

# Lakeland School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2020-2021

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 Jodi Bronson, Director of Pupil Services, 262-741-4118.

### Section 1: Policy Assessment

Overall Rating:

**2.71**

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
Lakeland School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Lakeland School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP).	3
All school meals are accessible to all students unless they require special dietary plans due to medical concerns and have otherwise been directed by a physician or parent.	3
Students will be allowed at least 30 minutes to eat lunch and historically lunch is served family style.	3
Teachers and therapists eat alongside the students and incorporate discussion related to portion size, nutritional content, etc., throughout the meal. (Due to COVID-19 restrictions during the 2020-2021 school year, food was not served in the traditional family style manner, but rather delivered to classrooms in individual meal packages).	3
Social stories have been developed by staff to encourage trying new foods.	2

All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.	3
Lakeland School has developed a document to address unpaid lunch balances with strategic communication with those families that is linked here: <a href="#">Unpaid Meal Balances</a> . This document is also available on the school website. Ultimately, students with unpaid lunch balances are still offered a meal consistent with USDA nutrition standards. Lakeland School must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.	3
Currently, hard copies of the Free and Reduced forms are mailed to all families. Additionally, during the 2020-2021 school year, Lakeland School moved to an online registration process which streamlined the Free and Reduced application process. Information about Free and Reduced Lunch eligibility is also shared on the school website ( <a href="#">Website Info</a> ). Currently, all families eligible for free and/reduced meals are kept private.	3
Finally, locally sourced food is embedded into the school lunch program at Lakeland School. Currently, milk and bread are locally sourced.	3

Nutrition Promotion	Rating
Lakeland School does not have either food or drink vending machines available to students at this time.	3
School Staff and families were provided with the following resources to assist in identifying Smart Snack options for classroom celebrations: <ul style="list-style-type: none"> <li>• Healthy Celebrations (Promoting a Healthy School Environment)</li> <li>• <a href="#">Healthy Non Food Document</a></li> <li>• Link to the following website where individual snacks can be searched to see if they meet SmartSnack guidelines: <a href="#">Smart Snack Info</a></li> </ul>	2
Lakeland School does offer food items (with or without donation) during the LSYou Brew and the LSYou Market. In order to ensure that the foods offered (with or without donation) during these times meet or exceed the USDA Smart Snacks in School nutrition standards, all items that are sold were evaluated by a subcommittee. Only foods that met the Smart Snack guidelines remained on the menu for both the LSYou Brew and LSYou Market. Non program foods are not sold during lunch hours. Additionally, caffeine consumption for high school and adult students is closely monitored and supervised.	2
Lakeland School will promote healthy food and beverage choices using Smarter Lunchroom techniques.	2
Finally, Lakeland School will limit any homemade treat items being brought into the school for celebrations. Rather, items will be required to be store/bought and families will be encouraged to promote healthy snack items. Lakeland School will provide parents with a list of allowable party foods that	1

meet the Smart Snack standards. Additionally, Lakeland School will regulate all food and beverages served during classroom activities.	
Lakeland School will go on field trips to local farms/farmers markets or Lakeland School will promote special events, such as tastings, that highlight local/regional products.	2

<b>Nutrition Education</b>	<b>Rating</b>
Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.	2
Nutrition education will be included for K-12th grade in the Science/Health and Essential Life Skills curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition (see link <a href="#">Wisconsin Nutrition Standards</a> ). Lakeland School staff completed a document outlining where and at what grade levels the Wisconsin Model Academic Standards for Nutrition are addressed. This document is linked here: <a href="#">Nutrition Standards Crosswalk</a> .	3
Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, and language arts.	3
Lakeland School will include in the nutrition education curriculum the following essential topics on healthy eating: <ul style="list-style-type: none"> <li>• Food guidance from MyPlate</li> <li>• Reading and using USDA's food labels</li> <li>• Balancing food intake and physical activity</li> <li>• Food safety</li> <li>• Social influences on healthy eating, including media, family, peers, and culture</li> <li>• How to find valid information or services related to nutrition and dietary behavior</li> <li>• Resisting peer pressure related to unhealthy dietary behavior</li> <li>• Influencing, supporting, or advocating for others' healthy dietary behavior</li> </ul>	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The physical education curriculum that Lakeland School uses is linked here <a href="#">SparkPE</a> , which promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	3
This comprehensive, standards-based physical education curriculum (SparkPE) identifies the progression of skill development in grades K-12 and	3.

