

Results of Triennial Assessment
April 15, 2021

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.	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	0
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	0
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	0
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.	0
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.	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.	0

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



		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	1
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.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
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.	2
SM8	Free drinking water is available during meals.	0
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
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.	30
	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.	20







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.	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
 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.	0
 NS6	Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers.	1
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.	0
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.	1
NS13	Addresses availability of free drinking water throughout the school day.	0
Subtotal for Section 3	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.	46
	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.	7

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.	0
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
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.	1
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.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
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.	43
	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.	31

Section 5: Wellness Promotion and Marketing		
		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0
 WPM2	Addresses strategies to support employee wellness.	0
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.	0
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	0
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.	0
	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.	0

Section 6: Implementation, Evaluation, and Communication		
		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	0
 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.	0
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	0
 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.	0
 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.	0
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0
Subtotal for Section 6	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.	12
	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.	0

Overall District Policy Score		
		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	30
	Strength Score: Add the strength scores for each of the six sections above and divide this number by 6.	9

WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- Describe the items that received a written policy score of 2 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1: Nutrition Education
	<i>None</i>
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
<i>SM2</i>	<i>Breakfast offered</i>
<i>SM7</i>	<i>Length of lunch periods</i>
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<i>NS4</i>	<i>Regulates food & beverage sold in vending machines</i>
	Section 4: Physical Education and Physical Activity
<i>PEPA 1</i>	<i>Phys. Ed. curriculum</i>
<i>PEPA 2</i>	<i>Curriculum aligned w/national standards</i>
<i>PEPA 3</i>	<i>PE promotes active lifestyle.</i>
<i>PEPA 13</i>	<i>Recess</i>
	Section 5: Wellness Promotion and Marketing
	<i>None</i>
	Section 6: Implementation, Evaluation & Communication

	None

SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The
 recommends working with key stakeholders and developing a plan to
 fully implement the policy as written.

- Enter the items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
NE1	Goals for nutrition ed.
NE2	Nutrition ed. teaches skills.
NE6	Nutrition ed. is integrated.
NE7	Nutrition ed. is linked to school environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	None
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS7	Fundraiser exemptions
NS12	Food not used as reward
	Section 4: Physical Education and Physical Activity
PEPA 4	PE time/week for ES
PEPA 14	Phys. activity breaks

	Section 5: Wellness Promotion and Marketing
	None
	Section 6: Implementation, Evaluation & Communication
	None

SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- Enter the items that received a written policy score of 0 or 1 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
	None
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	Compliance for reimbursable meals
SM3	Privacy of students
SM4	Unpaid student balances
SM5	Free/reduced lunch forms
SM6	↑ participation
SM8	Free water
SM9	Annual training
SM10	Purchasing local foods

	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1	Smart Snacks compliance
NS2	Smart Snacks standards
NS3	Regulates a la carte
NS5	Regulates vending machines
NS6	Fundraising w/ food
NS8	Foods containing caffeine
NS10	Nutrition standards for foods served after school day
NS11	Nutrition standards for foods sold after school day
NS13	Availability of water
PEPA 7	Qualifications for PE teacher
PEPA 8	PE Training for PE teachers
PEPA 9	PE student exemption
PEPA 12	Before & after school phys. activity
PEPA 15	Agreements for phys. activity
PEPA 16	Safe routes to school
	Section 5: Wellness Promotion and Marketing
WPM3	PE as a reward
WPM4	PE as punishment
WPM5	PE as punishment
WPM6	Marketing to promote healthy foods
WPM9	Marketing on ed. materials
WPM11	Marketing in school publications
	Section 6: Implementation, Evaluation & Communication
IEC1	District wellness committee
IEC2	Stakeholders
IEC3	Implementation & compliance
IEC4	Available to public
IEC5	Assessed once every 3 yrs.
IEC6	Triennial assessment avail. to public
IEC7	Plan for updating policy

SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- Enter the items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1: Nutrition Education
NE1	Goals aligned to wellness
NE2	Nutrition education teaches skills
NE3	All ES receive nutrition education
NE4	All MS receive nutrition ed.
NE5	All HS receive nutrition ed.
NE6	Nutrition ed. is integrated
NE7	Nutrition ed. is linked to school environment
NE8	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Nutrition ed. addresses agriculture
	None
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS7	Exemptions for fundraisers
NS9	Regulates food @ class parties
NS12	Food not being used as reward
	Section 4: Physical Education and Physical Activity
PEPA 5	Time for MS PE instruction
PEPA 6	Time for HS PE instruction
PEPA 10	PE substitution
PEPA 11	Family & community engagement
PEPA 14	Phys. activity breaks
	Section 5: Wellness Promotion and Marketing
WPM1	Staff modeling
WPM2	Employee wellness
WPM7	Restricts marketing to Smart Snacks
WPM8	Marketing on school equipment
WPM10	Marketing where food is purchased
WPM12	Marketing through fundraisers

	Section 6: Implementation, Evaluation & Communication
IEC8	School Bldg. Wellness Committee

WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

If applicable, write a narrative below to describe your district's areas of success in meeting its wellness goals.

The District offers free breakfast to all students in grades preschool-12. All students have at least 20 minutes to eat their lunch. The sale of vending machine food and beverages is regulated. The District uses a physical education curriculum aligned to National Standards and the physical education program promotes a healthy lifestyle. All ES students receive at least a 15 minute recess each school day.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

The District will establish goals for nutrition education as well as ensure that nutrition education is integrated and linked to the school environment. The District will identify the physical education time devoted to ES students per week and decide if physical activity breaks are feasible.



SECTION 3: UPDATE POLICIES

If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

The District will address the following items into its written policy: compliance for reimbursable meals; privacy of students; offering free water; annual training for food service staff; compliance with Smart Snacks; and regulating a la carte, vending machines sales, and fundraisers offering food.



SECTION 4: OPPORTUNITIES FOR GROWTH

If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

The District will update its current wellness policy to reflect the regulation of food at class parties and the establishment of goals aligned to wellness.