WellSAT: 3.0

Wellness School Assessment Tool

THE ASSESSMENT TOOL



Federal Requirement



NE1: Includes goals for nutrition education that are designed to promote student wellness.

Federal Rule language states that policies must include "specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness."

0	Either no goals for nutrition education are mentioned or policy clearly detracts from requirement
1	Any of the following:
	Nutrition education goal is implied
	 Policy only repeats the language of the federal wellness requirement regarding nutrition education
	 Policy only mentions "total learning environment" language and no other NE-related language included
	Examples:
^	"The district is committed to nutrition education"
	 "Includes goals for nutrition educationdesigned to promote student wellness in a manner that the local education agency deems is appropriate" (and no other NE goals are stated)
	"Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices."
(2)	Clear that there are specific goals for nutrition education.
	Example: "Nutrition lessons are integrated into the curriculum and the health education program."

0	Not mentioned
1	Nutrition education for development of behavioral skills is suggested.
	Specific skills are mentioned but none are required
	Skills based nutrition education is suggested outside the NE section of the policy
	Examples:
	 All students should have the skills necessary to make nutritious food choices."
•	 "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors."
(2)	Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness,
6	menu planning, reading nutrition facts labels).
	Examples:
	 "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning
	 "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label."
	 "Nutrition education will provide the knowledge and skills necessary to promote health."

NE3: All elemen schools).	stary school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have elementary
0	Not mentioned
(1)	Suggested. It is unclear if all elementary school students will receive nutrition education Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program.
2	Required. It is clear that all elementary students will receive sequential and comprehensive nutrition education Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)."

NE4: All m	NE4: All middle school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have middle schools).	
0	Not mentioned	
(1)	Suggested. It is unclear if all middle school students will receive nutrition education	
	Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program.	

	pirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004 states that all wellness policies must "provide an guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of
0	Not mentioned
1	Policy states that school meals will meet or are in compliance with USDA nutrition standards but does not link to or cite the nutrition standards
(2)	Example: "all foods sold/served on campus will meet USDA nutrition standards for school meals " USDA standards are included in the policy or a working link to the USDA website is provided
	Example: "Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast
	standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided)"

2: Addresses	: Addresses access to the USDA School Breakfast Program.	
0	Not mentioned	
1	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name Examples: • "The district shall make every effort to offer school breakfast."	
	"The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."	
(2)	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to USDA, School Breakfast Program of CFR Part 220). Example: "All schools will provide breakfast through the USDA School Breakfast Program."	

SM3: District takes steps to protect the privacy of students who qualify for free or reduced priced meals. The National School Lunch Act puts restrictions on how much information can be shared from participants. The United States Department of Agriculture states "school food authorities must assure that a child's eligibility status is not disclosed at any point in the process of providing free or reduced-price meals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service." N/A (district qualifies for community eligibility)

-	0	Not mentioned
	1	Vague/suggested Example: 'The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly
_	(2)	identified in any way." District has implemented plans to protect student privacy which include methods used (in addition to following relevant regulations)
		Example: "The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register."

0	Not mentioned
1	Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma
	Example: "Schools should avoid stigmatizing students who are unable to pay for their meal."
(2)	Requires that students with unpaid balances are given the regular reimbursable meal and not stigmatized Examples:
	 "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, usi hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance."
	 "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
	 "Schools will not throw away a student's meal because the student has an unpaid balance."
	 "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

SM5: Specifies how families are provided information about determining eligibility for free/reduced price meals.	
0	Not mentioned

SM9: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available at: https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf.

0	Not mentioned
	Training suggested, but unclear if USDA requirement is met Examples:
	 "All food service personnel will have adequate training in food service operations."
	 "All food service personnel shall receive pre-service training in food service operations."
2	It is clear that USDA requirement for training and/or continuing education is being met. Examples:
	 "The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours"
	 "All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs."

SM10: Addresses purchasing local foods for the school meals program. Procurement is one of the three components of the farm to school program. Procurement is defined as local foods that are purchased, promoted, and served in the cafeteria or as a snack or taste-test. USDA farm to ool program available at: https://www.fns.usda.gov/farmtoschool/farm-school

0	Not mentioned
0	Not mentioned
1	Mentions vague and/or suggested strategies
	Examples:
	 "Schools are encouraged to make available locally grown produce available."
_	 "Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."
(2)	Local foods will be purchased and promoted
	Examples:
!	 "School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices
	whenever possible and these foods will be promoted in the cafeteria."
	"Cafeteria will regularly provide taste tests for locally grown products."

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. The school day begins at midnight the night before and goes until 30 minutes after the final bell.

Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency."

0	Not mentioned
1	Vague and/or suggested. Any of the following:
	 Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that document compliance OR specify USDA Smart Snacks OR specify federal requirements.
	Lists some, but not all standards/ implies partial compliance
1	Requires Smart Snacks for foods or beverages, but not both.
	Examples:
	 "All foods sold to students outside of school meals shall meet district nutrition standards" (district nutrition standards do not meet Smart Snacks)
	 "All beverages sold must meet Smart Snack nutrition standards."

