

# Hartford Jt. 1 School District

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 1/14/2026

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 Adam Majerus, Director of Business Services, 262-673-9033 or amajerus@hjt1.org.

### Section 1: Policy Assessment

*Overall Rating:*

**2.82**

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
<p>All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 <a href="https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart">https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart</a></p> <p>Drinking water is available for students during mealtimes.</p> <p>All schools in the District participate in USDA child nutrition programs.</p> <p>All meals are accessible to all students.</p> <p>Withholding food as a punishment shall be strictly prohibited.</p> <p>All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.</p> <p>Lunch shall be served between 10:58 a.m.-1:00 p.m.</p> <p>Menus shall be posted on the District website.</p> <p>Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.</p> <p>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.</p>	3
<p>The District shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.</p>	3
<p>The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available.</p>	2
<p>Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The District adheres to the</p>	3

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
Wisconsin Department of Public Instruction fundraiser exemption policy and allows two (2) exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.	
Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	3

<b>Nutrition Promotion</b>	<b>Rating</b>
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

<b>Nutrition Education</b>	<b>Rating</b>
Staff shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.	2
The primary goal of nutrition education is to influence students' lifelong eating behaviors.	3
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
Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	2
Nutrition education will provide the knowledge and skills necessary to promote health.	3
Nutrition education posters, such as the MyPlate Guide, will be displayed in the cafeteria.	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.	3
Physical activity during recess will not generally be withheld as punishment. Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.	3
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	3
All students in grade K-5 shall be provided with a daily lunch/recess period at least 40 minutes in duration. All students in grades 6-8 shall be provided with a daily	3

<b>Physical Activity and Education</b>	<b>Rating</b>
lunch/recess period at least 30 minutes in duration. Outdoor recess shall be offered weather permitting.	
The District supports active transport to and from school by engaging in the following activities: Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area); Instruction on walking/bicycling safety provided to students; Crossing guards are used.	3
In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.	3
A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the physical education academic content standards and benchmarks adopted by the State. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	3
Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.	3
All District elementary and middle school students in each grade shall receive at least 90 minutes of physical education per typical week throughout the school year.	3
Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	3
The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.	3
All physical education classes are taught by licensed teachers who are certified to teach physical education.	2
Physical education staff shall receive professional development on a yearly basis.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.	3
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.	2
As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.	2
Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.	3
The District will implement the following activities below to promote healthy eating and physical activity among school staff: An organized wellness program shall be available to all staff; Administration of flu shots at school; Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
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 and will be posted on the District's website.	3
The District wellness policy will be updated as needed based on evaluation results, District changes, emergence of new health science information/technology, and/or new Federal or State guidance are issued.	3

## **Section 2: Progress Update**

The District has introduced interscholastic athletics for the first time in 20 years with boys and girls cross country and track (2024-25), then boys and girls basketball (2025-26). It has been very successful in promoting healthy, competitive student activities and in developing teamwork, accountability and school pride.

## **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 62 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**

Hartford Jt. 1 has updated its policy with the most up-to-date changes in best practices and suggested language, and the wellness committee worked hard to find strengths and areas of improvement in current practices.

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

Additional best practice language would help strengthen all areas of the policy, especially the Nutrition Environment and Nutrition Education areas.

### **WellSAT Scores**

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score	85%
Strength Score	73%