

# Local School Wellness Policy Annual Progress Report

3-27-2023

March, 2023- The WellSAT 3.0 Assessment Tool was completed in collaboration between the Director of Athletics and the Director of Food and Nutrition Services. The WellSAT 3.0 is a quantitative assessment tool to help score and improve local School Wellness Policy. Results of the assessment were shared with members of the Wellness Council and posted on the School District website for public view.

The overall District Wellness Policy score was divided into two categories, total comprehensiveness and total strength. Shoreline Public School District received a 62 for total comprehensiveness and a 41 for total strength. WellSAT 3.0 scores should not be interpreted like letter grades. When the tool was tested in 2018, in a sample of 50 schools from around the country, the average comprehensiveness score was 54 and the average strength score was 33. While there is definitely room for improvement, the Shoreline Public School District Wellness Policy scored above average in both categories.

Next steps are as follows:

- The Director of Food and Nutrition Services will work to revive the Wellness Council after the past few years of inactivity due to the Covid-19 pandemic.
- Once a roster of Wellness Council members has been established, the group will meet to review the results of the WellSAT 3.0. The group will then utilize the WellSAT-1 interview measures tool to assess the connection between policy and school practices.
- The Wellness Council will determine what pieces of the Wellness Policy need to be revised based on the information obtained from the WellSAT 3.0 and WellSAT-1 interview measures tool. Updates will be suggested by the Wellness Council to the Shoreline School District Board of Directors to ensure the Wellness Policy is compliant, at a minimum, with federal requirements.
- The additional task for the Wellness Council will be to explore the integration of staff wellness into the overall District Wellness Policy.