

# 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
NE1	Nutrition Education is designed to promote student wellness.
NE 2	Nutrition Education teaches skills that are behavior focused, interactive and/or participatory.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM8	Free drinking water is available during meals.
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
SM2	Addresses access to the USDA School Breakfast Program.
SM6	Specific strategies to includes participation in school meal programs.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1	Compliance with USDA Nutrition Standards (Smart Snacks) for all foods and beverages sold to students during the school day.
NS3	Regulates food and beverages sold in a la carte.
NS4	Regulates food and beverages sold in school stores.
NS2	USDA Smart Snack standards are easily accessed in the policy.
NS13	Addresses availability of free drinking water through the school day.
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA2	Written physical education curriculum for each grade is aligned with national state physical education standards.
PEPA4	Physical Education program promotes a physical active lifestyle.
PEPA13	Addresses recess for all elementary school students.

	Section 5: Wellness Promotion and Marketing
<b>WPM7</b>	Restricts marketing on the school campus during the school day to only foods and beverages that meet Smart Snack Standards.
	Section 6: Implementation, Evaluation & Communication
<b>IEC6</b>	Triennial assessment results will be made available to the public.

## 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. It is recommended to work with key stakeholders to develop 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
<b>NE3</b>	All elementary school students receive sequential and comprehensive nutrition education.
<b>NE4</b>	All middle school students receive sequential and comprehensive nutrition education.
<b>NE 5</b>	All high school students receive sequential and comprehensive nutrition education.
<b>NE7</b>	Links nutrition education with the school food environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
<b>SM1</b>	Assures compliance with USDA nutrition standards for reimbursable meals.
<b>SM7</b>	Addresses the amount of “seat time” students have to eat during meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<b>NS5</b>	Regulates food and beverages sold in school stores.
<b>NS6</b>	Addresses fundraising with food to be consumed during the school day.

<b>NS9</b>	Regulates food and beverages served at class parties and other school celebrations in elementary schools.
<b>NS11</b>	Addresses nutrition standards for all food and beverages sold to students after the school date.
<b>NS12</b>	Addresses food not being used as a reward.
	Section 4: Physical Education and Physical Activity
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high school students.
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.
<b>PEPA12</b>	Addresses before and after school physical activity.
<b>PEPA14</b>	Addresses physical activity breaks during school.
<b>PEPA16</b>	District addresses active transport (Safe Routes to Schools) for all K-12 students who live within walkable/bikeable distance.
	Section 5: Wellness Promotion and Marketing
<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.
<b>WPM2</b>	Addresses strategies to support employee wellness.
<b>WPM8</b>	Specifically addresses marketing on school property and equipment.
	Section 6: Implementation, Evaluation & Communication
<b>IEC2</b>	Addresses how all relevant stakeholders will participate in the development, implementation and periodic review and update of the local wellness policy.
<b>IEC3</b>	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
<b>IEC4</b>	Addresses making the wellness policy available to the public.
<b>IEC5</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years.
<b>IEC7</b>	Addresses a plan for updating policy based on results of the triennial assessment.

### 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
<b>NE8</b>	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
<b>SM3</b>	District takes steps to protect the privacy of students who qualify for free and reduced priced meals.
<b>SM4</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.
<b>SM10</b>	Addresses purchasing local foods for the school meal program.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
<b>PEPA10</b>	Addresses physical education substitution for all students.
<b>PEPA15</b>	Joint of shared-use agreements for physical activity participation at all schools.
	Section 5: Wellness Promotion and Marketing
<b>WPM3</b>	Addresses using physical activity as a reward.
<b>WPM4</b>	Addresses physical activity not being used as a punishment.
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.
<b>WPM9</b>	Specifically addresses marketing on educational materials.
<b>WPM10</b>	Specifically addresses marketing where food is purchased.
	Section 6: Implementation, Evaluation & Communication

## 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
<b>NE6</b>	Nutrition Education is integrated into other subjects beyond health education.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<b>NS10</b>	Addresses nutrition standards for all foods and beverages served to students after the school day.
	Section 4: Physical Education and Physical Activity
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.
<b>PEPA9</b>	Addresses physical education exemption for all students.
<b>PEPA11</b>	Addresses family and community engagement in physical activity opportunities at all schools.
	Section 5: Wellness Promotion and Marketing
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.
	Section 6: Implementation, Evaluation & Communication
<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.
<b>IEC1</b>	Addresses the establishment of an ongoing school building level wellness committee.