	Examples:
	 "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
	 "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)
(2)	Requires either of the following:
V	Smart Snacks
	 Competitive food and beverage sales are banned during the school day (or just vending machines)
	Examples:
	 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
	 "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
	 "All vending machines will be turned off during the school day."
	"No competitive foods or beverages may be sold during the school day."

0	Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraisin etc.)
1	Recommended or limited to either of the following:
	 School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or locations specific, subject to principal's discretion, or weakened by other exceptions
	School store nutrition standards are required, but do not meet the level of Smart Snacks.
	Examples:
	 "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juil may be sold." (requirements don't meet Smart Snacks)
(2)	Requires either of the following Smart Snacks or competitive food and beverage sales are banned during the school day (or just within school stores) Examples:
	 "It is the policy of the School District that all foods and beverages sold to students during the school day on any proper under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snack in School (Smart Snacks) nutrition standards."
	 "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
	 "This district does not allow for the operation of school stores until 30 minutes after the end of the school day."
	 "No competitive foods or beverages may be sold during the school day."



NS6: Addresses fundraising with food to be consumed during the school day.

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS6 should be coded as a 2. Smart Snacks applies to food and beverages sold as fundraiser during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers. The next variable (NS7) will capture whether or not those exemptions apply. Please indicate whether your district's nutrition standards apply to fundraising with food to be consumed during the school day here.

0	Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)
1	Recommended or limited to either of the following:

	 Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains).
	Examples:
	 "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards.
	 "The district will regulate all food and beverages served during classroom activities."
	 "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items."
/-2	No food is served during class celebrations.
	Examples:
	 "Classroom celebrations will focus on activities, rather than food. No food will be served."
	 "Due to concerns about food safety and foot allergies, children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom."

	ises nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grown school programming.	
0	Not mentioned or only mentions participate in a program (e.g., CACFP) without stating that program nutrition standards will be followed.	
1	Nutrition standards apply to before/aftercare, but they are weaker than CACFP or Smart Snack standards. Example: "Only healthy snacks will be served to students in after school programs."	
(2)	Requires that foods and beverages served to students in before/aftercare, whether run by the school or an outside party (e.g., YMCA) will meet CACFP nutrition standards OR Smart Snacks standards. Policy may state that one of these specific nutrition standards are followed, or may list the specific standards, providing evidence that they are followed. Example: "Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program."	

	s nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, school programming.
0	Not mentioned
1	Nutrition standards apply to extended day, but they are weaker than Smart Snack standards. Examples: "Only healthy snacks will be sold to children participating in on-site programs after school ends." "Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium."
2	Requires that foods sold during the extended school day meet or exceed Smart Snacks nutrition standards. Policy must either state that Smart Snacks or federal nutrition standards are used OR document compliance by providing a list of the nutrition standards. Examples: "Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition
	 standards." "All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day."

	Not mentioned OR only allows healthy food to be used as a reward.
(1)	Discourages food as a reward.
10	Examples:
	 "strongly discourage the use of food/beverages as a reward or punishment."
	 "will encourage non-food alternatives as rewards."
	"Food should not be used as a reward."
2	Prohibits food as a reward. Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or
	Individual(ized) Education Plans (IEP) still qualifies for a rating of "2."
	Examples:
	 "Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior
	"The use of food or candy as a classroom reward in any school is prohibited."
	"Schools will not use food or beverages as rewards for academic, classroom, or sports performances."

PEP	PEPA4: Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary schools in district.		
	0	Not mentioned	
	1	Vague and/or suggested OR requires less than 150 minutes/week of physical education. Examples: • "Elementary schools should provide 150 minutes per week of physical education instruction." • "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education."	
	2	Required. School district requires 150 minutes/week of physical education instruction for all elementary school students through the entire school year Example: "All elementary school students shall receive 150 minutes per week of physical education instruction throughout the school year."	

PAS: Address	ses time per week of physical education instruction for all middle school students. Use N/A if no middle schools in district.
0	Not mentioned
1	Vague and/or suggested OR requires less than 225 minutes/week of physical education Examples: "Middle schools should provide 225 minutes per week of physical education instruction."
	 "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education."
(2)	Required. Clear that school district requires 225 minutes/week of physical education instruction for all middle school students through the entire school year Example: "All middle school students shall receive 225 minutes per week of physical education instruction throughout the school
	year."

PEPA7: Addresses qualifications for physical education teachers for grades K-12.		
0	Not mentioned	
1	Vague and/or suggested	
(2)	Example: "Physical education should be taught by a licensed teacher." Required	
	Example: "Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education."	

	PEPA8: Addresses	providing physical education training for physical education teachers.
ľ	(0)	Not mentioned
	1	Vague and/or suggested

2	Required. Provision of physical activity classes, clubs, or interscholastic activities is required.	95
	Examples:	
	"Schools shall provide physical activity opportunities for all students before and after school in all elementary, middle	
	and high schools."	
	 "Physical activity clubs and intramurals shall be available during before and after-school hours." 	

