

Berlin Area School District

Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 22, 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 Cassandra Goldamer cgoldamer@berlin.k12.wi.us.

Section 1: Policy Assessment

Overall Rating:
75

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 foods sold/served on campus before, during and 30 minutes after school hours will meet the USDA standards and Smart Snack Guidelines for schools.	2
Food service staff shall have adequate yearly training in food service operations. Directors must have at least 12 hours, managers must have at least 10 hours and staff must have at least 6 hours.	3
Food Service will limit the use of dyes, sulfites, MSG, and other additives that may affect food allergies in children.	3
The BASD Meal Programs will continue to adhere to the National School Lunch Programs and follow the USDA Nutritional Standards	3
Snacks brought by the students or served during the school day are encouraged to be healthy, nutritious food choices.	3
All food served to students in grade 4K through Grade 5 must have been prepared in a kitchen that is subject to inspection by the local health department and properly packaged at the time of preparation.	3
It is highly encouraged that staff members use discretion when consuming soda and caffeine products such as coffee, espresso, latte, etc. in the presence of students.	3

Nutrition Promotion	Rating
Nutrition Education, and Smart Snacks marketing posters shall be displayed in the cafeterias to encourage students to make healthy choices.	3

Nutrition Education	Rating
All K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate.	2
The health benefits of good nutrition should be emphasized.	3
The nutritional themes taught shall include- knowledge of "My Plate", Food Labels, Menu Planning, Healthy heart choices, Sources and variety of foods, Weight problems, Major nutrients, Guide to a healthy diet, Multicultural influences, Diet and disease, Serving sizes/portions, Understanding calories, Proper sanitation, Healthy snacks, Identify and limit junk food, Food allergies/sensitivities, Eating Disorders and Fad dieting.	2

Physical Activity and Education	Rating
The district will promote a healthy environment where children participate in regular physical activity as a part of the total learning environment.	3

Physical Activity and Education	Rating
All physical education classes shall be taught by certified physical education teachers with opportunities for professional development.	3
The elementary and middle schools should provide daily recess that encourages physical activity	3
Physical activity should not be used or withheld as a form of discipline or punishment.	2
Students receive instruction in the five (5) health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition, which will include information about proper diet and healthy eating habits.	3
The Berlin Area School District follows the state guidelines on minimum requirements of physical education class time per grade level. Exemptions from physical education will only be made with a written notice from physician or 504 on file. An alternative learning experience (e.g. a written assignment) shall be established when the student is unable to participate in a formal physical education class	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 indoor/outdoor physical activity facilities (e.g. soccer field, pool, track, tennis court, playgrounds and fitness center, walking the halls..) outside the regular school day unless the district facility has been reserved for another activity.	3
Schools will provide information to parents that will help them promote proper sleep habits and physical activity into their children's lives. Information should also be provided on alternatives to excess television and video/computer games.	3
The school wellness committee at each school shall meet on a regular basis. An organized wellness program shall be available to all staff and physical activity equipment is available for use by staff to support employee wellness.	3
The district will utilize the resources of other community health organizations to enhance student and parent education.	2
The Berlin Area School District will make efforts to educate staff and students on emotional wellness issues. School counselors, a school psychologist, and social workers are employed by the district to assist in this endeavor. Elementary and middle school students will attend regular guidance classroom presentations where mental and emotional wellness issues are discussed.	3

Policy Monitoring and Implementation	Rating
The Leadership Team in each building shall ensure compliance with the District's policy.	2
A District-wide wellness committee will evaluate policy progress, serve as a resource to school sites, and revise the policy as necessary.	3
A full review of this policy using the Wellness School Assessment Tool-Implementation (WellSAT-I) shall occur every three (3) years.	3
The committee would meet a minimum of two (2) times annually with committee membership including- a school board member, a School Nurse, an administrative representative, a student representative from each school, the district Food Service Director , a staff representative from each school, a physical/ health education representative, a parent representative from each school, and a community wellness professional.	3
The District Administrator shall be responsible for informing the public, including parents, students and community members of the wellness policy and the triennial progress report. These shall both be posted on the District's website.	3

Section 2: Progress Update

The Berlin Area School District Wellness Committee compared the previous Wellness Policy to the newly updated guidelines for the Wisconsin Local Wellness Policy. Additions were made to multiple areas of the policy to strengthen it, including; Physical Education, School Nutrition, and Implementation. These areas were lacking key points regarding clarity and precise policy.

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

Upon our assessment of the Berlin Area School District’s Local Wellness Policy, the Committee found that the areas of Health Curriculum, Safety Education, and Emotional Wellness were strong and didn’t require any changes. They were meeting updated guidelines.

Areas for Local Wellness Policy Improvement

Upon our assessment of the Berlin Area School District’s Local Wellness Policy, the Committee found that the areas of Implementation, Student Nutrition, and Snacks and Beverages needed additions better fit with the updated policy guidelines.

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:

90

Strength Score:

87