

THE ASSESSMENT TOOL

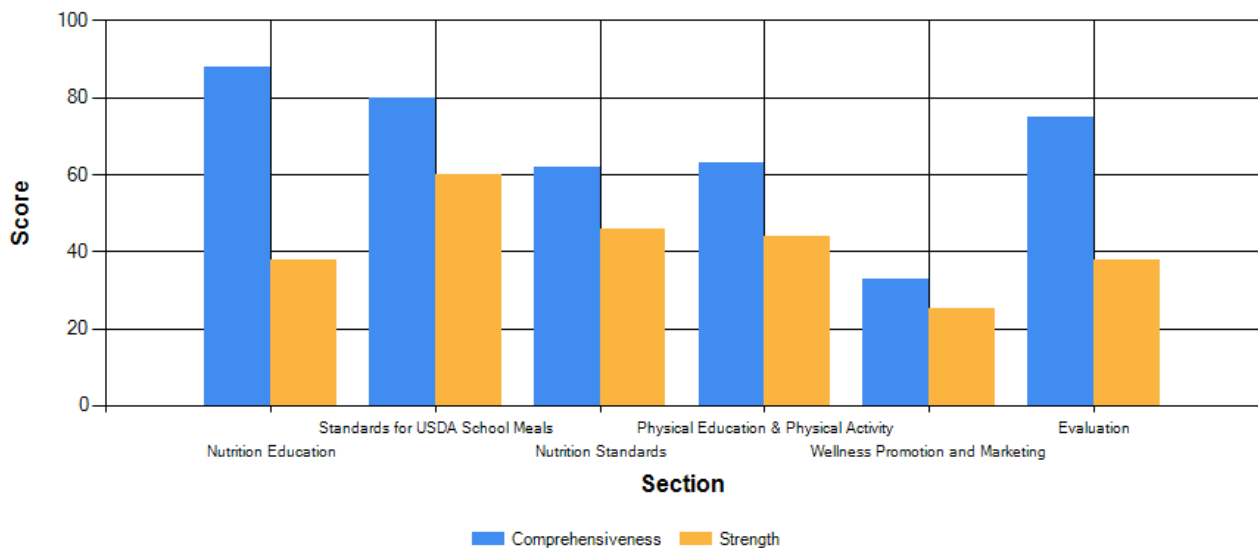
Your District's Scorecard

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: Wellness Audit 2022



Section 1. Nutrition Education

Rating






Item ID	Description	Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
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.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2

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" 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."	88
	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.	38

[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.	0
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	1
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	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.	1
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" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	80
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	60

[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
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NS2	USDA Smart Snack standards are easily accessed in the policy.	1
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.	0
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
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.	0
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	62
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	46

[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.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	1

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.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	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" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	63
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	44

[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.	1
WPM2	 Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	0
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.	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).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising	0

	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, such as Box Tops for Education).	
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	33
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	25

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	1
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.	1
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
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" 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."	75
	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.	38

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 67
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 42



Federal Requirement



Farm to School



CSPAP

Thank you for completing the WellSAT!

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[Export data from the current wellness policy assessment \(version 3.0 and WellSAT-I\)](#)

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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	Includes goals for nutrition education that are designed to promote student wellness. (FED)
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE6	Nutrition education is integrated into other subjects beyond health education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals. (FED)
SM8	Free drinking water is available during meals. (FED)
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.
SM6	Specifies strategies to increase participation in school meal programs.
SM7	Addresses the amount of "seat time" students have to eat school meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
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. (FED)
NS3	Regulates food and beverages sold in a la carte. (FED)
NS4	Regulates food and beverages sold in vending machines. (FED)
NS5	Regulates food and beverages sold in school stores. (FED)
NS6	Addresses fundraising with food to be consumed during the school day. (FED)
NS13	Addresses availability of free drinking water throughout the school day.
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
PEPA3	Physical education promotes a physically active lifestyle.
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.

PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
PEPA13	Addresses recess for all elementary school students.
Section 5: Wellness Promotion and Marketing	
WPM2	Addresses strategies to support employee wellness.
WPM4	Addresses physical activity not being used as a punishment.
WPM6	Specifies marketing to promote healthy food and beverage choices.
Section 6: Implementation, Evaluation & Communication	
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. (FED)
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy. (FED)
IEC4	Addresses making the wellness policy available to the public. (FED)

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 Connecticut State Department of Education (CSDE) 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
	NONE
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

	NONE
	Section 4: Physical Education and Physical Activity
	NONE
	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
NE5	All high school students receive sequential and comprehensive nutrition education
NE7	Links nutrition education with the school food environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals. (FED)
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. (FED)
SM2	Addresses access to the USDA School Breakfast Program.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

NS2	USDA Smart Snack standards are easily accessed in the policy.
NS8	Addresses foods and beverages containing caffeine at the high school level.
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.
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.
NS12	Addresses food not being used as a reward.
Section 4: Physical Education and Physical Activity	
PEPA4	Addresses time per week of physical education instruction for all elementary school students.
PEPA5	Addresses time per week of physical education instruction for all middle school students.
PEPA6	Addresses time per week of physical education instruction for all high school students.
PEPA8	Addresses providing physical education training for physical education teachers
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bike able distance.
Section 5: Wellness Promotion and Marketing	
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.(FED)
WPM5	Addresses physical activity not being withheld as a punishment.
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
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).
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).
Section 6: Implementation, Evaluation & Communication	
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years. (FED)
IEC1	Addresses the establishment of an ongoing district wellness committee.
IEC8	Addresses the establishment of an ongoing school building level wellness committee.

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
NE3	All elementary school students receive sequential and comprehensive nutrition education.
NE4	All middle school students receive sequential and comprehensive nutrition education.
NE8	Nutrition education addresses agriculture and the food system
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM10	Addresses purchasing local foods for the school meals program.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. (FED)
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.
	Section 4: Physical Education and Physical Activity
PEPA14	Addresses physical activity breaks during school.
	Section 5: Wellness Promotion and Marketing
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
WPM3	Addresses using physical activity as a reward.
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
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, such as Box Tops for Education).
	Section 6: Implementation, Evaluation & Communication

IEC6	Triennial assessment results will be made available to the public and will include: (FED) 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.
IEC7	Addresses a plan for updating policy based on results of the triennial assessment. (FED)

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.

Overall, approximately forty-two (42) percent of our policy and practices align strongly. With respect to Federal Requirement, we have strong alignment with sixty-one (61) percent between policy and practice. Also, the Standards for USDA Child School Meals are strongly met.



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.

We identified through the assessment that our policy addressing how to handle feeding children with unpaid meal balance without stigmatizing them needs to be updated to meet the Federal requirements. The district will work with staff to update and implement this policy. We have also identified through our assessment that our written policy does not fully support our practices. We have met approximately eight-two (82) percent of the required practices but see that forty-two (42) percent of our policy had weak or no language to support these practices. To remedy this, we will work on updating our policy to reflect our practices. Another area of focus will be on the Promotion and Marketing Section of the assessment. We will work on adding the missing topics to our wellness policy and work with staff on the implementation of these practices.



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 wellness assessment identified that there are twenty-six (26) areas where we are fully implementing wellness practices in our schools that are either (1) not mentioned in our wellness policy, or (b) vaguely mentioned in our policy. Four (4) of these items are federal requirements they are the District taking steps to protect the privacy of students who qualify for free or reduced priced meals, ensuring annual training for food and nutrition services staff in accordance with USDA Professional Standards, restrict marketing on the school campus during the school day to only those foods and beverages that meet Smart Snack standards and addressing the assessment of district implementation of the local wellness policy at least once every three (3) years. To remedy this, or wellness staff will work during the 2022-2023 school year to update our wellness Policy. Once completed we will present it to the Superintendent to review and present the updated policy to the Board of Education.



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.

There are several best practices that we have not yet implemented in our practices or written in our policy. These include areas covered under the Wellness Promotion and Marketing Section along with when and what items can be severed to students during the school day. Our wellness committee will look into these items during the 2022-2023 school year and determine whether we have the resources and support to take on these goals this upcoming school year.