

Local School Wellness Policy Triennial Assessment Report



June 2022

Introduction and Purpose

Clinton Board of Education Policy #5140: Wellness outlines the goal of promoting the health and well-being of district students and has established the following Beliefs and Vision related to wellness of staff and students.

Beliefs and Vision

The Clinton Board of Education is committed to wellness and acknowledges and believes the following:

- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases that are often established in childhood, include unhealthy eating habits, physical inactivity, and obesity;
- School districts around the country are facing significant fiscal and scheduling constraints, therefore, providing healthy choices and opportunities for children are dependent upon school community and broader community partnerships.

Therefore, the Clinton Public Schools is committed to providing school environments that promote the health and well-being of district students.

Wellness Policy Goals and Guidelines

The policy sets out goals and guidelines in order to promote the health and well-being of district students. These include specific goals in the areas of Nutrition Promotion and Education, Physical Activity and Other School-Based Activities, Nutritional Guidelines for School Food, and Guidelines for the Marketing of Food on Campus. The full text of the policy can be found [here](#).

Triennial Assessment Requirements

All districts are responsible for oversight of the school district's wellness program and must conduct a Triennial Assessment as outlined in the policy as stated below:

“At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board’s wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and

will provide the basis for appropriate updates or modification to the wellness policy.”

The tool used to conduct the assessment has been provided to districts and includes the following sections and steps:

Section A: WellSAT Scorecard

STEP 1: Complete the WellSAT 3.0 (Scorecard - Written Policy Score)

- Compare the Local School Wellness Policy to a model policy.
- Assess compliance of the Local School Wellness Policy with federal requirements.

STEP 2: Complete the WellSAT-I (Scorecard - Interview Practice Score)

- Assess the compliance of district practices with federal requirements.
- Assess compliance with the written Local School Wellness Policy.

Section B: Connections, Findings, and Practice Implementation Plans (Worksheets 3 & 4)

STEP 3: Identify Connections between Policy and Response Plan and Summarize

- Compare the written policy to the district's wellness practices. This is outlined in four different sections as shown below which identify items in each category followed by a summary for district response and/or actions for improvement.
 - Section 1: Strong Policies and Aligned Practices are all items that received a written policy score of 2 and an interview practice score of 2 are identified.
 - Section 2: Create Practice Implementation Plan for all items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1.
 - Section 3: Update Policies for all items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1.
 - Section 4: Opportunities for Growth for all items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1.

STEP 4: Share Findings






- Share the Local School Wellness Policy assessment with the public.
- Retain all worksheets for the next Administrative Review.

The results of the triennial assessment must be made available to the public in an accessible and easily understood manner. The Clinton Public Schools Triennial Assessment 2022 is housed on the district website and has been shared with all parents/guardians of students enrolled in the district.









Section A: WellSAT Scorecard

The first step in this process was to use the WellSAT Scorecard to rank the district's policy and practice. A rating of "0" indicates that the item is not addressed in the policy and "1" indicates a general or weak statement addressing the item. A rating of "2" means the item is addressed.










Focus Area 1: Nutrition Education

 Federal Requirement  Farm to School  CSPAP		Written Policy Score	Interview Practice Score
NE1 	Includes goals for nutrition education that are designed to promote student wellness.	1	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	0	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	0	2
NE5	All high school students receive sequential and comprehensive nutrition education.	0	2
NE6	Nutrition education is integrated into other subjects beyond health education	1	2
NE7	Links nutrition education with the school food environment.	2	1
NE8 	Nutrition education addresses agriculture and the food system.	0	1
Subtotal for Focus Area 1:			
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."		50	100
Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.		13	62.5








Focus Area 2: Standards for USDA Child Nutrition Programs and School Meals




 Federal Requirement  Farm to School  CSPAP		Written Policy Score	Interview Practice Score
SM1 	Assures compliance with USDA nutrition standards for reimbursable school meals.	1	2
SM2	Addresses access to the USDA School Breakfast Program.	0	2
SM3 	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0	2
SM6	Specifies strategies to increase participation in school meal programs.	2	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	1	2
SM8 	Free drinking water is available during meals.	0	2
SM9 	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0	2
SM10 	Addresses purchasing local foods for the school meals program.	0	1
Subtotal for Focus Area 2:			
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."		30	100
Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.		10	80