0	Not mentioned
(1)	Either of the following:
	 School district suggests that recess be provided for all elementary school students. School district requires recess without including a required amount of minutes each day.
	Example: "Schools should provide students with opportunities for play when weather permits."
2	Required. Addresses at least 20 minutes of daily recess for all elementary school students
	Examples:
	 "Schools shall provide at least 20 minutes of active daily recess to all elementary school students."
	All schools are required to schedule 20 minutes of recess daily for every class in the school master schedule."

PEPA14: Add	dresses physical activity breaks during school.
0	Not mentioned
1	Vague and/or suggested: School district suggests physical activity breaks. Example: "Teachers should provide students with physical activity breaks."
2	Required. School district requires that all K-12 school students be provided with daily physical activity breaks during the school day. Examples: "Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily." "Schools must schedule a twenty minute mid-morning break each day to provide all students with physical activity
	opportunities."

0	Not mentioned
1	Vague or suggested: District encourages schools to enter into joint-use agreements for community use of school facilities and
	school use of community facilities for physical activity programming
	Example: "Schools should develop joint-use agreements in order to provide physical activity opportunities for community
	members at the school."
(2)	Required: District requires schools to enter into joint-use agreements for community use of school facilities and school use of
	community facilities for physical activity programming.
	Example: "All schools will develop joint-use agreements with community partners in order to provide expanded physical activit
	opportunities for all students and community members."

PEPA16:	: District a	ddresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
	0	Not mentioned
	1	Vague and/or suggested Example: "Schools should promote walking and biking to school."
	2	Required. Clear that school district requires school to develop an active transport program. Example: "Each school shall partner with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Safe Routes to School Program)."

WPM5: Addres	ses physical activity not being withheld as a punishment.
0	Not mentioned
1	Discourages withholding PA as a punishment Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."
(2)	Prohibits withholding PA as a punishment Example: "Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work."

WPM6: Specifies	s marketing to promote healthy food and beverage choices.
0	Not mentioned
1)	Vague or suggested Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school."
2	Required Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."

WPM7: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

chool marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trade marks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings and campus, outside and areas adjacent to school buildings, athletic fields, school buses, parking lots, or other facilities) and used at any time for school-related activities. Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity."

0	Not mentioned
1	Vague or suggested or restricts marketing to district nutrition standards that do not rise to the level of Smart Snacks
	Examples:
	 "Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds."
	 "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards do not meet Smart Snacks)
(2)	Restricts marketing of foods and beverages on the school campus, during the school day to those items that meet Smart Snacks
	Examples:
	 "School-based marketing shall be consistent with Smart Snacks nutrition standards."
	 "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards require Smart Snacks)

0	Not mentioned
 1	Restrictions are vague, suggested or weakened by exceptions such as time, location, or a principal's discretion.
	Example: "Display and advertising of unhealthful foods is strongly discouraged on school grounds."
2	Prohibits ALL advertising of food and beverages that cannot be sold during the school day/do not meet Smart Snack nutrition
	standards and specifically prohibits this advertising on school property (signs, banners, scoreboards, etc.) or will prohibit at time of
	renewal of sponsorship agreements.
	Examples:

Example: "Given concerns about student exposure to marketing, district schools will no longer participate in incentive programs that promote brands or provide children with free or discounted foods or beverages. PTA's will be asked to research new fundraising opportunities to replace programs such as McTeacher's night and Box Tops for Education."

C1: Addresses the establishment of an ongoing district wellness committee.

0	Not mentioned
1	Mentions a wellness committee, but it is unclear whether or not it is active
	Example: "The wellness committee met in September of 2012 to develop plans for policy implementation at the school level.
	School specific implementation plans can be found on each school's website."
(2)	Clearly states that the committee is ongoing and regular meetings occur
	Examples:
	"The district wellness committee meets four times a year."
	"The wellness committee meets quarterly throughout the school year."

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 welfness policy. Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy."

0	Not mentioned
1	Recommends that membership is open to the community, or requires less than all listed stakeholders
	Example: "Students, parents, staff and/or community members are welcome to join the committee."
2	States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives,
	school health professionals, school board members, administrators, members of the general public.
(Example: "A letter will be sent to the school community via email, and will be posted in a central area in all school buildings
	inviting members of the community to join the wellness committee. Parents, students, representatives of the school food
	authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included
	in the development, implementation, review and update of the wellness policy."

IEC3: Identifies the officials responsible for the implementation and compliance of the local wellness policy.

Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy."

0	Not mentioned
1	It is suggested, but not required, that a district level official be responsible for monitoring school-level compliance Examples:
	 "School principals should periodically update the superintendent on school level compliance with the district wellness policy."
	 "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy."
2	It is clear that a district level official (including the name and/or position of an individual) will be in charge of ensuring compliance
	at the building level.
	Examples:
	 "The assistant superintendent shall be responsible for ensuring that the wellness policy is implemented throughout district schools."
ļ	 "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance."

IEC4: Addresses making the wellness policy available to the public.

Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis."

	 "The wellness committee met to develop plans for policy implementation at the school level. School specific implementation plans can be found on each school's website." 	•
2	Clearly states that all schools in the district have a committee that is ongoing and regular meetings	
	Example:	
	 "The school wellness committee at each school in the district meets quarterly." 	