

# School District of Milton

## Local Wellness Policy Report Card | 2019-2020

A local wellness policy guides effort 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 Michael Gosdeck [gosdeckm@milton.k12.wi.us](mailto:gosdeckm@milton.k12.wi.us).

*Overall Rating:*  
**91%**

Ratings are based on a four-point scale to measure success in meeting/ complying with each 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
The food-service program shall comply with Federal and State regulations pertaining to the selection, preparation, delivery, consumption, and disposal of food and beverages, including but not limited to the current USDA's school meal pattern requirements and the USDA Smart Snacks in School nutrition standards Policy 8500	3
Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. Policy 8510	3
Further, the food-service program shall comply with Federal and State regulations pertaining to the fiscal management of the program as well as all the Federal and State requirements pertaining to food service hiring and food service manager/operator licensure and certification Policy 8500	2
The food-service program may participate in the "Farm to School Program" using locally grown food in school meals and snacks Policy 8500	2

Nutrition Promotion	Rating
he District's food service program shall serve only food items and beverages determined by the Food Service Department to be in compliance with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines. Any competitive food items and beverages that are available for sale to students a la carte in the dining area between midnight and thirty (30) minutes following the end of the school day shall also comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines, and may only be sold in accordance with Board Policy 8550.	3
Any competitive food items and beverages that are available for sale to students a la carte in the dining area between midnight and thirty (30) minutes following the end of the school day shall also comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines, and may only be sold in accordance with Board Policy 8550. Policy-8500	3
Food items and beverages available for sale to students in vending machines for consumption on campus shall comply with the current USDA Dietary Guidelines for Americans and Smart Snack Rules. Policy 8540	3
The food-service program shall be the sole provider of food and beverage items sold in all schools until thirty (30) minutes following the last lunch period, at which time student clubs and organizations and/or District support organizations may request approval to sell foods and beverage items in accordance with the Board's policies and guidelines. Accordingly, all food items and beverages for sale to students for consumption on campus from vending machines, from school stores, or as fundraisers by student clubs and organizations and/or District support organizations shall comply with the current USDA Dietary Guidelines for Americans and Smart Snack Rules, and shall only be available between thirty (30) minutes	3

<p>following the last school lunch period and thirty (30) minutes after the close of the regular school day.</p>	
<p>The program developed shall include the following items, along with any additional measures deemed appropriate:</p> <ul style="list-style-type: none"> <li>A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;</li> <li>B. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;</li> <li>C. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;</li> <li>D. describes the process and public involvement in the development of the wellness program and initiatives.</li> </ul> <p>Policy 8510</p>	2

Nutrition Education	Rating
<p>Nutrition Education</p> <ul style="list-style-type: none"> <li>A. 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.</li> <li>B. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.</li> <li>C. Nutrition education posters will be displayed in the cafeteria.</li> <li>D. Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses.</li> </ul> <p>Policy 8510</p>	3

Physical Activity and Education	Rating
<p>Physical Education</p> <ul style="list-style-type: none"> <li>1. Professional development opportunities should focus on the physical education content area.</li> <li>2. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.</li> <li>3. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.</li> <li>4. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.</li> <li>5. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.</li> </ul>	3

<p>6. <b>Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.</b></p> <p>7. <b>The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.</b></p> <p>8. <b>A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.</b></p> <p>Policy 8510 and 2210</p>	
<p><b>Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.</b></p> <p><b>Policy 8510</b></p>	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<p><b>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.</b></p> <p>Policy 8510</p>	3
<p><b>Physical activity shall not be withheld or restricted as a form of discipline or punishment.</b></p> <p>Policy 8510</p>	3
<p><b>The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas</b></p> <p><b>Policy 8510</b></p>	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<p><b>The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy</b></p> <p><b>Policy 8510</b></p>	2
<p><b>The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.</b></p> <p>Record Retention (See Policy 8310 - Public Records)</p> <p><b>The District Administrator shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including:</b></p> <ul style="list-style-type: none"> <li><b>A. copy of the current policy;</b></li> <li><b>B. documentation pertaining to the most recent assessment of implementation of wellness initiatives identified in the policy;</b></li> <li><b>C. documentation of efforts to publicize the policy; and</b></li> <li><b>D. documentation of efforts to review and update the policy, including identification of the participating and invited stakeholders.</b></li> </ul> <p>Policy 8510</p>	3
<p><b>Review of this policy shall occur every three (3) years,</b></p> <p><b>Policy 8510</b></p>	3

Comments regarding progress made towards obtaining policy goals:

- \*Needs to include verbage about training for Nutrition Team staff.
- \*Working to procure more products from local farmers.
- \*Working on healthier alternative options for classroom celebrations.
- \*Not all food items brought in by staff and parents are considered healthy.
- \*Not all stakeholders are represented on the wellness committee.

According to DPI the average State WellSAT score is:

Comprehensiveness Score: 47

Strength Score: 26

Milton's is listed below.

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## WellSAT Score

*Comprehensiveness Score:*

**70**

*Strength Score:*

**40**

The Wellness School Assessment Tool (WellSAT) allows schools/districts to evaluate how their policy addresses 67 best practice policy items. 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.