



## WELLSAT 3.0 SCORECARD RECOMMENDATIONS Creighton Elementary School District

Date 4/29/2024



Denotes a federal Local Wellness Policy requirement.

Congratulations on completing the AZ Health Zone's WellsAT review of your district's wellness policy! *This review compared your policy against a model wellness policy and found it to be developing.* These recommendations are organized by topic and suggest ways to make your policy align even more with practices known to improve student wellness. Because every district is unique, we hope that you can choose from these suggestions in a way that works for your community.

### Nutrition Education


Consider whether any of the following would enhance your policy:

- *Sequential, comprehensive nutrition education is provided to all grades, K-8, or to all students in a specific grade level (ex. elementary).*
- How nutrition education *links to the school food environment.*
- The district provides *education around the local food system* (ex. gardening).

### Standards for USDA Child Nutrition Programs & School Meals

Simply adding this web link for the [Nutrition Standards for the National School Lunch and School Breakfast Programs](#) can enhance transparency to families and staff.

If applicable, consider adding that all district schools participate in the *USDA's Breakfast Program* and/or *any local food procurement used by the district.*

If the district is community eligible, that language could enhance the policy. If not, can any of these be added: *steps the District takes to protect the privacy of students who qualify for free or reduced priced lunch (FRPL)* , *how families are provided FRPL information,* and/or *how unpaid meal balances are handled*  *without stigmatizing students?*

Consider including *the amount of seated time students have for school meals* and the availability of *free drinking water during meals and throughout the day.*

If cafeteria staff receive *annual training consistent with the USDA standards,* this can be added to the policy to let families know.

### Nutrition Standards for Competitive and Other Foods & Beverages

Adding this web link for the [USDA Smart Snack Guidelines](#) can increase transparency to families and staff.

The district may wish to add *Smart Snacks Standards for all foods and beverages served or sold before and after school*, and/or *limit exemptions for fundraisers*.

Where feasible, the district may wish to add language to describe:

### Physical Education (PE) & Physical Activity

- The use of a *written, standards-based PE curriculum*.
- The *time per week that students at each grade level have for PE*.
- Any *certification requirements and/or training requirements* for PE teachers.
- *Limitations on PE exemptions and substitutions* (ex. no course substitutions for PE).
- *Physical activity breaks ("brain" breaks) during school*, and/or *family engagement opportunities* in physical activities with students.

### Wellness Promotion & Marketing

The district may wish to *encourage teachers and staff to model healthy eating and physical activity* for students, and/or *describe any staff wellness programs*.

The policy can better meet federal guidelines if it specifies that *food and beverage marketing must meet Smart Snack guidelines* on school property, in educational materials, where food is purchased, in school media, and/or in fundraisers.

### Implementation, Evaluation & Communication



To meet federal and state requirements, the district may wish to add (1) that a *triennial assessment compares the policy against a model policy* (this WellSAT meets this requirement!) and (2) *how the written policy and assessment results are made available to the public*.

Does the district have a *Wellness Committee*? A committee or team can be very helpful when developing and implementing the policy.