

# School District of Horicon

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2024-25 School Year

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 Trish LaBlanc at 920-485-2898.

### Section 1: Policy Assessment

Overall Rating:  
2.8

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
The school district shall provide attractive, clean environments in which students can eat.	3
In accordance with Policy 8500, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.	3
The food service program will provide affordable access to the varied and nutritious foods they need to be healthy and to learn well.	3

Nutrition Promotion	Rating
All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	3

Nutrition Education	Rating
Nutrition education shall be included in the Physical Education and Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	2
Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.	3

Physical Activity and Education	Rating
The physical education curriculum provides a variety of enjoyable physical activities that promote lifelong health and active living.	3
A sequential, comprehensive physical education program is provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3
The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.	3
A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.	3

Other School-Based Wellness Activities	Rating
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
The District Administrator shall form a wellness committee to develop, implement, evaluate, and review and update the wellness policy.	3
The District shall notify the public of the availability of the wellness report through the District calendar and the school District website.	3

## **Section 2: Progress Update**

- The School District of Horicon partners with Marshfield Medical Center of Beaver Dam to provide the District with a Community Health Worker. This individual works with our students and families to connect them with vital mental and physical health resources. Our program acts as an extension of the school, connecting the community with resources for health care and wellbeing.
- The School District of Horicon is now offering additional water filling stations throughout the campus.
- The School District of Horicon partners with Feeding America of Eastern Wisconsin to bring a Mobile Food Pantry to the District on the second Friday every month during the school year. The Mobile Food Pantry brings healthy food directly to high-need areas through a drive-thru style distribution. The Mobile Food Pantry is open to everyone in the community.
- The District offers a brand-new athletic complex. The complex includes an 8-lane track which allows residents of the school district walking opportunities free of charge. The District also offers a fitness center, indoor walking opportunities, and city recreation activities like adult pickleball and youth programs.

## **Local Wellness Policy Strengths**

We continue to follow USDA Federal meal standards. We are in partnership with our agricultural department to offer fresh produce to all students and staff. Our physical education department follows national standards to deliver engaging and practical life skills for life long health. Our high school students are offered "Wellness & Healthy Living" courses that teach healthy food choices, stress management, and healthy eating around the world. The Middle/High School students are also offered a nutrition break mid-morning, including federally funded free breakfast for all participants. This nutrition break offers students not only important nutrition, but an opportunity to eat breakfast within a natural break in their day.

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

- We can improve the elementary health and nutrition curriculum at the lower grades.
- We can offer a District Wellness Initiative Program to our staff to encourage healthy eating, exercise, and mental health wellness.