

Solon Springs School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 10, 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 Jennifer Latvala jlatvala@solonk12.net.

Section 1: Policy Assessment

Overall Rating:

67

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
Foods deriving more than 30% of caloric content from fat or more than 10% from saturated fat are discouraged.	3
Foods whose content is more than 35% sugar by weight are discouraged.	3
Milk, water and fruit juice are encouraged.	3
The use of foods of minimal nutrition value should be kept to a minimum.	3
{Insert Policy Statement}	{Select Score}

Nutrition Promotion	Rating
Provide food options that are low in fat, calories and added sugars	3
The meal program will continue to follow the usda nutrition standards	3
The fsa will be expected to follow the District's nutrition standards when determining the items in a la carte sales list	3
A la carte food offered should contribute to healthy eating patterns	3
A la carte items that do not meet the District's nutrition standards may be acceptable when offered on an	3

intermittent basis and/or when individual student consumption quantities are limited.	
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Nutrition Education	Rating
Nutrition education will be part of the health class for middle school and high school classes.	3
Nutrition education will be a part of PBIS every year.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Physical Activity and Education	Rating
Physical education shall be provided at least three days a week,except that days which special activities are provided (elementary)	3
Physical Education shall be conducted by or under the direction of a licensed physical education teacher	3
Incorporate appropriate programs in the classroom	2

<p>One period of physical activity instruction every day for a quarter for all high schoolers at least three times over the four grades with options for more instruction time based on student’s schedule.</p>	<p>3</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>

<p>Other School-Based Wellness Activities</p>	<p>Rating</p>
<p>Wellness day will be part of the planned school year</p>	<p>3</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>

<p>Policy Monitoring and Implementation</p>	<p>Rating</p>
<p>Monitor and implement wellness policy on a yearly basis</p>	<p>2</p>
<p>{Insert Policy Statement}</p>	<p>{Select Score}</p>

{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

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

Solon Springs School District is always striving to provide the best within our abilities to the students of Solon Springs. Implementing a Wellness Day into our year every year is a great way to remind our students about overall wellness.

Areas for Local Wellness Policy Improvement

Solon Springs School will strive to update our policy continually and ask community members for input.

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:

67

Strength Score:

67