

# Parkview School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021

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 Cari Venzke, Food Service Director.

### Section 1: Policy Assessment

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*Overall Rating:*  
**2.31**

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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
All meals meet or exceed USDA guidelines	3
Menus shall be posted and will include nutrition content	1
Each school location will utilize at least 1 smarter lunchroom strategy	2
Competitive Foods shall meet smart snacks guidelines	3
Encourage foods brought in for celebrations to meet or exceed Smart Snacks Guidelines and provide a list of non-food celebrations available to staff and family.	3

Nutrition Promotion	Rating
notify families of the availability of breakfast, lunch, summer programs & milk programs	3
Encourage families to determine eligibility for free or reduced meals	3
Restrict scheduling club/organization during lunch unless students are able to purchase lunch to be consumed during meetings	3
Provide non-traditional breakfast service model	3

Nutrition Education	Rating
Influence student's lifelong eating behaviors	0
Nutrition information shall be provided to families	1

Physical Activity and Education	Rating
PES shall offer at least 20 min of recess on all or most days during the school year	3
PES shall receive at least 90 min of Phy. Ed. Per week throughout the school year ( a minimum of 2 times per week)	3
PJrHS (grades 6-8) are required to take the equivalent of one academic year of physical education.	3
PHS (grades 9-12) are required to receive 1.5 credits of Phy. Ed. Prior to graduation.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
<b>Students shall be moderately to vigorously active for at least 50% of class time during all Phy. Ed. Sessions.</b>	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>As appropriate, schools shall support students, staff and family’s efforts to maintain healthy lifestyle.</b>	2
<b>Students shall be allowed to bring and carry throughout the day approved water bottles filled with water only.</b>	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>The district shall designate an official for oversight of the policy and leadership</b>	3
<b>The Wellness Policy committee shall meet no less than once every three years</b>	3
<b>Establish Goals and oversee health policies and programs</b>	1
<b>Invite a diverse group of stakeholders on the Wellness Policy</b>	2

## **Section 2: Progress Update**

{Insert a narrative description of your progress.}

## **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 current Wellness Policy addresses our standards for USDA Child Nutrition Programs and School Meals and competitive foods very well, in addition to physical education and physical activity.

### **Areas for Local Wellness Policy Improvement**

Nutrition education specific to grade levels and buildings needs to be addressed. It is currently addressed as a district. Our wellness policy also needs to address marketing in specific locations. ie: scoreboards, outside of food service areas.

The district could also improve other school based wellness activities that are more specific.

## 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:**

{76}

**Strength Score:**

{59}

It is important to communicate that the scores should not be interpreted like letter grades. We tested this tool in 2018 in a sample of 50 school districts around the country and the average comprehensiveness score was 54 and the average strength score was 33.