekschools.org.

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
Food and beverages sold or served at school through the school food service program will meet or exceed the nutrition recommendations of the National School Nutrition Program.	3
Nutritional guidelines will be made available for all foods provided by the District with the objective of promoting healthy choices and lifestyle behaviors and decreasing obesity.	1
The District policy and goals should be considered when planning school-based activities such as school events, field trips, celebrations, parent group/Booster Club functions, dances and fund raising activities including ala carte items, school store, vending machines and other school-sponsored fund-raisers.	2
Qualified food service staff with the assistance of a nutrition professional will plan and provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students and will provide clean, safe, and pleasant settings and adequate time for students to eat.	3
Reimbursable school meals will meet all applicable state and federal regulations including standards.	3
Parents are strongly encouraged to provide healthy snacks and treats for student celebrations and other events. A list of suggested items will be available.	1

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Nutrition Standards for All Foods in School	Rating
Strong consideration should be given to non-food items (i.e. stamps, gym time, extra recess, etc.) as part of any teacher-to-student incentive programs. Any food items used as an incentive should adhere to district nutrition standards.	2

Nutrition Promotion	Rating
Decisions made in school programming will reflect and encourage consistent positive nutrition messages and healthy choices.	2
All students, staff and members of the school community are encouraged to model healthy eating and regular physical activity as a valuable part of daily life.	2
The District will support and promote lifelong wellness through healthy nutrition and increased physical activities as a part of the learning environment.	2

Nutrition Education	Rating
The District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services.	2
The District will implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum.	2
Healthy nutrition and physical activity will be integrated across curricula and encouraged as a lifelong behavior for the school community.	2

Physical Activity and Education	Rating
The District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services. (Duplicate)	2
The District will implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum. (Duplicate)	2
Healthy nutrition and physical activity will be integrated across curricula and encouraged as a lifelong behavior for the school community. (Duplicate)	2

Policy Monitoring and Implementation	Rating
The Johnson Creek School District Wellness Policy is a long-range initiative to improve the health and fitness of the students and school community.	2
The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to act as a Wellness Advisory Committee to assist in implementing, monitoring and reviewing the district-wide nutrition and physical activity policies.	2

Section 2: Progress Update

The Johnson Creek School District Local Wellness Policy was last reviewed by the School Board April 11, 2022. A triennial assessment occurred in fall of 2023 with a reestablished wellness committee composed of students, parents, teachers, food service professionals, health professionals, and administrators.

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The district was awarded a Healthy Meals Incentive Grant in July of 2023. The purpose of these funds will be to increase food service staff opportunities for professional development, procure more local food, and highlight new items in the meal programs– all efforts to continue the strong foundation of high-quality scratch-cooking the Johnson Creek food service program has been laying for years.

Additionally, the district developed an administrative rule describing the district's commitment to feeding all students by further outlining practices around unpaid meal charges.

Goals for the next three year period include:

- Updating the Local Wellness Policy to better reflect current goals and practices around nutrition standards, promotion, and education; physical activity and education; and policy monitoring and implementation.
- Implementing nutrition software capable of providing nutrient and allergy information for school meals.
- Exploring options for additional a la carte options particularly for student athletes.
- Continue collaboration across nutrition and physical education programs.

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 Johnson Creek School District's core commitment to support and promote lifelong wellness through healthy nutrition and increased physical activity as a part of the learning environment is evidenced in the district's policy, practices, and norms surrounding student and staff wellness. The district recognizes the importance of regularly monitoring and reviewing the wellness policy which has occurred multiple times since its inception. The district values nutrition education, encourages staff to model healthy eating and physical activity behaviors, and addresses how to handle feeding children with unpaid meal balances without stigmatizing them as indicated by top scores in these areas per the WellSAT.

Areas for Local Wellness Policy Improvement

While the Johnson Creek School District has implemented many best practices, some are not yet included in the language of the Wellness Policy. Doing so would improve the comprehensiveness and strength of the district policy. Specific examples include:

- Highlighting current practices for nutrition education addressing agriculture, local foods purchased for the school meal program, and the district's community gardens.

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- Considering addressing time per week of physical education instruction for students.
- Highlighting current practices for community engagement in physical education opportunities at school (i.e., weight room, trails, gyms, track)
- Adding language for evaluating the policy and communicating those results.