THE ASSESSMENT TOOL

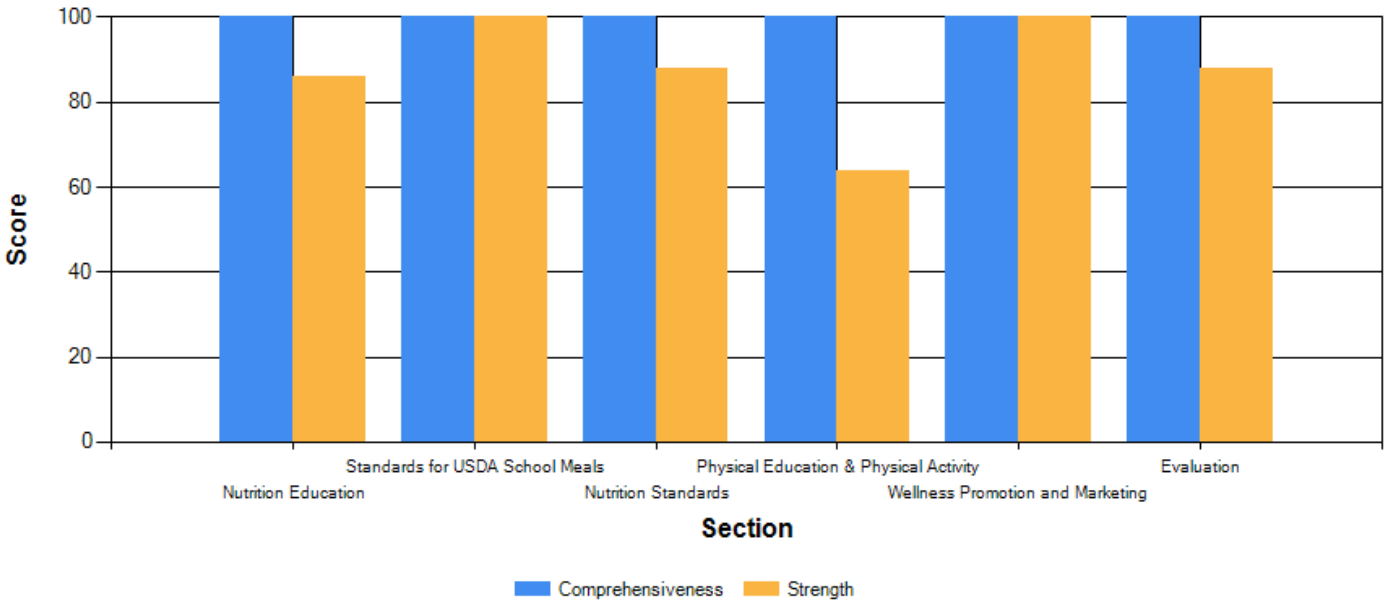
Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Triennial Wellness Plan Assessment 2024



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.	**2**
NE3	All elementary school students receive sequential and comprehensive nutrition education.	**2**
NE4	All middle school students receive sequential and comprehensive nutrition education.	**2**
NE5	All high school students receive sequential and comprehensive nutrition education.	**2**
NE6	Nutrition education is integrated into other subjects beyond health education	**2**
NE7	Links nutrition education with the school food environment.	**2**
Subtotal for Section 1	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	**100**
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	**86**

Click here for Nutrition Education Resources

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**
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**
Subtotal for Section 2	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 6 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	**100**
	Strength Score: Count the number of items rated as "2" and divide this number by 6 (the number of items in this section). Multiply by 100.	**100**

Click here for School Food Resources

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.	**2**
NS5	Regulates food and beverages sold in school stores.	**2**
NS6	Addresses fundraising with food to be consumed during the school day.	**2**
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	**2**
NS9	Regulates food and beverages **served** at class parties and other school celebrations in elementary schools.	**1**
Subtotal for Section 3	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in	**100**

	this section). Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	**88**

Click here for Nutrition Standards Resources

Section 4. Physical Education and 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.	**1**
PEPA5	Addresses time per week of physical education instruction for all middle school students.	**1**
PEPA6	Addresses time per week of physical education instruction for all high school students.	**1**
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.	**2**
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	**1**
Subtotal for Section 4	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 11 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	**100**
	Strength Score: Count the number of items rated as "2" and divide this number by 11 (the number of items in this section). Multiply by 100.	**64**

Click here for Resources on Physical Activity in Schools

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**

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**
Subtotal for Section 5	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 4 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	**100**
	Strength Score: Count the number of items rated as "2" and divide this number by 4 (the number of items in this section). Multiply by 100.	**100**

Click here for Wellness Promotion and Marketing Resources

Section 6. Implementation, Evaluation & 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:	**1**
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.	**2**
Subtotal for Section 6	**Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	**100**
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	**88**

Click here for Resources for Wellness Policy Development, Implementation and Evaluation

Overall District Policy Score

Total Comprehensiveness	**District Score**

Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	**100**
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	**District Score** **88**

Federal Requirement Farm to School CSPAP

Thank you for completing the WellSAT!

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