

Webster School District

Local Wellness Policy Triennial Assessment Report Card

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, please contact Jeff Fimreite, Superintendent:
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Section 1: Policy Assessment

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

Overall Rating:

2

- 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

Section 2: Progress Update

In 2020, the USDA issued a nationwide waiver of the required local school wellness policy triennial assessments in order to support districts because of school closures due to COVID-19. The deadline to complete the first triennial assessment was moved. The Webster School District triennial wellness policy assessment took place on June 18, 2022. The Webster District Wellness Assessment Committee reviewed the Local Wellness Plan, which was originally adopted on November 24, 2014. The Wellness Committee has compared the District Wellness Plan to the WellSAT: 3.0 and determined comprehensiveness and strengths of the current policy and recommended areas for improvement.

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

The Webster School District's Wellness Policy is strong in the area of Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages along with Implementation, Evaluation and Communication. The Comprehensiveness and Strength Scores for each of the following areas is 100. The policy does an excellent job of providing regulatory guidance for all food and beverages per USDA Guideline and the promoting of Nutritional Wellness.

Areas for Local Wellness Policy Improvement

There are a couple areas where the Webster School District's Wellness Policy needs improvement. These areas are Physical Education and Physical Activity with a Comprehensive Score of 94 and a Strength Score of 75. Another area in the Wellness Policy that needs improvement is Wellness Promotion and Marketing with a Comprehensiveness and Strength Score of 58. The policy is relatively vague about physical education courses in the curriculum and does not mention anything about active transport for K-12 students who live within walkable/bikeable distance. The policy also lacks detail in regards to how the public and employees can be involved in the Wellness Policy.

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.

School District of Webster
Comprehensiveness Score:

92

School District of Webster
Strength Score:

81

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Date Completed: December 1, 2023 (2023-2024 School Year)