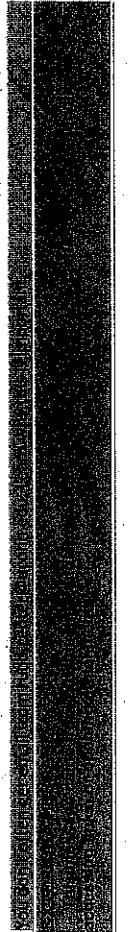


Mitchell, Lisa

From: Rudd.Center@Uconn.edu  
Sent: Wednesday, November 13, 2024 2:00 PM  
To: Mitchell, Lisa  
Subject: School Wellness Policy Web Site Assessment Scores



## 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.

**Policy Name: Wellness 24**

### Section 1. Nutrition Education

|     |                                                                                                                           | Rating |
|-----|---------------------------------------------------------------------------------------------------------------------------|--------|
| NE1 | <input checked="" type="checkbox"/> Includes goals for nutrition education that are designed to promote student wellness. | 1      |
| NE2 | Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.                          | 1      |
| NE3 | All elementary school students receive sequential and comprehensive nutrition education.                                  | 0      |
| NE4 | All middle school students receive sequential and comprehensive nutrition education.                                      | 0      |
| NE5 | All high school students receive sequential and comprehensive nutrition education.                                        | 0      |
| NE7 | Links nutrition education with the school food environment.                                                               | 2      |

|                        |                                                                                                                                                                                                                |    |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| NES                    | <input checked="" type="checkbox"/> Nutrition education addresses agriculture and the food system.                                                                                                             | 1  |
| Subtotal for Section 1 | <b>Comprehensiveness Score</b><br>Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0". | 57 |
|                        | <b>Strength Score</b><br>Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.                                                            | 14 |

[Click here for Nutrition Education Resources]

### Section 2. Standards for USDA Child Nutrition Programs and School Meals

|                        |                                                                                                                                                                                                                |    |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| SM1                    | <input checked="" type="checkbox"/> Assures compliance with USDA nutrition standards for reimbursable school meals.                                                                                            | 2  |
| SM2                    | Addresses access to the USDA School Breakfast Program.                                                                                                                                                         | 2  |
| SM6                    | Specifies strategies to increase participation in school meal programs.                                                                                                                                        | 0  |
| SM7                    | Addresses the amount of "seat time" students have to eat school meals.                                                                                                                                         | 0  |
| SM8                    | <input checked="" type="checkbox"/> Free drinking water is available during meals.                                                                                                                             | 2  |
| SM9                    | <input checked="" type="checkbox"/> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.                                                              | 2  |
| SM10                   | <input checked="" type="checkbox"/> Addresses purchasing local foods for the school meals program.                                                                                                             | 1  |
| Subtotal for Section 2 | <b>Comprehensiveness Score</b><br>Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0". | 71 |
|                        | <b>Strength Score</b><br>Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.                                                            | 57 |

[Click here for School Food Resources]

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

|                      |                                                                                                                                                                                                                                                                                                                                                                                      | Rating |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| NS1                  | <input checked="" type="checkbox"/> 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      |
| NS2                  | USDA Smart Snack standards are easily accessed in the policy.                                                                                                                                                                                                                                                                                                                        | 1      |
| NS3                  | <input checked="" type="checkbox"/> Regulates food and beverages sold in a la carte.                                                                                                                                                                                                                                                                                                 | 1      |
| NS4                  | <input checked="" type="checkbox"/> Regulates food and beverages sold in vending machines.                                                                                                                                                                                                                                                                                           | 1      |
| NS5                  | <input checked="" type="checkbox"/> Regulates food and beverages sold in school stores.                                                                                                                                                                                                                                                                                              | 1      |
| NS6                  | <input checked="" type="checkbox"/> Addresses fundraising with food to be consumed during the school day.                                                                                                                                                                                                                                                                            | 1      |
| NS7                  | Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.                                                                                                                                                                                                                                                                               | 1      |
| NS8                  | Addresses foods and beverages containing caffeine at the high school level.                                                                                                                                                                                                                                                                                                          | 1      |
| NS9                  | <input checked="" type="checkbox"/> 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.                                                                                                                                                                                               | 1      |
| 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.                                                                                                                                                                                                 | 1      |
| NS12                 | Addresses food not being used as a reward.                                                                                                                                                                                                                                                                                                                                           | 1      |
| NS13                 | Addresses availability of free drinking water throughout the school day.                                                                                                                                                                                                                                                                                                             | 1      |
| School for Section 3 | <p><b>Comprehend and Score:</b><br/>Count the number of nutrition-related standards met by the school, multiply by 22 (the number of items in this section), multiply by 100 to produce a percentage (range 0-100).</p> <p><b>Strength Score:</b><br/>Count the number of items rated as 1, and divide this number by 13 (the number of items in this section), multiply by 100.</p> | 100    |

