

Waterloo School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: February 1, 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 Susan Cooke, Business Manager.

Section 1: Policy Assessment

Overall Rating:

82

(Possible of 0-102)

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
All Meals meet or exceed current nutrition requirements established by USDA	3
All Meals are accessible to all students	3
All Meals are appealing and attractive and served in clean and pleasant setting	3
Drinking Water is available for students during mealtime	3
Menus shall be posted on the District website and will include nutrition content	3
Menus shall be created reviewed by a registered dietitian or other certified nutrition professional.	3
All school nutrition program staff shall meet or exceed hiring and annual continuing education/training requirements.	3
Notify parents of all meal opportunities and encourage determination of eligibility for reduced or free meals.	3

Nutrition Promotion	Rating
All food and beverages sold and served outside of the school meal program should meet the standards for USDA Smart Snacks rule including classroom celebrations and student or family events.	2
No beverages with non-nutritive sweeteners or caffeine should be sold or made available to any students during the school day.	3
Food rewards or incentives shall not be used to encourage student achievement or desired behavior.	2
Schools will restrict food and beverage marketing to only those foods and beverages that meet USDA's Nutrition Standards for Smart Snacks rule including those for sponsorship of school activities from outside programs.	2

Nutrition Education	Rating
Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health.	2
Nutrition Education will 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 various methods including workshops/open dialog discussions.	1
Teachers will integrate nutrition education into other classroom subjects such as math, science, language arts, social sciences and elective subjects.	2
All students shall participate in school gardening activities such as planning, planting, harvesting, preparing, serving and tasting garden-produced. Foods.	2
Designated Staff members responsible for nutrition education will participate in relevant professional development.	3
District provides school environment that promotes student practice of healthy eating and physical activity such as receiving a consistent promotional messages, Use the Smarter Lunchroom Self-Assessment Scorecard to assess the school meal environment and implement at least 20 Smarter Lunchroom techniques during a three year period.	1

Physical Activity and Education	Rating
All District Students shall receive physical education for set number of minutes in District Policy.	3
All Physical Education classes shall be taught by licensed teachers certified to teach physical education and who receive professional development on a yearly basis.	3
Health Education Classes shall include topics which address importance and benefits of physical activity to a well-rounded healthy lifestyle.	3
Students and staff are encouraged to participate in physical activity regularly and are provided with recess and/or times to be active.	3
Opportunities are offered for students and staff to be active before and after school and the community is invited to the District to promote physical wellness.	3

Other School-Based Wellness Activities	Rating
Students are allowed to have water throughout the day and staff are encouraged to model healthful eating habits around students and other staff.	3
Educational activities are provided for staff as well as newsletters and/or emails addressing health and wellness and development of physical activity clubs to be offered for staff participation.	3
Health and wellness screenings are offered to staff and their families including flu shots and health-risk assessments.	3
The District will work with community partners to support district wellness.	2
The District shall offer a family –focused event each year and encourage families and community to participate in school sponsored wellness activities.	2
The District annually promotes and requests participation from the public to participate in the school wellness committee.	1

Policy Monitoring and Implementation	Rating
Wellness Committee monitors goals and objectives of the Wellness Policy of the District and compiles an annual report to address the progress.	2
Wellness Committee evaluates compliance with the current District Wellness Plan/Policy according to guidelines established by the USDA on a triannual basis.	2
Wellness reports and assessments shall be available on the District Website and communicated to the Board, Staff, Students, Parents and the Community.	1
The District wellness policy shall be updated as needed based on evaluation results and any change in new health, science, technology and/or issuance of new federal or state guidelines.	2

Section 2: Progress Update

Overall the District has done a good job setting the goals of its School Wellness Plan/Policy. The District is making adequate progress on achieving those goals that it set during the 2022-2023 school year. The District has an active Wellness Committee that meets regularly to make sure the District stays on track with providing guidance and opportunity to all staff and students and community members throughout the year. Our fitness center director and district administrative assistant have played a large role in helping the District to achieve goals of overall wellness for our students, staff, and the community. The District Wellness Plan/Policy will be updated based on the results of this assessment and the current status in the near future.

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 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

The strengths of the Wellness Plan/Policy of the Waterloo School District are:

- Nutrition Education
- Wellness Promotion and Marketing
- Implementation, Evaluation, and Communication

Areas for Local Wellness Policy Improvement

The Areas of Improvement of the Wellness Plan/Policy of the Waterloo School District are:

- Standards for USDA Child Nutrition Programs and School Meals
Need to add to the policy.
 - Identifying steps to protect privacy of students/families
 - Addressing process of unpaid meal balance
 - Giving specifics of how families are communicated to about eligibility of free and reduced meals
- Nutrition Standards for Competitive and Other Foods and Beverages
Need to add to the policy.
 - Availability of free drinking water throughout the school day.
- Physical Education Physical Activity
Need to add to the policy.
 - Physical education exemption requirements for all students.
 - Physical education substitution for all students.

WellSAT Scores

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score:
92

Strength Score:
81

