

# Your District's Scorecard

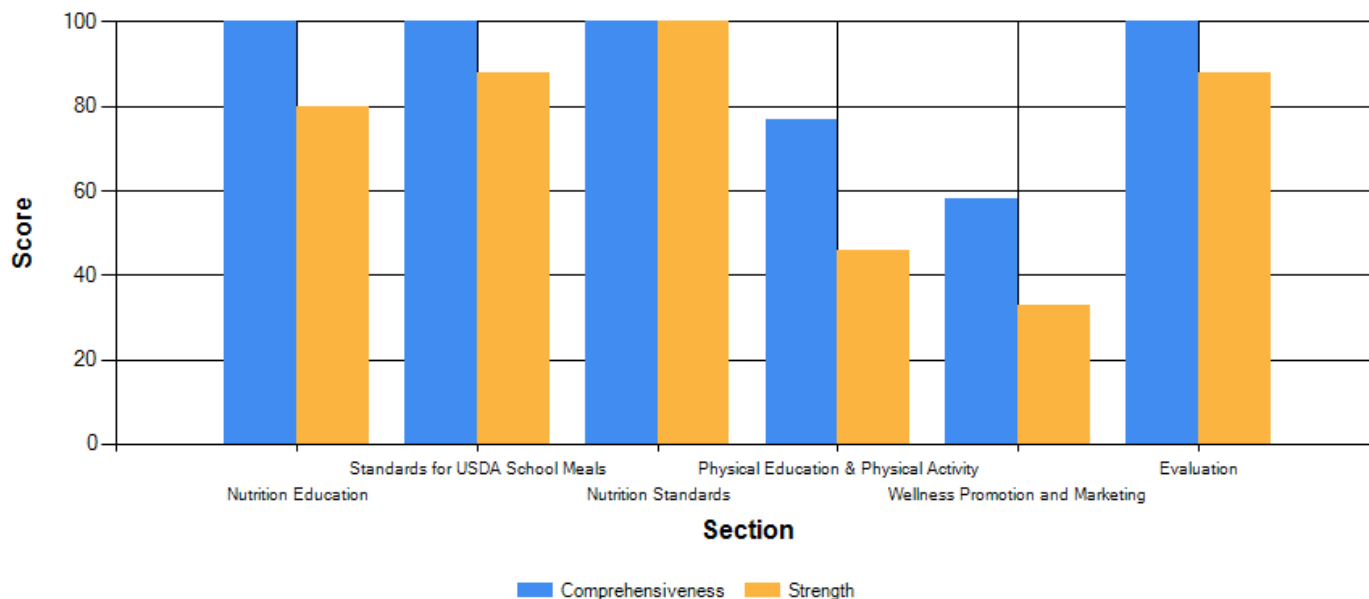
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness 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: FUHSD Triennial Assesment 6/2023 FREMONT UNION HIGH**



## Section 1. Nutrition Education





Rating

<b>NE1</b>	 Includes goals for nutrition education that are designed to promote student wellness.	<b>2</b>
<b>NE5</b>	All high school students receive sequential and comprehensive nutrition education.	<b>2</b>
<b>NE6</b>	Nutrition education is integrated into other subjects beyond health education	<b>2</b>
<b>NE7</b>	Links nutrition education with the school food environment.	<b>2</b>
<b>NE8</b>	 Nutrition education addresses agriculture and the food system.	<b>1</b>
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	<b>80</b>

[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
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.	1
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
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>88</b>

[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 <b>sold</b> 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
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>100</b>

[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
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	Addresses providing physical education training for physical education teachers.	2
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.	1
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.	2
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in	<b>77</b>

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 13 (the number of items in this section). Multiply by 100.

**46**

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing







Rating

<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>2</b>
<b>WPM2</b>	 Addresses strategies to support employee wellness.	<b>0</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>0</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>0</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>0</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>2</b>
<b>WPM7</b>	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>2</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>1</b>
<b>WPM10</b>	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).	<b>0</b>
<b>WPM11</b>	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).	<b>1</b>
<b>WPM12</b>	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).	<b>1</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> 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."	<b>58</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>33</b>

[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.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
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
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>88</b>

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

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>89</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>73</b>

## FUHSD Model Wellness Policy Comparison Results

Component	Description
<b>Tool used for Model LSWP Comparison:</b>	WellSAT 3.0 School Assessment Tool
<b>Areas of Strength:</b>	1. Compliance with Nutrition Education Standards
	2. Compliance with Nutrition Standards for competitive and other foods and beverages
	3. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school lunch and breakfast programs.
<b>Opportunities for Improvement</b>	1. More specific language can be added for physical education and physical activity to address physical education exemptions, substitutions and physical activity breaks
	2. Wellness policy language can be more specific to include physical activity not being withheld as a punishment and not being used as a punishment
<b>As a result of the comparison, was new language adopted in the LSWP?</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>If yes, briefly describe what was adopted (include page numbers for new language if possible)</b>	N/A
<b>Describe next steps for strengthening your LSWP.</b>	The district's wellness policy is strong but may need minor tweaks in language.

## FUHSD Extent of Compliance for All Schools with the LSWP

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
<p style="text-align: center;"><b>Nutrition Education Requirements(s)</b></p> <p>Nutrition education are taught using evidence-based curricula that are aligned with the National Health Education Standards.</p>	0/5	0/5	5/5
<p style="text-align: center;"><b>Nutrition Promotion Requirements(s)</b></p> <p>The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out of school time/and before and after school) and will encourage participation in school meal programs.</p>	0/5	0/5	5/5
<p style="text-align: center;"><b>Physical Activity Requirement(s)</b></p> <p>All schools within the district will provide quality physical education curriculum that promotes optimum physical, mental and social development, and retain qualified trained teachers to teach physical activity</p>	0/5	0/5	5/5
<p style="text-align: center;"><b>Other Student Wellness Requirements(s)</b></p> <p>The district aims to provide a comprehensive program promoting healthy eating and physical activity to the students. This approach includes supporting students through health services, School Nurse specialists, Counselling and Psychological services and community involvement.</p>	0/5	0/5	5/5
<p style="text-align: center;"><b>Federal/State Meal Standards</b></p> <p>All schools within the district will participate in federal school Nutrition Programs, including National School Lunch Program (NSLP) and School Breakfast Program (SBP)</p>	0/5	0/5	5/5
<p style="text-align: center;"><b>Food and Beverage Marketing</b></p> <p>The district/board of trustees will prohibit marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.</p>	0/5	0/5	5/5

## Progress in Reaching LSWP Goals Template

<b>Goal</b> As defined by your LSWP	<b>Was the Goal Met?</b> Yes/ Partially/ No	<b>What Was Achieved?</b> Describe how you achieved this goal
<b>Nutrition Promotion Goal(s)</b>	Yes	Farm to school program was initiated and local farm fresh produce was offered on the menu. Tastings of menu items was also done to promote nutrition and messaging. We also have a district wide student nutrition committee that supports and promotes nutrition education goals.
<b>Physical Activity Goal(s)</b>	Yes	All schools have PE classes, safe routes to schools and offer physical activity breaks
<b>Other student wellness Goal(s)</b>	Yes/ in progress	All schools have access to qualified medical professionals. Nurses, wellness counsellors. Wellness spaces have also been created in Fall 2023.
<b>Additional Goals- Continue to increase student involvement in Nutrition promotion and messaging</b>	In progress	The student Nutrition Committee has been in its second year and we continue to take bigger strides in involving students in menu creation and understanding of the nutrition services program.



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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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