

Watertown Catholic School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2022-2023 School Year

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 Sherry Harms, Food Service Director/Principal.

Section 1: Policy Assessment

Overall Rating:
80

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
WCS is committed to serving healthy meals to students. Menus will be planned to meet or exceed the nutritional standards established by the United States Department of Agriculture (USDA) by WUSD. We participate in the NSLP.	3
Lunch meals are accessible to all students. WCS offers reimbursable school meals that meet the USDA nutrition standards as supplied by the WUSD.	3
Drinking water will be available to all students at WCS throughout the school day, including at meal time.	3
Students will be allowed at least 15 minutes after sitting down for lunch.	3
Meals will not be withheld as punishment for any reason.	3
All school nutrition services staff will meet or exceed hiring and annual continuing education requirements per USDA professional standards for child nutrition professionals.	2
At this time, WCS does not sell foods or beverages outside of the school meal program. If we did, we will meet USDA Smart Snacks in School nutrition standards.	3
WCS encourages foods offered to students during the school day to meet USDA Smart Snacks standards, including those provided for classroom snacks, celebrations, and parties. Non-food celebrations will be encouraged.	2
There are no vending machines on WCS campuses.	3
WCS will provide a list of healthy snacks suggestions for parents and teachers, including non-food celebration ideas in the family handbook and school website.	1
WCS will allow two fundraiser exemptions per student organization, per school, per school year, not to exceed two consecutive weeks each. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule. The fundraisers may not occur during meal	2

Nutrition Standards for All Foods in School	Rating
service times. The principal shall monitor the number of exempt fundraisers per student organization.	
WCS recognizes the benefits of healthy foods in our schools and classrooms to assure our children can grow, learn, and thrive. Healthy options should be available at any school function. These school functions include, but are not limited to, classroom rewards, parties and celebrations, feasts/banquets and extra-curricular events.	2
WCS highly suggests only nutrient-rich foods be provided and consumed in classrooms for snacks. Please note when choosing snacks that we are an allergen aware school (i.e. milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans).	2
. Non-food rewards are encouraged.	1

Nutrition Promotion	Rating
Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. WCS will promote healthy food and beverage choices for all students throughout the school campus.	2
Nutritional information about school meals will be shared with parents and students through Facebook posts, online school menus, and the Nutrition Services website in the Watertown Unified School District.	2
WCS will promote Farm to School activities.	1
WCS will restrict food and beverage marketing during the school day to only those foods and beverages that meet USDA Smart Snacks in School nutrition standards, with the exception of exempt fund raisers (refer to "Other Food Available at School" section).	3

Nutrition Education	Rating
It shall be the policy of WCS to take part in the National School Lunch Program (NSLP) and possibly the School Breakfast Programs (SBP) in the future. It shall:	N/A
Encourage and promote the maintenance and improvement of the health and nutrition of children;	3
Work for the highest standards for school nutrition programs with an emphasis on nutritionally sound meals which are acceptable for children;	3
Encourage and promote united efforts between school personnel and the public to assure every child an opportunity to receive the benefits of school nutrition programs which incorporate nutrition education;	2
Encourage and develop the highest standards and provide appropriate educational programs for professional growth of the school nutrition personnel.	2

Physical Activity and Education	Rating
WCS will provide students with physical education using the Diocese of Madison standards and benchmarks.	3
Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) will not be required or withheld as punishment for any reason.	3
Elementary grades (3k-Grade 5) will be offered at least 20 minutes of recess on all or most days during the school year.	3

Physical Activity and Education	Rating
WCS will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.	3

Other School-Based Wellness Activities	Rating
WCS will integrate wellness activities across the entire school setting	2
WCS will continue relationships with its community partners to support the wellness policy's implementation.	2
WCS will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.	2
WCS values the health and well-being of every staff member and will plan, implement activities, and provide health and wellness resources to support personal efforts by staff to maintain a healthy lifestyle.	3

Policy Monitoring and Implementation	Rating
The WCS principal shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.	2
The wellness committee membership will represent and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; school health professionals; school administrators; health professionals and the public.	2
WCS will actively inform families and the public about the content of and any updates to the wellness policy through the school website or via email.	2
The wellness committee will assess, update or modify the wellness policy at least every three years, or as WCS priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance of standards are issued.	2

Section 2: Progress Update

Watertown Catholic School has never had a wellness policy. We are in the planning stages of implementing this new lunch and wellness program. We are actively working to meet standards and increase our nutrition education. A wellness committee will meet during the 2023-2024 school year to review results of the assessment, as well as the handbook, to strengthen our existing policies or add to them.

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

According to the WellSAT, WCS received its highest comprehensiveness ratings in three of the six sections. Those sections include:

- Standards for USDA School Meals
- Nutrition Standards
- Physical Education and Physical Activity.

Areas for Local Wellness Policy Improvement

According to the WellSAT, WCS needs improvement in the following sections:

- Nutrition Education
- Wellness Promotion and Marketing
- Evaluation