

Lancaster Community School District
Local Wellness Policy Triennial Assessment Report Card

Date Completed: 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 Nutrition Services.

Policy Assessment

Overall Rating:
3.0

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 District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.	3
All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.	3
Meals are served on plates with bowls, so the food is as appealing to the eye as it tastes.	3

Nutrition Promotion	Rating
The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.	3

Nutrition Education	Rating
Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	3

Physical Activity and Education	Rating
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	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
<p>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.</p> <p>Furthermore, with the objectives of enhancing student health and well being the following guidelines are established:</p> <p>A. In accordance with Policy 8500 - Food Services, 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.</p> <p>B. As set forth in Policy 8531 - Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p> <p>All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.</p> <p>C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances, without stigma.</p>	3

Policy Monitoring and Implementation	Rating
The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.	3

Progress Update

The Wellness Committee recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Model Policy Comparison

The Lancaster Community School District's Wellness Policy aligns closely with the model policies, particularly in the areas of nutrition guidelines, physical activity, and stakeholder involvement.

Local Wellness Policy Strengths

The School has made significant progress in promoting student and staff wellness through hands-on initiatives like the Middle School Wellness Day, group exercise classes, and a comprehensive wellness initiative.

Areas for Local Wellness Policy Improvement

Areas for future improvement include expanding nutrition education and increasing community participation in wellness activities.

