

# 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.  | 1      |
| 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   | 2      |
| NE7                    | Links nutrition education with the school food environment.   | 2      |
| NE8                    | Nutrition education addresses agriculture and the food system.  | 2      |
| Subtotal for Section 1 | <b>Comprehensiveness Score:</b> 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. | 187.50 |
|                        | <b>Strength Score:</b> 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.                 | 175    |



### 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.  | 2      |
| 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.   | N/A    |
| SM5                    | Specifies how families are provided information about determining eligibility for free/reduced priced meals   | N/A    |
| SM6                    | Specifies strategies to increase participation in school meal programs.   | 2      |
| SM7                    | Addresses the amount of "seat time" students have to eat school meals.  | 2      |
| SM8                    | Free drinking water is available during meals.  | 2      |
| 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.  | 1      |
| Subtotal for Section 2 | <b>Comprehensiveness Score:</b> 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. | 187.50 |
|                        | <b>Strength Score:</b> 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.                 | 175    |

**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.   | 2      |
| NS3                           | Regulates food and beverages sold in a la carte.  | 2      |
| NS4                           | Regulates food and beverages sold in vending machines.  | 1      |
| NS5                           | Regulates food and beverages sold in school stores.   | 2      |
| NS6                           | Addresses fundraising with food to be consumed during the school day.   | N/A    |
| NS7                           | Exemptions for infrequent school-sponsored fundraisers.   | 2      |
| NS8                           | Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.   | 2      |
| 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.   | 2      |
| 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.         | 2      |
| 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.            | 2      |
| NS12                          | Addresses food not being used as a reward.  | 1      |
| NS13                          | Addresses availability of free drinking water throughout the school day.  | 2      |
| <i>Subtotal for Section 3</i> | <b>Comprehensiveness Score:</b> 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. | 183.3  |
|                               | <b>Strength Score:</b> 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.                 | 181.81 |



**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. | 2      |
| 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.   | 2      |
| PEPA9  | Addresses physical education exemption requirements for all students.  | 2      |
| PEPA10 | Addresses physical education substitution for all students.  | 2      |
| PEPA11 | Addresses family and community engagement in physical activity opportunities at all schools.   | 1      |

|   |   |        |
|---|---|--------|
|  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.  | 2      |
|  PEPA14 | Addresses physical activity breaks during school.   | 1      |
| PEPA15  | Joint or shared-use agreements for physical activity participation at all schools.  | 1      |
| PEPA16  | District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.   | 2      |
| Subtotal for Section 4  | <b>Comprehensiveness Score:</b> 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. | 181.25 |
|   | <b>Strength Score:</b> 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.                 | 162.5  |









### Section 5: Wellness Promotion and Marketing

|   |   | Rating |
|---|---|--------|
| WPM1  | Encourages staff to model healthy eating and physical activity behaviors.   | 2      |
|  WPM2   | Addresses strategies to support employee wellness.  | 2      |
| WPM3  | Addresses using physical activity as a reward.  | 1      |
| WPM4  | Addresses physical activity not being used as a punishment.   | 2      |
| WPM5  | Addresses physical activity not being withheld as a punishment.   | 2      |
| WPM6  | Specifies marketing to promote healthy food and beverage choices.   | 2      |
|  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).   | 2      |
| WPM9  | Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).   | 2      |
| 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.).   | 2      |
| 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).  | 1      |
| 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). | 2      |
| Subtotal for Section 1  | <b>Comprehensiveness Score:</b> 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.   | 183.33 |
|   | <b>Strength Score:</b> 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.   | 166.66 |



Section 6: Implementation, Evaluation, and Communication

|  |  | Rating |
|--|--|--------|
| IEC1   | Addresses the establishment of an ongoing district wellness committee.   | 2      |
|  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.   | 2      |
|  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.  | 2      |
|  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:<br>1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;<br>2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;<br>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 1</i>  | <b>Comprehensiveness Score:</b> 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.  | 187.5  |
|  | <b>Strength Score:</b> 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.  | 175    |



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