Focus Area 3: Nutrition Standards for Competitive and Other Foods and Beverages

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
NS1 	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <i>sold</i> to students during the school day.	2	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	0	2
NS3 	Regulates food and beverages sold in a la carte.	0	2
NS4 	Regulates food and beverages sold in vending machines.	0	2
NS5 	Regulates food and beverages sold in school stores.	0	2
NS6 	Addresses fundraising with food to be consumed during the school day.	1	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	0	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0	2
NS9 	Regulates food and beverages <i>served</i> at class parties and other school celebrations in elementary schools.	0	2
NS10	Addresses nutrition standards for all foods and beverages <i>served</i> to students <i>after</i> the school day, including, before/after care on school grounds, clubs, and after school programming.	0	2
NS11	Addresses nutrition standards for all foods and beverages <i>sold</i> to students <i>after</i> the school day, including before/after care on school grounds, clubs, and after school programming.	0	1
NS12	Addresses food not being used as a reward.	0	2
NS13	Addresses availability of free drinking water throughout the school day.	0	2
Subtotal for Focus Area 3:			
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."		15	100
Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.		8	92




Focus Area 4: Physical Education and Physical Activity

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
PEPA1 	There is a written physical education curriculum for grades K-12.	1	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0	2
PEPA3	Physical education promotes a physically active lifestyle.	1	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0	2
PEPA8	Addresses providing physical education training for physical education teachers.	0	2
PEPA9	Addresses physical education exemption requirements for all students.	0	2
PEPA10	Addresses physical education substitution for all students.	0	2
PEPA11 	Addresses family and community engagement in physical activity opportunities at all schools.	0	0
PEPA12 	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0	1
PEPA13	Addresses recess for all elementary school students.	2	2
PEPA14 	Addresses physical activity breaks during school.	1	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0	1







 Federal Requirement  Farm to School  CSPAP	Written Policy Score	Interview Practice Score
Subtotal for Focus Area 4:		
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating is "0."	31	75
Strength Score: Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	6	56







Focus Area 5: Wellness Promotion and Marketing

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0	1
WPM2 	Addresses strategies to support employee wellness.	0	2
WPM3	Addresses using physical activity as a reward.	0	2
WPM4	Addresses physical activity not being used as a punishment.	2	2
WPM5	Addresses physical activity not being withheld as a punishment.	2	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	0	1
WPM7 	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0	2

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school- sponsored Internet sites, and announcements on the public announcement (PA) system).	0	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0	1
Subtotal for Focus Area 5:			
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."		25	100
Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.		25	75

Focus Area 6: Implementation, Evaluation and Communication

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
IEC1	Addresses the establishment of an ongoing district wellness committee.	0	2
IEC2 	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	0	1
IEC3 	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2	2
IEC4 	Addresses making the wellness policy available to the public.	2	2

 <i>Federal Requirement</i>  <i>Farm to School</i>  <i>CSPAP</i>		Written Policy Score	Interview Practice Score
IEC5 	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2	1
IEC6 	Triennial assessment results will be made available to the public and will include:	2	2
IEC7 	Addresses a plan for updating policy based on results of the triennial assessment.	0	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0	0
Subtotal for Focus Area 6:			
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."		50	87.5
Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.		50	50

OVERALL DISTRICT POLICY SCORE

District Scores:	Written Policy Score	Interview Practice Score
Total Comprehensiveness: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	34	93.75
Total Strength: Add the strength scores for each of the six sections above and divide this number by 6.	19	69.25

Section B1: Strong and Aligned Practices

The district has a strong policy and is fully implementing many areas that align with the policy. The items below reflect those that received a written policy score of 2 and an interview score of 2.



Federal Requirement



Farm to School




CSPAP

Focus Area 2: Standards for USDA Child Nutrition Programs and School Meals

- SM6: Specifies strategies to increase participation in school meal programs.


Focus Area 3: Nutrition Standards for Competitive and Other Foods and Beverages

- NS1 : Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.




Focus Area 4: Physical Education and Physical Activity

- PEPA13: Addresses recess for all elementary school students.

