

# Immanuel Lutheran High School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2-26-2024

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 Daniel Schierenbeck; dan.schierenbeck@ilc.edu.

### Section 1: Policy Assessment

**Overall Rating:**  
38

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
<b>All meals served through the National School Lunch and Breakfast Programs will:</b> - be appealing and attractive to students; - be served in clean and pleasant settings; - meet, at a minimum, all nutrition requirements established by local, state, and federal statutes and regulations (see link below). <a href="#">National School Lunch Program Meal Pattern Chart   Food and Nutrition Service</a>	3
<b>Students' free or reduced-price meal status will not be publicized.</b>	3
<b>During the school day (midnight to 30 minutes after the end of instructional day), all foods and beverages that are sold on campus, including those in vending machines and canteen service, shall meet the current USDA Smart Snack standards.</b>	2
<b>All vending machine and canteen inventories and any fundraising goods (e.g. Banquet) that are not compliant with <i>Smart Snack</i> standards will be made inaccessible during school day hours. Such sales may begin only at the end of school day hours (after 3:20 pm).</b>	2
<b>Celebrations that involve food will be limited to one per month per class and once a quarter schoolwide.</b>	2

Nutrition Promotion	Rating
<b>ILHS is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout the school, classrooms, cafeterias, and social media.</b>	2
<b>School nutrition services shall use the <i>Wisconsin Team Nutrition Meal Appeal Self-Assessment</i> at least once a year to determine ways to improve the school meals environment.</b>	1
<b>School nutrition services shall implement at least one Wisconsin Team Nutrition Meal Appeal techniques per year.</b>	0
<b>The school will seek to provide healthy lifestyle promotion via lyceum presentations or mini-classes.</b>	1

<b>Nutrition Promotion</b>	<b>Rating</b>

<b>Nutrition Education</b>	<b>Rating</b>
<b>Comprehensive instruction regarding nutrition and exercise will be included in ILHS health and physical education courses.</b>	2
<b>As opportunities arise in other courses, healthy lifestyle choices will be encouraged.</b>	1

<b>Physical Activity and Education</b>	<b>Rating</b>
<b>Throughout the school day and beyond, a variety of opportunities for physical activity will be available to the students. These include participation in PE class activities, interscholastic and intramural sports after school, and other staff supervised activities that may arise, as well as open access to the gym, tennis court, and walking trails on campus.</b>	3
<b>Comprehensive instruction regarding nutrition and exercise will be included in ILHS health and physical education courses</b>	2
<b>As opportunities arise in our courses, healthy lifestyle choices will be encouraged.</b>	1

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>The school will seek to provide healthy lifestyle promotion via lyceum presentations or mini-classes.</b>	1

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>The ILC president, ILHS principal, ILC business manager, and a member of the ILC curriculum committee will review the School Wellness Policy on an annual basis.</b>	2
<b>These four staff members constitute the School Wellness Committee, who collectively serve as the School Food Authority (SFA) of Immanuel Lutheran High School. In this capacity they will be responsible for evaluating compliance with the school wellness policy no less than once every three years.</b>	3
<b>The committee will develop and carry out measures to gain input and feedback from students, parents, teachers, and staff.</b>	2
<b>The content of the school wellness policy should be periodically reviewed by the faculty and by the Board of Regents. Ongoing implementation of the policy and prospective updating of the policy will be reported to the Regents through the ILC president.</b>	3
<b>ILHS will actively inform the public about the content and evaluation of and any updates to the policy through the school website and Board of Regents meetings.</b>	2

## **Section 2: Progress Update**

Because COVID delayed our meeting with DPI for our triennial assessment, we had fallen behind in updating our Local Wellness Policy (LWP). In our meeting with the DPI, they provided feedback regarding areas that we need to improve (areas included Foods Provided Not Sold, Food and Beverage Marketing, Nutrition Promotion, and the USDA Non-Discrimination Statement). Our Wellness Committee met in February and updated our LWP to address these areas.

### **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**

Our strongest area according to the WellsAT is Section 6: Implementation, Evaluation, and Communication. Even in this section, though, we could improve in making our wellness policy available to the public and ensuring the triennial assessment is completed and the results made available to the public. Our policy is quite comprehensive but could be strengthened by addressing the above areas.

Our next strongest section according to the WellsAT is Section 3: Nutrition Standards for Competitive and Other Foods and Beverages. Our comprehensive score was greater than our strength score. We are adopting policies and implementing procedures to be able address more strongly the regulation of food and beverages beyond meal services. Since we do not have any before/after care on school grounds or after-school programming, those specific standards will be difficult for us to address.

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

The section we scored lowest on the WellsAT was Section 5: Wellness Promotion and Marketing. We can address some of the standards by updating our wellness policy regarding using or withholding physical activity as a punishment or reward. Standards 8-12 deal with marketing that our school does not participate in.

Our next lowest section according to the WellsAT was Section 4: Physical Education Physical Activity. Part of the areas we scored low on this section included substitutions and exemption requirements for students, which we could add to our wellness policy. We could also review the alignment of our physical education curriculum with national and/or state physical education standards.