

# Butternut School District

## Local Wellness Policy Report Card | 2017-2018

<p><b>Overall Rating</b></p> <p style="font-size: 2em; font-weight: bold;">3</p>	<p>In 2010, the Healthy, Hunger Free Kids Act was passed, which expanded upon previous requirements and included new provisions that place a greater emphasis on the implementation, evaluation, and transparency of local wellness policies. A copy of the Butternut School District wellness policy is available at the district office Below you will find a summary of the policy objectives and the results of the most recent evaluation December 13, 2017. The school wellness committee completed the evaluation by scoring the adherence to policy objectives on a four-point scale. For questions regarding the results or for information on joining the wellness committee, contact Joseph Zirngibl at <a href="mailto:jjirngibl@lightatorch.info">jjirngibl@lightatorch.info</a> or call 715-769-3434.</p>
<p>Ratings are based on a four-point scale to measure success in meeting/ complying with each objective.</p> <p>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</p>	

### Nutrition Standards for All Foods in School Rating

All meals meet federal guideline for nutrition and calorie guidelines.	3
Other foods and drinks are not available during school hours, except water.	3
SMART Snacks are encouraged at all parties for all treats brought by parents.	3
SMART Snacks are encouraged for fundraising activities even if they are sold off campus	3

*Comments:*

### Nutrition Promotion

Fuel up to play 60 (Healthy eating initiative).	3
Nutritionist comes to PreK for Play Dates to promote healthy eating and exercise.	3
Posters for healthy eating hung in the Commons.	3
Healthy eating advise sent home on the district newsletter.	3

*Comments:*

### Nutrition Education

PreK-5 have regular nutrition lessons on good eating habits. MY PLATE.	3
Grade 6-8 have health class to learn about healthy eating and a healthy lifestyle	3
Grade 9 has a semester of health instruction to include healthy eating and exercise habits	3
Grades 10-12 have Physical Education Classes and 85% of our Middle/High School students are involved in extracurricular sports.	3

*Comments:*

### Physical Education/Activity

All classes PreK-5 have 120 minutes of physical Education per week.	3
All classes PreK-5 have 30 minutes of daily activity (recess) after lunch.	3
Grades 6-8 have 113 minutes of physical education /week and Grades 6-12 have 75 minutes of recess/week.	3
Grade 9 has a semester of Physical Education and 10-12 have an additional 1 ½ credits of elective PE	3

*Comments:*

### Other School Based Wellness Activities

Healthy drinks are sold are after school events.	3
Annual contests are held such as Jump Rope for Heart, free throw contests, youth basketball clinics, youth baseball, youth volleyball clinics, and more.	3
UW Extension and Ashland County provide Nutrition education for students in grades 1, 3 and 5	3

*Comments:*

### Policy Monitoring and Implementation

The Wellness policy is monitored on a yearly basis as a whole and frequently when there are fundraising requests.	3
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*Comments:*

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