

Clear Lake School District

Local Wellness Policy Report Card | 2018-2019

<p>Overall Rating</p> <p style="font-size: 2em; font-weight: bold;">2.4</p>	<p>In 2010, the Healthy, Hunger Free Kids Act was passed, which expanded upon previous requirements and included new provisions that place a greater emphasis on the implementation, evaluation, and transparency of local wellness policies. A copy of the Clear Lake School District wellness policy is available at www.clwarriors.org. Below you will find a summary of the policy objectives and the results of the most recent evaluation (12/7/2018). The school wellness committee completed the evaluation by scoring the adherence to policy objectives on a four-point scale. For questions regarding the results or for information on joining the wellness committee, contact District Office at 715-263-2114.</p>
<p>Ratings are based on a four-point scale to measure success in meeting/ complying with each objective.</p> <p>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</p>	

Nutrition Standards for All Foods in School	Rating
The district is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural preferences and special dietary needs.	3
The district is committed to ensuring that all meals meet or exceed current nutrition requirements established under the Health Hunger-Free Kids Act of 2010.	3
All meals are accessible to all students and the meals are appealing and attractive and served in clean and pleasant settings.	3
Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.	3
Menus shall be created/reviewed by a certified nutrition professional and students shall be allowed to provide input on menu items.	3
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	3
The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards.	3
Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.	3
All food and beverages sold and served outside of the school meal programs shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.	3
The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Celebration food/trtreats brought from home must be purchased prepackaged or from a licensed facility. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Non-food celebrations will be encouraged.	2
Nutrition Promotion	
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity.	3
Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	2
School nutrition services shall purchase at least two locally grown/produced products each year.	3
School nutrition services shall menu at least two local food(s) per month.	2
Nutrition Education	
The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. The primary goal of nutrition education is to influence students' lifelong eating behaviors.	2
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.	2
Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.	2
Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.	2
Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops.	1
Physical Education/Activity	

The District shall provide opportunities for students to participate in physical activity in addition to physical education. The District shall provide students with age and grade appropriate opportunities to engage in physical activity.	3
Children and adolescents should participate in 60 minutes of physical activity every day.	2
Elementary school shall offer 20 minutes of recess on all or most days during the school year. Recess monitors/teachers shall encourage students to be active during recess.	3
Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.	2
Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.	3
District facilities shall be made available to students and community members.	2
Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, newsletters, district web site, and social media.	2
The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	3
All physical education classes are taught by licensed teachers who are certified to teach physical education.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3
Other School Based Wellness Activities	
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.	3
Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.	3
Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.	2
The District will implement educational activities for school staff members on healthy lifestyle behaviors.	2
The District will implement the administration of flu shots at school.	3
The District shall work with community partners, including local health providers to support district wellness.	3
The District shall actively inform families and the public about the content of and any updates to the policy through District website and/or newsletters.	3
The District shall provide information on how the public can participate in the school wellness committee on an annual basis.	3
Policy Monitoring and Implementation	
The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years.	1
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 U.S. Department of Agriculture	1
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 www.clwarriors.org .	1
The District Wellness Policy shall be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or federal or state guidance are issued.	1