

School District of Ashland

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 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 Mr. Robert Prater, District Administrator.

Section 1: Policy Assessment

Overall Rating:

92

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
NE 1	2
NE 7	3
NE 8	3
SM 1	3
SM 3	3

Nutrition Promotion	Rating
NS 2	3
NS 4	3
NS 10	3
NS 13	3

Nutrition Education	Rating
NE 1	1

NE 7	3
NE 6	0

Physical Activity and Education	Rating
PEPA 1	3
PEPA 2	3
PEPA 3	3
PEPA 11	3
PEPA 16	3

Other School-Based Wellness Activities	Rating
WPM 2	3
WPM 4	3
WPM 6	3
WPM 8	3
WPM 9	3

Policy Monitoring and Implementation	Rating
IEC 1	3
IEC 2	3
IEC 4	3
IEC 6	3
IEC 7	3

Section 2: Progress Update

Overall progress monitoring since completion and implementation of the 2020-2021 Local Wellness Policy and WellSAT 3.0 Triennial Assessment has increased from a Total Comprehensiveness score of 76 to 92. The Total Strength score has increased from a District Score of 40 to 62. The overall scores are representative of the overall district policy scores related to Federal, Farm to School and CSPAP requirements. This concludes that our overall implemented policy has made significant advances and has maintained highlighted areas over the past three years.

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

Our main strengths highlighted are: Standards for USDA School Meal Compliance, Physical Education and Wellness Promotion and Marketing. We have increased our scores by nearly 20% in all three areas. We are above state average for both Comprehensiveness and Strength scores on the WellSAT 3.0. We have added multiple opportunities for staff, students and the overall community related to enhancing and promoting well-being. Physical Education and Activity increased in both scores by nearly 50%. Implementation and improvements were made over the last three years to significantly enhance policy in accordance to curricular standards and federal guidance.

Areas for Local Wellness Policy Improvement

Nutrition Education and Promotion remain an area of improvement. However, it is notable that our strength score improved by 21% over the past three years. Implementation of nutrition education is recommended to extend across all subject areas. The district continues to score above average in comprehensiveness with maintenance and improvement suggested to occur across all educational settings (elementary-high school) beyond the health curriculum and food services. The scoring is also suggestive that all shared snacks and meals served within the classroom need to be SMART snack compliant.

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:

{92 }

Strength Score:

{62}

