

<b>Nutrition Promotion</b>	<b>Rating</b>
The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for classroom parties, celebrations, and classroom snacks brought by staff or family members. Non-food Celebrations will be promoted and a list of ideas is available to staff and family members. <a href="https://foodandhealth.com/usda-school-snack-guide/">https://foodandhealth.com/usda-school-snack-guide/</a>	3
{Insert Policy Statement}	{Select Score}

<b>Nutrition Education</b>	<b>Rating</b>
Educate students about food in the cafeteria by conducting two taste testing events per school year and displaying visuals on the serving line and in dining areas.	2
Implement integrated nutrition education from preschool through secondary as part of a sequential, comprehensive school healthy education curriculum designed to help students adopt healthy eating habits	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Physical Activity and Education</b>	<b>Rating</b>
To provide opportunities for every student to develop the knowledge and skills for specific physical activities	3
To maintain students' physical fitness and to ensure students' regular physical activity.	3
To teach students the benefits of a physically active and healthful lifestyle.	3
Students receive physical education that follows the Wisconsin State Standards.	3
Physical education classes are taught by licensed teachers certified in Physical Education.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The NCS President or designee and building principal/administrator will be responsible for ensuring that each building meets the guideline of the local wellness policy and implement a plan for measuring the effectiveness of the wellness policy. An annual	2

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
checklist regarding implementation, progress, and staff and student awareness will be conducted on an annual basis.	
The NCS Wellness Committee will consist of teachers, administrators, food service Coordinator, PE staff, community members, parents, and students. The primary function of this committee will be to review the policy at least every 3 years, evaluate policy outcomes, and communicate recommendations to the president or designee.	2
NCS wide staff wellness committee will provide opportunities for staff to model healthy behaviors and enjoy physical activities.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

## **Section 2: Progress Update**

Section 3: Newman Catholic Schools has been activity promoting wellness via Physical Activity and following USDA guidelines to serve students healthy and appealing meals. We have done various taste tests of rare fruits and new foods over the years, and hope to continue this in the future. We promote healthy snacks by sharing snack ideas with families. Some of our buildings have food donation for needy families within our own buildings to care for those who may need assistance. Staff and students participate in healthy activities together, ie Virtue Walk, and we conduct a Health: social emotional survey 2x/ year to help our students. We are planning to update our current wellness committee and keep moving forward with our goals next year.

### **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**

We are proud of the healthy meals and snacks served at our school sites that meet USDA nutrition guidelines. We have great role models in place to educate or children about healthy choices in eating and the importance of physical activity in our daily lives.

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

Goals for the future of our Wellness committee will be more simple ideas for staff to model healthy activities for and with students, more outreach to the community for support and education as well as educating and sharing more information with our families. We would like to get back to introduction and taste testing of new and different healthy foods at all school sites.



