

**EXECUTIVE SUMMARY  
ST. FRANCIS SCHOOL DISTRICT  
BOARD OF EDUCATION**

**Topic:** Student Wellness Update

**Date:** Decmeber 5, 2016

**Prepared by:** Jonathan Mitchell - Business Manager

**Systems and Priorities Locale:** Student Wellness and Food Service Program

- Recommended Action:**
- Information Only
  - Presentation/Discussion
  - Discussion/Action by Board of Education
  - Presentation/Action Next Meeting

**Background Information:**

In compliance with the rules of the school nutrition services department for DPI the District has completed a self assessment of the implementation of wellness policy 8510 and practices within the school district. Attached is a copy of the report which will be shared and discussed at the December 5, 2016 meeting.

<b>St. Francis School District</b>	
Local Wellness Policy Report Card   2016-2017	
<p><b>Overall Rating</b></p> <p style="font-size: 2em;"><b>2.7</b></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>	<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 St. Francis School District wellness policy is available at <a href="http://www.neola.com/stfrancis-wi/search/policies/po8510.htm">http://www.neola.com/stfrancis-wi/search/policies/po8510.htm</a>. Below you will find a summary of the policy objectives and the results of the most recent evaluation (11/28/2016). 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 Jonathan Mitchell at <a href="mailto:jmitche@sfsd.k12.wi.us">jmitche@sfsd.k12.wi.us</a>.</p>
<b>Nutrition Standards for All Foods in School</b>	
	<b>Rating</b>
All foods sold throughout the school campus during the school day will meet or exceed the standards specified in the USDA Smart Snacks rule. This includes foods sold in student stores, vending machines, a la carte programs, and fundraisers.	2
All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.	3
School nutrition program staff will receive 6 hours of annual training/professional development. School Nutrition Manager will receive 10 hours of annual training/professional development.	3
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.	3
	3
	3
	3
	3
<i>Comments:</i> All foods sold as part of the Breakfast and Lunch programs are in compliance with the Healthy Hunger Free Kids Act.	

Additional work has been done on foods sold throughout the day via fundraisers to be in compliance with the Health Hunger Free Kids Act.	
<b>Nutrition Promotion</b>	
Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.	3
Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.	3
<i>Comments:</i> The District uses an app for student and family use with nutritional information about the food served in schools. Signage throughout the school cafeterias in the District promote nutrient rich foods and beverages	
<b>Nutrition Education</b>	
Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition.	3
Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.	3
Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.	2
Nutrition education shall extend beyond the school by engaging and involving families and the community.	1
Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.	3
Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.	3
<i>Comments:</i> The District has worked at implementing a mobile app to communicate with families on the nutritional value of foods served in the schools. Cafeteria staff participate in taste test events to educate students about food nutrition.	
<b>Physical Education/Activity</b>	
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.	3
The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.	3
<i>Comments:</i> The District has programs both throughout the school day as well as interscholastic and recreational opportunities for students as well a parents in the community to take part in physical education. The District runs the recreation program for the City of	
<b>Other School Based Wellness Activities</b>	
The schools shall provide at least thirty (30) minutes daily for students to eat.	3
Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.	2
The school shall provide attractive, clean environments in which the students eat.	3

<i>Comments:</i> The District Recreation Program offers many opportunities for physical activity through a variety of classes to improve physical and mental wellness. Additional work will be done in the 16-17 school year to communicate with parents on wellness opportuniti	
<b>Policy Monitoring and Implementation</b>	
Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.	2
The wellness committee shall be an administrative committee with members recruited and appointed by the Superintendent.	2
Before the end of each school year the Superintendent shall submit to the Superintendent and Board their report in which they describe the environment in each of the District’s schools and the implementation of the wellness policy in each school, and iden	2
The Superintendent or a designee of the wellness committee shall report annually to the Board on the District’s wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The Superintendent or a designee from the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.	2
<i>Comments:</i> Additional work will be completed to provide the Board an update in December 2016 of the current status of our program and implementation of welllness policy 8510.	

**Recommendation:** Review and discuss. This report card tool will be included in our on-site nutritional program audit for the 2016-17 school year.