

Lourdes Academy

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024-2025

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: Lois Reischl

Section 1: Policy Assessment

Overall Rating:

40

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 current nutrition requirements established under the Healthy Hunger –free Kids Act of 2020	2
Drinking water is available for all students during lunchtime.	3
All school campuses are “closed” meaning that students are not permitted to leave school grounds during the school day	3
All school nutrition staff shall meet the annual continuing education/training requirements in the USDA professional standards for child nutrition professionals	3

Nutrition Promotion	Rating
Students shall receive consistent nutrition messages that promote health through schools, classrooms, cafeterias and school media	1
School Nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meal environment	1
School nutrition services shall implement at least one Smarter Lunchroom techniques at each school	1

Nutrition Education	Rating
Nutrition education, a component of comprehensive health education, shall be offered every year to all students in of the District.	2
Teachers shall integrate nutrition into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.	2
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors	2

Physical Activity and Education	Rating
All District elementary students in each grade shall have physical education a minimum of three times per week.	3
All District middle school students are required to take the equivalent of one academic year of physical education.	3
All District high school students are required to receive 1.5 credits of physical education prior to graduation.	3

Other School-Based Wellness Activities	Rating
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
Students are allowed to carry throughout the day approved water bottles filled with water only	3
Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of the children/sharing food with the children during regular class time, outside of activities related to the nutrition education curriculum.	1
Staff is not permitted to eat or drink out of branded packaging in front of children (e.g coffee containers with specific company logos).	1

Policy Monitoring and Implementation	Rating
The Wellness Committee shall evaluate the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the US Department of Agriculture.	2
The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at ww.lourdesacademy.org . The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance	2

Section 2: Progress Update:

Lourdes Academy wellness policy addresses all the USDA required areas. This policy is reviewed yearly and updated as necessary

Local Wellness Policy Strengths

Lourdes Academy wellness policy does a good job promoting health and wellness through good nutrition promotion and educational activities.

Areas for Local Wellness Policy Improvement

Nutrition promotion and nutrition education are the weak areas. Need to promote good nutrition at home and during the school day.

Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA’s compliance with their local wellness policy, describe the SFA’s progress toward meeting their local wellness policy goals, and describe how the language in the SFA’s wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellsAT). The WellsAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellsAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at wellsat.org. To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({Example Form Field}).

- 1. Assess Compliance with the Local Wellness Policy.**
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellsAT.**
Describe areas of policy strength and areas for improvement based on the findings of the WellsAT. You may elect to include your WellsAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

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