



**36C Mountain Island Charter Local Wellness Plan (LWP)
Triennial Assessment
(Updated 6/2022)**



Date Completed: 6/20/2022

Completed by: Kristi Nemec in conjunction with the MICS School Health and Wellness Committee

	Fully in Place	Partially in Place	Developing	Not in Place
Nutrition Education				
LWP includes goals for nutrition education that are designed to promote student wellness.	3	2	1	0
Nutrition education is offered at each grade level K-5 and in health classes 6-9 following a sequential, comprehensive standards-based program.	3	2	1	0
Is part of health education classes as well as integrated into classroom instruction when appropriate.	3	2	1	0
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health food preparation methods, and health enhancing nutrition practices.	3	2	1	0
Emphasizes caloric balance between food intake and energy expenditure.	3	2	1	0
Will foster links with school lunch programs and other foods offered by MICS food service.	3	2	1	0
Includes awareness for teachers, other staff and parents.	3	2	1	0
Column Totals	15	4		
Nutrition Education: (Total Points / 21) X 100 =	90.5%			

	Fully in Place	Partially in Place	Developing	Not in Place
Physical Activity				
Physical education for all students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings. State-certified PE instructors will teach physical education classes.	3	2	1	0
Classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, and playing video games.	3	2	1	0
A daily recess period for elementary students of at least 15 minutes if scheduling and weather permits. Middle school students (grades 6-8) participate in Health and Physical Education each school day for 60 minutes. High school students will complete a minimum of one credit of Health and Physical Education.	3	2	1	0
Extra-curricular physical activity programs such as afterschool enrichment, interscholastic athletics, and clubs.	3	2	1	0
Mountain Island Charter School will provide physical activity facilities on school grounds that are safe and well maintained. Adequate equipment will be made available for students to participate in physical activity.	3	2	1	0
Column Totals	15			
Physical Activity: (Total Points / 15) X 100 =	100%			

	Fully in Place	Partially in Place	Developing	Not in Place
Other School-based Activities				
Ensure that eligible children have access to free and/or reduced-price meals and make every effort to eliminate any social stigma attached to the program.	3	2	1	0
Provide an environment that is conducive to proper eating and hygiene habits where students will have a designated time allotted for lunch with sufficient time to eat.	3	2	1	0
Column Totals	6			
Other School-based Activities: (Total Points / 6) X 100 =	100%			

	Fully in Place	Partially in Place	Developing	Not in Place
Wellness Promotion and Nutrition Guidelines				
At a minimum, school meals will meet the program requirements and nutrition standards.	3	2	1	0
Minimum standards for nutritional value of foods and beverages sold on school campus will be specified in detail in accompanying regulations to this policy.	3	2	1	0
Nutrition information for products sold on campus will be available upon request.	3	2	1	0
All foods and beverages sold on the school campus during the school day will adhere to standards that are consistent with federal regulations for school meals, the Smart Snacks in School nutrition standards, and state competitive food regulations for all food and beverages sold to students during the school day.	3	2	1	0
All foods and beverages marketed and advertised to students on the school campus during the school day will meet or exceed Smart Snacks in School nutrition standards.	3	2	1	0
Principals and staff will encourage healthy snack options at class parties and celebrations;	3	2	1	0
Principals and staff will limit non-curricular food celebrations in the classroom and building per month. At all food celebrations the majority of choices will be healthy. MICS will provide a list of recommended food and beverages.	3	2	1	0
Principals and staff will educate about and encourage healthy classroom snacks.	3	2	1	0
Parents/guardians may provide commercially prepared food items and/or prepackaged and washed fruit/vegetables for classroom food celebrations. Food/snacks may not be shared in the classroom, in the cafeteria or other school events unless a pre-approved celebration. Ingredient lists must be provided to the teacher/event coordinator.	3	2	1	0
Column Totals	21	4		
Wellness Promotion & Nutrition: (Total Points / 27) X 100 =	93%			

