

# All Saints Catholic School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: June 18, 2025

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 Sue Backus: [sbackus@allsaintskenosha.org](mailto:sbackus@allsaintskenosha.org).

### Section 1: Policy Assessment

<b>Overall Rating:</b> <hr/> <b>2.92</b> <hr/>	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
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Nutrition Standards for All Foods in School	Rating
All meals are accessible to all students.	3
All meals are appealing and attractive and served in clean and pleasant settings.	3
Drinking water is available for students during mealtimes.	3
Students are provided at least 20 minutes to eat lunch.	3
Lunch shall be served between 11:15-12:30	3
Menus shall be posted on the School website and will include nutrient content.	3
All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	2

Nutrition Promotion	Rating
All Saints Catholic School is committed to providing a school environment that promotes students to practice healthy eating and physical activity.	3
Students receive consistent nutritional messages that promote health throughout the school, classroom and cafeteria.	3
Nutrition posters and nutrition statements are posted in the cafeteria and around the school.	3
The school provides nutritional links via the school newsletter.	3

Nutrition Education	Rating
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of All Saints Catholic School.	3
Classroom lessons are taught through curriculum provided.	2

Physical Activity and Education	Rating
All Saints Catholic School provides students with Physical Education using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	3
K4/K: 60 minutes per week/Grades 1-3: 75 min per week/Grades 4-5 90 min per week	3
Middle school(Grades 6-8) receives 100 min per week	3

Other School-Based Wellness Activities	Rating
Wellness articles are provided in the school newsletter.	3
Staff models healthful eating habits.	3
K4-8 <sup>th</sup> grade students participate in the Kids Heart Challenge promoted by the American Heart Association.	3
K4-8 <sup>th</sup> grade students participate in Roller skating in PE class	3
Local dentists come into the school to educate our students on proper dental hygiene.	3
Grade 1, 3 and 5 go to the Safety Center run by the Kenosha Police department.	3

Policy Monitoring and Implementation	Rating
The school wellness policy shall be updated as needed no less than every 3 years. It will assess the extent to which All Saints Catholic School is compliant with the policy.	3

## Section 2: Progress Update

We have done a nice job with providing our students a nutritious meal that covers the food groups. The students like the fruit and vegetable bar where they can choose what they want to eat. In the last three years the students were exposed to different fruits and vegetables.

## 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 food vendor keeps up with the most recent nutritional guidelines and offers a variety of foods to expose our students to different fruits and vegetables. Our fruits and vegetables are fresh and cut daily. Our school provides families with instructions on downloading the Food4Life app which provides nutritional and allergen information about the school menu for the month.

The faculty is sent health reminders through our health policy administrator with health reminders/healthy lifestyle activities. The students participate in Physical Education twice a week, with recess every day. We participate in the Kids Heart Challenge which teaches them about keeping their heart healthy.

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

Our school does promote our lunch program via newsletter; however we could do a better job in promoting the lunch program so more of our students would like to purchase meals.