Focus Area 5: Wellness Promotion and Marketing

- WPM4: Addresses physical activity not being used as a punishment.
- WPM5: Addresses physical activity not being withheld as a punishment.
- WPM7 : Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Focus Area 6: Implementation, Evaluation and Communication

- IEC3 : Identifies the officials responsible for the implementation and compliance of the local wellness policy.
- IEC4 : Addresses making the wellness policy available to the public.
- IEC6 : Triennial assessment results will be made available to the public and will include:

Summary of District's Areas of Success in Meeting Wellness Goals

Areas of strength in both policy and practice include operations within our Food Service Department that communicate with families the opportunities for participation in federal lunch programs that provide Free and Reduced meals for eligible families. In addition, our department and schools follow the federal guidelines for USDA nutrition standards for all food and beverages sold to students during the day. Students receive physical activity daily at the elementary level through recess and physical education. Finally, the Board of Education has made the health and wellness of students and staff in our schools a priority as seen in the establishment of a specific Board of Education subcommittee to review, monitor, and implement policy and practices related to wellness. This is continuous work and the results of this assessment will be utilized to inform next steps to continually improve the experiences of our students and the overall health and well-being of our students and staff.

Section B2: Create Practice Implementation Plan

The assessment identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. Items below reflect those that received a written policy score of 1 or 2 and an interview practice score of 0 or 1.



Federal Requirement



Farm to School



CSPAP


Focus Area 1: Nutrition Education

- NE7: Links nutrition education with the school food environment.

Focus Area 4: Physical Education and Physical Activity

- PEPA14 : Addresses physical activity breaks during school

Focus Area 6: Implementation, Evaluation and Communication

- IEC5 : Addresses the assessment of district implementation of the local wellness policy at least once every three years.

Summary of the District's Practice Implementation Plan to Ensure Full Compliance with All Elements of the Local School Wellness Policy

The Clinton Public Schools will address IEC5 which requires the assessment of the district implementation of the local wellness policy at least once every three years. Currently, the Board of Education has an established Wellness Subcommittee that addresses all areas of student and staff well-being. The Wellness policy and its implementation falls within the purview of the

subcommittee and any recommendations for policy changes are reviewed here and subsequently brought to the full Board for review and approval. The subcommittee is committed to creating a plan to annually review areas of strength and weakness and to solicit input from staff and various departments in order to commit to continuous improvement in the health and well-being of our students and staff.

In addition, the school administration will continue to emphasize the need for movement breaks and to review and enhance curriculum in the area of nutrition and healthy eating habits.

Section B3: Update Policies

Next, the district identified areas where practices are: (a) fully implemented, but there is no or only weak language in the written policy, or (b) partially implemented with no policy language. Items below reflect those that received a written policy score of 0 or 1 and an interview practice score of 2.



Federal Requirement




Farm to School







CSPAP

Focus Area 1: Nutrition Education






- NE1 : Includes goals for nutrition education that are designed to promote student wellness.
- NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
- NE4: All middle school students receive sequential and comprehensive nutrition education.
- NE5: All high school students receive sequential and comprehensive nutrition education.
- NE6: Nutrition education is integrated into other subjects beyond health education.

Focus Area 2: Standards for USDA Child Nutrition Programs and School Meals


- SM1 : Assures compliance with USDA nutrition standards for reimbursable school meals.
- SM2: Addresses access to the USDA School Breakfast Program.
- SM3 : District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
- SM5: Specifies how families are provided information about determining eligibility for free/reduced priced meals.
- SM7: Addresses the amount of "seat time" students have to eat school meals.

- SM8  : Free drinking water is available during meals.
- SM9  : Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.


Focus Area 3: Nutrition Standards for Competitive and Other Foods and Beverages

- NS2: USDA Smart Snack standards are easily accessed in the policy.
- NS3  : Regulates food and beverages sold in a la carte.
- NS4  : Regulates food and beverages sold in vending machines.
- NS5  : Regulates food and beverages sold in school stores.
- NS6  : Addresses fundraising with food to be consumed during the school day.
- NS7: Exemptions for infrequent school-sponsored fundraisers.
- NS8: Addresses foods and beverages containing caffeine at the high school level.
- NS9  : Regulates food and beverages *served* at class parties and other school celebrations in elementary schools.
- NS10: Addresses nutrition standards for all foods and beverages *served* to students *after* the school day, including, before/after care on school grounds, clubs, and after school programming.
- NS12: Addresses food not being used as a reward.
- NS13: Addresses availability of free drinking water throughout the school day.


