

North Lakeland School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2021

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 Brent Jelinski, bjelinski@nles.us.

Section 1: Policy Assessment

Overall Rating:

2.5

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
Consider the nutritional value of each food or beverage.	3
Consult and incorporate to the maximum extent possible the dietary guidelines for Americans jointly developed by the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services.	3
Consult and incorporate the USDA Smart Snacks in School nutrition guidelines.	2

Nutrition Promotion	Rating
School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.	1

Nutrition Education	Rating
Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	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.	3

Physical Activity and Education	Rating
A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3

Other School-Based Wellness Activities	Rating
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	2

Policy Monitoring and Implementation	Rating
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 review of the performance of the programs and any recommended changes to this policy.	2

Section 2: Progress Update

North Lakeland continues to move forward with the wellness program and promote healthy and active lifestyles in our students, staff, and community.

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

North Lakeland's policy is strong in nutrition education and following the standards for USDA Child Nutrition Programs and School Meals.

Areas for Local Wellness Policy Improvement

North Lakeland could improve policies that focus on wellness promotion and marketing.