has been aligned with Wisconsin Phy Ed Standards ( <a href="#">SparkPE/Alignment with Wisconsin State Standards</a> ).	
All Lakeland School elementary students will receive physical education for at least 80 minutes weekly throughout the school year.	3
All Lakeland School middle school students will receive physical education at least 80 minutes weekly throughout the school year.	3
All Lakeland School high school students will receive physical education at least 80 minutes weekly throughout the school year.	3
All Lakeland School adult students will have recreation available to them at least 80 minutes weekly throughout the school year.	3
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	3
All physical education classes at Lakeland School are taught by licensed teachers who are certified or endorsed to teach physical education. Additionally, Lakeland School requires all physical education staff to be trained and hold a current license in CPR/First Aid and to be lifeguard certified. Swimming instruction is also incorporated for all grade levels.	3
In certain situations, students receive an adapted physical education model based on their unique needs. If this is the case, the student's IEP outlines the goals and services required to address adaptive physical education needs.	3
Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required as or withheld as punishment for any reason.	3
All elementary schools will offer at least 20 minutes of recess on all or most days during the year.	3
In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable. The use of the indoor recess room is available to students during indoor recess. In addition, high school and adult students are encouraged to walk laps during indoor recess (with the exception of the 2020-2021 school year, due to COVID-19 restrictions).	3
Currently, all students are transported to school via school bus/van and/or parent transport so there are no walkers to school.	3

Other School-Based Wellness Activities	Rating
In March 2017, Lakeland School began recognizing students in middle school, high school, and adult students who were observed to be making healthy lifestyle choices. These students were recognized publicly at the Student of the Month program.	1
Staff members will have the option to participate in the Walworth County Wellness Council sponsored activities which include quarterly lunch and learn opportunities, up top 5 wellness challenges throughout the year, annual health screenings in conjunction with Auxient, the Walworth County health insurance provider, as well as participation in the Employee Assistance Program to promote mental health. The current Wellness Council Plan is linked here <a href="#">Wellness Council Plan 2021</a>	3
Additionally, all duty staff are offered the balanced school lunch meal provided daily at no charge to encourage the modeling of healthy eating habits.	3
Lakeland School offers additional opportunities through the Special Olympics program. Currently, Lakeland School offers the following Special Olympics Teams and additional opportunities for students: Swimming, Track and Field, Gymnastics, Basketball, Volleyball, Snowshoeing, and Skiing.	3

Policy Monitoring and Implementation	Rating
Lakeland School has developed a district wellness committee that meets regularly to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this document.	2
It should be noted that participants on the committee are representative of all departments, a former parent and current staff member, the school nurse, the school lunch liaison and office staff, an occupational therapist, a physical therapist, the school psychologist, and an adapted physical education teacher.	2
Lakeland School will compile and publish a report to share basic information about the wellness policy and report on the progress towards meeting the identified wellness goals at the triennial review timeline.	3
Lakeland School will actively notify households/families of the availability of the current wellness policy and resources included in the policy through the monthly Special Edition parent newsletters and through the Lakeland School website.	3
<p>The triennial review will report the following to the community:</p> <ol style="list-style-type: none"> <li>1. The extent to which Lakeland School is in compliance with the wellness policy;</li> <li>2. The extent to which the Lakeland School Wellness Policy compares to model local school wellness policies; and,</li> <li>3. A description of the progress made in attaining the goals of the Lakeland School Wellness Policy.</li> </ol>	3

## Section 2: Progress Update

Lakeland School has developed a comprehensive Student Wellness Policy. Target areas that were previously identified were reviewed as a part of this triennial assessment. The first area was as follows:

*Mindfulness: Lakeland School staff will teach mindfulness/self-awareness strategies to students at a minimum of one time monthly for all students in Elementary, Middle, High School, and LSYou Departments. This can include, but is not limited to MeMoves, Yoga, Go Noodle, Zones of Regulation, and breathing strategies.*

2020-2021 Review: Lakeland School has developed a comprehensive program to address mindfulness and self-identification of Zones of Regulation. The entire school has adopted a practice of using a daily Morning Meeting time of 10-15 minutes (within the schoolwide PBIS philosophy) to assist all students in identifying their Zones of Regulation and in the development of personalized 'toolkits' that assist students with specific strategies that help them to maintain a green zone and/or return back to a green zone when in a heightened or dysregulated state. Additionally, students have received developmentally appropriate specific instruction through the morning meeting lessons on strategies to include in their own toolkit. These strategies include breathing techniques (belly breathing, figure 8 breathing, counting, etc.), yoga poses, and the use of role playing and modeling toolkit strategies. Additionally, Lakeland School has adopted a 'Think Sheet' which is used when negative behaviors occur which prompts the student through the Zones and accessing their 'toolkit' to identify strategies to maintain a safer zone. Additionally, for students who have significant challenges with dysregulation, the occupational therapist assists with the development of a Sensory Escalation Intervention Plan which specifically articulates the strategies, including mindfulness strategies, that have been identified to result in de-escalation for that student. Currently, 36 students have an individual Sensory Escalation Intervention Plan or Sensory Diet that assist teams in providing supports to students. Although the number of students identified with these detailed plans was not gathered at the initial Student Wellness Policy, this number has significantly increased over the past three years.