Focus Area 4: Physical Education and Physical Activity

- PEPA1  : There is a written physical education curriculum for grades K-12.
- PEPA2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
- PEPA3: Physical education promotes a physically active lifestyle.
- PEPA7: Addresses qualifications for physical education teachers for grades K-12.
- PEPA8: Addresses providing physical education training for physical education teachers.
- PEPA9: Addresses physical education exemption requirements for all students.
- PEPA10: Addresses physical education substitution for all students.
- PEPA15: Joint or shared-use agreements for physical activity participation at all schools.

Focus Area 5: Wellness Promotion and Marketing

- WPM2 : Addresses strategies to support employee wellness.
- WPM3: Addresses using physical activity as a reward.
- WPM8: Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
- WPM9: Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
- WPM10: Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).
- WPM11: Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).
- WPM12: Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).

Focus Area 6: Implementation, Evaluation and Communication

- IEC1: Addresses the establishment of an ongoing district wellness committee.
- IEC7 : Addresses a plan for updating policy based on results of the triennial assessment.

Summary of the District's Plan for Policy Updates to Include All Federally Required Items

There are many areas for adjustment and update in the current Wellness Policy. The Board of Education Wellness Subcommittee will embark on reviews of model policies and areas noted in the WellSAT worksheet in order to update the policy as needed. In addition, the subcommittee will work with administration to create a regulation for wellness policy implementation that will provide more specific information, processes, and expectations for school and district practices related to the policy. In particular, the Board will ensure that all areas that are required by federal and state legislation are included in the written policy. The policy update will begin in May 2022 and should be completed and approved by the Board of Education by August 2022.

Section B4: Opportunities for Growth

This section identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way. Items below reflect those that received a written policy score of 0 or 1 and an interview practice score of 0 or 1.



Federal Requirement




Farm to School




CSPAP

Focus Area 1: Nutrition Education

- NE3 : All elementary school students receive sequential and comprehensive nutrition education.
- NE8: Nutrition education addresses agriculture and the food system.



Focus Area 2: Standards for USDA Child Nutrition Programs and School Meals

- SM4: Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
- SM10 : Addresses purchasing local foods for the school meals program.

Focus Area 3: Nutrition Standards for Competitive and Other Foods and Beverages

- NS11: Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.

Focus Area 4: Physical Education and Physical Activity


- PEPA4: Addresses time per week of physical education instruction for all elementary school students.
- PEPA5: Addresses time per week of physical education instruction for all middle school students.
- PEPA6: Addresses time per week of physical education instruction for all high school students.
- PEPA11 : Addresses family and community engagement in physical activity opportunities at all schools.
- PEPA12 : Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.

- PEPA16: District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.

Focus Area 5: Wellness Promotion and Marketing

- WPM1: Encourages staff to model healthy eating and physical activity behaviors.
- WPM6: Specifies marketing to promote healthy food and beverage choices.

Focus Area 6: Implementation, Evaluation and Communication

- IEC2  : Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
- IEC8: Addresses the establishment of an ongoing school building level wellness committee.

Summary of the District's Plan to Update Policy and Practices to Include All Federally Required Items and Plans for Additional Wellness Goals

The Wellness Subcommittee identified specific areas for update to policy and practices. These include:

- ➔ Adding sequenced curriculum for elementary students in the areas of nutrition and understanding food sources and agriculture (NE3 & NE8).
- ➔ Exploring additional opportunities for the Food Service Department to purchase local foods for student meals (SM10).
- ➔ Reviewing policies and protocols to ensure there is no stigma for students who have negative meal balances, while ensuring that the Food Service Department is able to generate revenue to cover all costs (SM4).
- ➔ Will incorporate additional after school activities that support physical exercise for students into after school enrichment programs (PEPA 12).
- ➔ Will develop innovative ways to market and inform students about healthy food choices and provide students with chances to try new, healthy foods (WPM6).
- ➔ Will work to better obtain feedback from a broad group of stakeholders to adjust and be responsive to the needs and implementation of our policy (IEC2).