	Fully in Place	Partially in Place	Developing	Not in Place
Implementation & Evaluation of the MICS LWP				
Guidelines for school meals shall meet or exceed applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.	3	2	1	0
MICS will ensure school and community awareness of this policy through various means such as publication in weekly MICS raptor call and/or the MICS school calendar.	3	2	1	0
Professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the Mountain Island Charter School's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.	3	2	1	0
MICS will review and evaluate the plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. The results of the triennial assessment will be made publicly available to the school community through school communications, such as the weekly newsletter and school website.	3	2	1	0
The Executive Director shall designate one or more staff members within the school as appropriate to have operational responsibility for ensuring that MICS meets the goals and mandates of its local wellness policy.	3	2	1	0
The Executive Director of the school shall prepare a summary report on school-wide compliance with the wellness policy based on input from within MICS annually. The report will be provided to the Board and also distributed to the MICS School Health and Wellness Committee, parent teacher organizations, building principals, and school health services personnel within MICS. The report shall also be available to community residents upon request.	3	2	1	0
Column Totals	12	4		
Implementation & Evaluation of LWP: (Total Points / 18) X 100 =	89%			

**36C Mountain Island Charter School Local Wellness Policy
Triennial Assessment Scorecard Summary**

	Score
Nutrition Education	90.5%
Physical Activity	100%
Other School-Based Activities	100%
Wellness Promotion and Nutrition Guidelines	93%
Implementation and Evaluation of MICS Local Wellness Policy	89%

Strengths:	Areas of Growth:	Action Items:
<ul style="list-style-type: none"> ● Curriculum in place for Physical Education and Health Instruction ● Nutrition guidelines followed ● Access to healthy food choices for all students ● Variety of activities in classroom/coursework and afterschool clubs/athletics K-12 	<ul style="list-style-type: none"> ● Professional development for staff on Local Wellness Policy ● Promotion of plan and nutrition/physical activity guidelines among community via school-level and K-12 communications 	<ul style="list-style-type: none"> ● Enhance professional development on Local Wellness Policy during staff week and in teacher toolkits ● Increase use of Raptor Call for promotion of Local Wellness Policy and its goals



Ten Essential Components of Local School Wellness Policy Checklist

This document outlines the ten required components of the local school wellness policy (LWP) as defined by the USDA final rule of 2016. Districts can use this checklist in conjunction with Healthier Generation's Model Wellness Policy, to revise/update their LWP and ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

RATING SCALE

2 = Includes **all** required language

1 = Include **some** of the required language

0 = Include **none** of the required language

* LWP was approved during 2022 school nutrition audit and contains all required parts

RATING	REQUIRED COMPONENTS	NOTES
2	The policy identifies one or more school district and/or school official(s) who have the authority and responsibility for ensuring that each school complies with the policy.	
2	The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the LWP.	
2	The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP, and updates this information on an annual basis.	
2	The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public: <ul style="list-style-type: none"> the extent to which schools comply with the LWP, the extent to which the LWP compares to model local school wellness policies, and the progress made in attaining the goals of the LWP 	



RATING	REQUIRED COMPONENTS	NOTES
2	The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and the Smart Snacks in School nutrition standards.	
2	The policy includes standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents).	
2	The policy includes specific goals for nutrition education and promotion activities.	
2	The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.	
2	The policy includes specific goals for physical activity opportunities.	
2	The policy includes specific goals for other school-based activities that promote student wellness.	

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP

Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	62.5

Section 2: Standards for USDA Child Nutrition Programs and School Meals

		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	0
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	0
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	Free drinking water is available during meals. <i>* add to policy</i>	0
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	40%

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**

		Rating
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.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	Regulates food and beverages sold in a la carte.	1
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	NA
NS6	Addresses fundraising with food to be consumed during the school day.	0
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	0
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
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.	0
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.	0
NS12	Addresses food not being used as a reward.	0
NS13	Addresses availability of free drinking water throughout the school day.	0
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	45%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	10%

Section 4: Physical Education Physical Activity







		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	0

PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	1
PEPA14	Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	NA
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	66%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	47%

Section 5: Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
WPM2	Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
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, etc.).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	0
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).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	33%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	8%

Section 6: Implementation, Evaluation, and Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	1
 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.	1
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
 IEC4	Addresses making the wellness policy available to the public.	1
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
<i>Subtotal for Section 6</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50%

Overall District Policy Score		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	65
	Strength Score: Add the strength scores for each of the six sections above and divide this number by 6.	37



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