

School District of North Fond du Lac

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

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 Maria Putzer at mputzer@nfdlschools.org or (920) 929-3750.

Section 1: Policy Assessment

Overall Rating:

1

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
The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Foods that provide students with calories rich in nutrient content are the goal. In an effort to support the consumption of nutrient dense foods in the school setting.	2
Nutrition Promotion	Rating
No current policy	0
Nutrition Education	Rating
No current policy	0
Physical Activity and Education	Rating
The physical education and health curriculums in the District work cooperatively to provide students a comprehensive education that enhances their knowledge and skills that are necessary to make choices and decisions that will allow them to live a healthy lifestyle.	3
The physical education curriculum focuses on the importance of physical activity in a healthy lifestyle and provides students with the opportunity to develop the basic skills necessary to be active through a wide variety of activities so students are able to be physically active throughout their life.	
There is emphasis in both the health and physical education curriculums on the components of fitness and regular fitness testing is performed to give the students and their parents an evaluation of their fitness level. Students are given the knowledge and skills necessary in both curriculums to maintain and improve their fitness level.	
In addition, the health curriculum will help students learn how to make healthy nutritional decisions by participating in lessons such as developing healthy eating habits and making nutritionally smart food choices, healthy weight control, serving sizes, and learning about the food pyramid and food groups.	

Nutrition Standards for All Foods in School	Rating
Other School-Based Wellness Activities	Rating
No current policy	0

Policy Monitoring and Implementation	Rating
No current policy	0

Section 2: Progress Update

The District is in the process of implementing updated board policy related to Wellness. The goal is to have board approval by 8/31/25, in time for the 25-26 school year.

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

Policy addresses Nutrition Standards and Physical Activity

Areas for Local Wellness Policy Improvement

Updates addressing Nutrition Promotion, Nutrition Education, Other School Based Wellness Activities, and Policy Monitoring

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:

66

Strength Score:

57

