



## WELLSAT 3.0 SCORECARD RECOMMENDATIONS

### Balz Elementary School District

Date | 9/26/2024



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**.* The recommendations below are organized by topic and suggest ways to make your policy align even more with federal requirements—and 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.

As you review page 1 of the Policy, *consider how Balsz ESD can make this policy unique.*

#### Nutrition Education

This is already a strong section! Consider adding language about any *ways that nutrition education is linked to core subjects* (ex., science), and/or *addresses the larger food system* (ex., a school garden).

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

Adding this web link for the [Nutrition Standards for the National School Lunch and School Breakfast Programs](#) can increase clarity and transparency.

If the district is community eligible, consider adding that language to the policy. If not, can you include *specific steps the district takes to protect the privacy of students who qualify for free or reduced priced meals (FRPL), how unpaid meal balances are handled without stigmatizing students, and/or how families are provided information about FRPL?*

Can you add the actual *amount of seat time* provided to eat lunch (ex., 20 minutes)?



Consider adding *annual training for food service staff* aligned with the USDA's professional standards.

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

Adding this web link for the [USDA Smart Snack Guidelines](#) would increase clarity.

Balsz may also wish to *add Smart Snack Standards for food and drink sold after school and extend the availability of free drinking water to throughout the entire school day.*

## Physical Education (PE) & Physical Activity

Where feasible, consider adding language to:

- Specify the *amount of PE (weekly minutes or semesters)* for each grade level.
- Describe any use of a *written, standards-based PE curriculum*.
- Specify *qualifications for PE teachers* and/or *PE training for PE teachers*.
- *Minimize PE exemptions* and substitutions.
- Specify the *amount of time provided (ex., 20 min) for recess* for elementary students.
- *Promote family & community engagement in physical activity* at school-run events.




## Wellness Promotion & Marketing

Federal law requires that policies specify that food and beverage marketing during the school day will *meet Smart Snacks guidelines*. Consider adding that this marketing includes messaging *on school property, educational materials, in school media, where food is purchased, and/or in fundraisers*.

Can the district add language to encourage teachers and staff to *model physical activity as well as healthy eating*?

## Implementation, Evaluation & Communication

Federal law requires including these items currently missing from the policy:

-  *How all members of the school community (ex., families, teachers, students, staff) are invited to participate* in the Local Wellness Policy process.
-  *How the actual wellness policy is made available to the public* (ex., listing the district website link for the policy).
-  That *the triennial policy assessment will include comparison against a model policy* (this WellSAT meets that requirement!).

The district may also wish to add language to establish an *active district wellness committee*.