

Messmer Catholic Schools

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 23, 2020

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 Mike Bartels, mbartels@messmerschools.org, 414-264-5440.

Section 1: Policy Assessment

Overall Rating:
2.4

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
In addition, the District's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.	2
Schools will restrict food and beverage marketing 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. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	3
The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.	2
{Insert Policy Statement}	{Select Score}

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.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Nutrition Promotion	Rating
{Insert Policy Statement}	{Select Score}

Nutrition Education	Rating
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Physical Activity and Education	Rating
The District shall provide students with age and grade appropriate opportunities to engage in physical activity.	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Other School-Based Wellness Activities	Rating
As appropriate, schools shall support students, staff, and parents’ efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.	2
The District will implement activities to promote healthy eating and physical activity among school staff such as periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.	3
The District shall inform and invite parents to participate in school-sponsored activities throughout the year.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Policy Monitoring and Implementation	Rating
The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Section 2: Progress Update

We have done a nice job of providing healthy meals that are appealing to see and taste. We have continually added new items and tested new foods with students in small groups. The numbers of students at our grade schools is strong even though enrollment is lower and we have come up with different ways to make breakfast more accessible and appealing.

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

We have provided new ways for students at the upper grades to participate in the breakfast program by making the food accessible in areas where students will pass or congregate. There has been a strong push among our faculty to participate in wellness programs and education which has resulted in many more participating in health screenings and healthy lifestyle activities. Our food service vendor keeps up with changes in nutrition guidelines and offers different foods throughout the year. We also participate in the fresh fruit and vegetable program so our students lower grades are always being introduced to new, healthy foods that may otherwise not be available.

Areas for Local Wellness Policy Improvement

Our schools do promote the lunch and breakfast programs to our families via letters, emails, and in-person promotion. That being said, while parents are excited about these offerings many students do not participate and opt to bring their own food. We could also do a better job of reporting and sharing our progress with our families. We do send home newsletters with nutrition facts as well as menus highlighting new foods but more could be done in health and PE classes to promote this information to our students.