Additionally, Lakeland School identified the following as a target area to work on: *Lakeland School will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Health Party Ideas) either via the school website or via the Special Edition Newsletter. Lakeland School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards either via the school website or via the Special Edition newsletter. Lakeland School will provide teachers and other relevant school staff a list of alternative ways to reward children. Lakeland School will be evaluating the special events that occur throughout the school year, including the Unicef Carnival, classroom celebrations, end of year cookouts, and weekly Market and LSYou Brew offerings. Each event will have a variety of SmartSnack approved offerings.*

2020-2021 Review: Lakeland School has shared the following with families via the Special Edition Newsletter, sent electronically to families as well as through the school website ([Special Edition archive](#)):

- [Healthy Snacks for Children](#)
- [Non-Food Rewards for Children](#)
- [Ideas for Healthy Celebrations](#)
- [Healthy Non-food Rewards Tip Sheet](#) [Spanish Version](#)
- [Fact Sheet: Healthy Use of Screen Time](#)

The following have been shared with school staff:

- [Healthy Nonfood Rewards for Children](#)
- [Celebrations that Support Child Health](#)
- [Taste Testing! Find Out What Students Want!](#)
- [Smart Snacks In a Nutshell](#)

Additionally, Lakeland School created a subcommittee to evaluate the food items that were offered through the LSYou Brew and the Market to ensure they were compliant with Smart Snack guidelines. During the 2020-2021 school year, there were no LSYou Brew or Market opportunities due to Covid-19 restrictions. Likewise, Lakeland School reevaluated the food items offered during the Fall Unicef Carnival to include fruit and vegetable offerings. The Unicef/Fall Carnival has since been withdrawn from the list of school events. Lakeland School has installed water bottle filling stations and provided water bottles for all students. This has greatly encouraged the consumption of water throughout the school day.

General Areas of improvement with regard to the Triennial Assessment:

- Additional continued efforts to communicate with families about the importance of Smart Snacks being encouraged as a part of birthday/celebration snacks. Currently, Lakeland School is requiring that any snacks brought from home are required to be individually wrapped; however, there is not a Smart Snack requirement at this time. The current Student Wellness Committee is committed to more frequent communication with families regarding SmartSnacks and other healthy options for students.
- Additionally, the Committee is committed to reevaluating the PBIS rewards that are offered as UR Cool prizes as well as 'spin the wheel' celebrations at the end of the month. These prizes have historically offered items such as 'cheez its/chips and ice cream or McDonald's lunch as rewards. The team will reevaluate the entire reward structure used within the current PBIS model to encourage non-food rewards and/or SmartSnack rewards.
- Explore additional locally sourced food items for not only the school lunch offerings but also to complete taste-testing activities. Although Lakeland School has actively grown garlic, future garden opportunities will be explored and encouraged.
- Revisit the caffeinated coffee that is offered through the LSYou Brew to high school and adult students. Limit offerings to all students to decaffeinated coffee.
- Revisit the Smarter Lunchrooms Self-Assessment (initial assessment completed in 2018) in order to encourage additional Smarter Lunchroom techniques. [Smarter Lunchroom Self Assessment](#).
- Currently students who have unpaid balances with regard to school lunch are provided a meal that meets standards. However, Lakeland School would like to revisit this practice and provide the same meal that is provided to all students in that case.
- In March of 2017, Lakeland School began recognizing students monthly who were making active healthy choices. In the past year, this recognition has stopped in large part due to not having any assemblies due to COVID-19 restrictions. The recognition of healthy choice making will be revisited and will occur on a monthly basis.
- Although the Lakeland School Student Wellness Team has the required members, the team would like to expand participation to outside community groups, including UW Extension staff and possibly community members.
- Additionally, the Lakeland School Wellness Team needs to meet a minimum of three times annually in order to review data, goals, and current practices. This will occur by creating three

scheduled mandatory meetings at the beginning of each school year starting with the 2021-2022 school year. Meeting notes will be archived to document meetings.

### 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**

Areas of strength identified by the WellSAT were as follows:

##### **Comprehensive Areas of Strength:**

Nutrition Education; Standards for USDA School Meals; Nutrition Standards for Competitive and Other Foods and Beverages; Physical Education and Physical Activity; Wellness Promotion and Marketing; Evaluation.

##### **Total Strength Areas:**

Standards for USDA School Meals; Physical Education and Physical Activity; Wellness Promotion and Marketing; Evaluation.

#### **Areas for Local Wellness Policy Improvement**

Nutrition Standards for Competitive and Other Foods and Beverages: Lakeland School needs to revisit other foods/beverages offered in the LYou Brew (caffeinated coffee to adult and high school students) as well as regulating food and beverages served at class parties and other celebrations. Additionally, Lakeland School needs to revisit the PBIS/UR Cool reward offerings to include additional nonfood rewards and/or only SmartSnack approved items.

Nutrition Education: Lakeland School needs to articulate addressing agriculture and the food system throughout the scope and sequence offered at all grade levels.

##### **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. The Lakeland School WellSAT 3.0 results are linked here [WellSAT 3.0 Lakeland School](#).

##### ***Lakeland School Comprehensiveness Score:***

100

##### ***Lakeland School Strength Score:***

90