School District of Milton
Local Wellness Policy Triennial Assessment Report Card

Date Completed: September2026

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 me. Michael Gosdeck gosdeckm@milton.k12.wi.us ..

Section 1: Policy Assessment

Overall Rating: 94

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 under the Healthy Hunger-free Kids Act of 2010. Policy 8510	3
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	3
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

Nutrition Promotion	Rating
The 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
The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. Policy 8510	2

Nutrition Education	Rating
The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of	3

Nutrition Education	Rating
comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Policy 8510	
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. Policy 8510	3
Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses Policy 8510	3
Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition. Policy 8510	3
Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria. Policy 8510	3

Physical Activity and Education	Rating
1. 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 of Wisconsin. **2. 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** **3. 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** **4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.** **5. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity** **6. All physical education classes are taught by licensed teachers who are certified to teach physical education.** **7. Physical education staff shall receive professional development on a yearly basis. Policy 8510**	3
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. Policy 8510	3
Schools shall discourage extended periods of student inactivity, without some physical activity. Policy 8510	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. Policy 8510	**2**
Physical activity shallnot be employed as a form of discipline or punishment. Policy 8510	3

Policy Monitoring and Implementation	Rating
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. Policy 8510	3
The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.The report will be made available at https://www.milton.k12.wi.us/district/wellness.cfm Policy 8510	3

Section 2: Progress Update

*Working on healthier alternative options for classroom celebrations.
*Not all food items brought in by staff and parents are considered healthy.

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.

Areas for Local Wellness Policy Improvement

Work **on getting more community members and students on the committee.**

Working on healthier alternative options for classroom celebrations.

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:
{41}

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