

Local Wellness Policy Assessment Comparison to a Model Policy

The Local Wellness Policy Final Rule requires districts to assess the extent to which their Local Wellness Policy aligns with model policies at least once every three years. Use this form to assess how your policy compares to the Model Policy. Identify the areas of strength and success, as well as the areas the district wants to work on in the coming years. Share this form or include the results on the triennial assessment that is shared with the public.

District Name: Webster County

Date: 02/12/2024

		Yes/No	Comments
1	Policy contains specific language regarding nutrition education.	Yes	<p>Nutrition Education and Promotion</p> <p>It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:</p> <ol style="list-style-type: none"> 1. Provide students with knowledge to promote good health. 2. Nutrition education and promotion will be provided to families via handouts, newsletters, and posting on the school district website. 3. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, and accurate portion sizes. 4. Nutrition education, as appropriate, shall be integrated into the health education and core curricula (e.g., math, science, language arts) and may include participatory activities such as classroom projects. 5. School menu is provided each month to classroom teachers and on the school website. 6. Choose food that are low in fat, saturated fat, cholesterol and do not contain trans fat. <p>Committee suggested including FNW (CTAE) under Nutrition Education and Promotion #1-6</p>
2	Policy contains specific language regarding nutrition promotion.	Yes	<p>Committee suggested including FNW (CTAE) in #2, 5 and 6 of policy under Nutrition Education and Promotion</p>

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3	Policy contains specific language regarding physical activity as part of health education.	Yes	<p>Physical Education All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:</p> <ol style="list-style-type: none"> 1. Employees will be encouraged to complete some type of health/ wellness activity during the school year. 2. All students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate. 3. Attention shall be focused on the knowledge of physical activity behaviors, body composition (BMI) and cardiovascular risk factors in health classes. 4.
4	Policy contains specific language regarding increased student activity including physical activity breaks, active academics, and before and after school activities.	Yes	<p>Committee suggested including the word increased in #1 and 2 under Physical Education of the Wellness Policy.</p> <ol style="list-style-type: none"> 1. Students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students, and the integration of INCREASED physical activity into the academic curriculum where appropriate. 2. Students shall be given opportunities for INCREASED physical activity through a range of after school programs including, but not limited to, intramurals, and interscholastic athletics.
5	Policy contains specific language regarding health education curriculum requirements on healthy eating.	Yes	<p>Committee suggested including FNW (CTAE) under Nutrition Education and Promotion #1-6</p>
6	Policy contains specific language regarding other activities that promote student wellness. This	Yes	<p>Other School-Based Activities The Superintendent or designee shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:</p> <ol style="list-style-type: none"> 1. Students and staff members will be encouraged to practice good hand washing techniques. 2. School nurse will be available to provided training for the purpose of promoting wellness 3. The schools will strive to increase participation in the available federal Child Nutrition programs (e.g. school breakfasts, school lunches).

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	includes community partnerships, family engagement, staff wellness, and professional learning.		Committee suggested including community partnerships, family engagement activities, student club projects, as well as professional learning being offered to school nutrition staff and FNW instructor.
7	Policy contains specific language regarding nutrition requirements established by local, state and federal regulations.	Yes	<p>Nutrition Guidelines To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA pertaining to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers, as those regulations and guidance apply to schools. The Superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.</p> <p>Committee suggested referencing Smart Snack by name. #5 references the goal of Smart Snack but it may need to be mentioned by name.</p>
8	Policy contains specific language regarding competitive foods and beverages.	No	However, the committee suggested the language needs to be broadened to include all other types of competitive foods and beverages and not just ice-cream which has been the only item sold in previous years but not necessarily the only item now.
9	Policy contains specific language regarding food use in celebrations and rewards.	No	Committee suggested language regarding food use in celebrations and rewards be added to the policy.
10	Policy contains specific language regarding fundraising guidelines.	Yes	All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA pertaining to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers, as those regulations and guidance apply to schools.

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			Committee suggested reviewing othe districts policy and determine how much detail regarding fundraising guidelines should be added to the current policy.
11	Policy contains specific language regarding food and beverage marketing in schools.	No	The policy addresses federal regulations but does not offer specific language regarding food and beverage marketing in schools. Committee suggested added more detail regarding marketing.
12	Policy contains specific language regarding water availability and promotion.	No	Committee suggested adding specific language regarding water availability and promotion.
13	Policy contains specific language regarding promotion of healthy food and beverages.	Yes	

14	Policy contains specific language regarding staff qualifications and professional development.	No	
15	Policy contains specific language regarding community involvement, including outreach and communication to the community.	No	
16	School Food Authority (SFA) has convened a Wellness Committee.	Yes	
17	Wellness committee meets at least 4 times per year.	No	No number of meetings is mentioned in policy. Committee suggested determining the required number of times the committee must meet and adding that detail to the policy.

18	Committee includes representatives from all school levels and include (to the extent possible) but not limited to: parents and caregivers; students; representatives from school nutrition department; physical education teachers; health education teachers; school health professionals; school health services staff; mental health and social services staff; school administrators; school board members; and the general public.	Yes	
19	The SFA has developed and maintains a plan for managing and coordinating the execution of the policy. This plan delineates roles, responsibilities, actions, and timelines specific to each school.	Yes	
20	The SFA has convened the district wellness committee and facilitate development of and updates to wellness policy and will ensure each school's compliance with the policy.	Yes	
21	SFA has retained records that document compliance with policy requirements.	Yes	
22	SFA annually informs families and the public of basic policy information. Information included policy content, updates, and implementation status.	Yes	
23	The SFA has evaluated compliance with the policy to assess implementation. The evaluation occurs triennially, and results are posted publicly. If the assessment has not occurred, determines plans for the evaluation.	Yes	
24	Following the triennial evaluation, the policy was assessed and updated as needed. If this has not occurred what are plans to assess and update the policy.	Yes	