### Section 4. Physical Education and Physical Activity

|                      |                                                                                                                                                                      | Rating |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| PEPA1                | <input checked="" type="checkbox"/> There is a written physical education curriculum for grades K-12.                                                                | 1      |
| PEPA2                | The written physical education curriculum for each grade is aligned with national and/or state physical education standards.                                         | 1      |
| PEPA3                | Physical education promotes a physically active lifestyle.                                                                                                           | 1      |
| 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.                                                                            | 1      |
| 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.                                                                                     | 1      |
| PEPA9                | Addresses physical education exemption requirements for all students.                                                                                                | 1      |
| PEPA10               | Addresses physical education substitution for all students.                                                                                                          | 1      |
| PEPA11               | <input checked="" type="checkbox"/> Addresses family and community engagement in physical activity opportunities at all schools.                                     | 1      |
| PEPA12               | <input checked="" type="checkbox"/> Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. | 1      |
| PEPA13               | Addresses recess for all elementary school students.                                                                                                                 | 1      |
| PEPA14               | <input checked="" type="checkbox"/> Addresses physical activity breaks during school.                                                                                | 1      |
| PEPA15               | Joint or shared-use agreements for physical activity participation at all schools.                                                                                   | 1      |
| School for Section 4 | <p><b>Comprehend and Score:</b><br/>Count the number of standards met by the school, multiply by 15 (the number of items in this section), multiply by 100.</p>      | 100    |

|                                                                                                                                                      |   |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| <b>Strength Score</b><br>Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100. | 0 |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---|

[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.                                                                                                                                                                                                        | 0      |
| WPM2  | <input checked="" type="checkbox"/> Addresses strategies to support employee wellness.                                                                                                                                                                                           | 1      |
| WPM3  | Addresses using physical activity as a reward.                                                                                                                                                                                                                                   | 0      |
| WPM4  | Addresses physical activity not being used as a punishment.                                                                                                                                                                                                                      | 1      |
| WPM5  | Addresses physical activity not being withheld as a punishment.                                                                                                                                                                                                                  | 1      |
| WPM6  | Specifies marketing to promote healthy food and beverage choices.                                                                                                                                                                                                                | 1      |
| WPM7  | <input checked="" type="checkbox"/> Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.                                                                                                           | 2      |
| WPM8  | Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).                                                                                                                                                                  | 1      |
| 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).                                                                              | 1      |
| 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). | 1      |
| WPM12 | Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or                                                                                               | 1      |

|                               |                                                                                                                                                                                                                 |    |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
|                               | 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>Subtotal for Section 5</b> | <b>Comprehensiveness Score</b><br>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". | 75 |
|                               | <b>Strength Score</b><br>Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.                                                            | 8  |

[Click here for Wellness Promotion and Marketing Resources]

## Section 6. Implementation, Evaluation & Communication

|                               |                                                                                                                                                                                                                                                                                                                                                                                              | Rating |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| IEC1                          | Addresses the establishment of an ongoing district wellness committee.                                                                                                                                                                                                                                                                                                                       | 2      |
| IEC2                          | <input checked="" type="checkbox"/> 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                          | <input checked="" type="checkbox"/> Identifies the officials responsible for the implementation and compliance of the local wellness policy.                                                                                                                                                                                                                                                 | 2      |
| IEC4                          | <input checked="" type="checkbox"/> Addresses making the wellness policy available to the public.                                                                                                                                                                                                                                                                                            | 2      |
| IEC5                          | <input checked="" type="checkbox"/> Addresses the assessment of district implementation of the local wellness policy at least once every three years.                                                                                                                                                                                                                                        | 2      |
| IEC6                          | <input checked="" type="checkbox"/> Triennial assessment results will be made available to the public and will include:                                                                                                                                                                                                                                                                      | 2      |
| IEC7                          | <input checked="" type="checkbox"/> 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><br>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".                                                                                                                                                                               | 100    |

|                                                                                                                                                     |     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>Strength Score</b><br>Count the number of items rated as "3" and divide this number by 6 (the number of items in this section). Multiply by 100. | 100 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----|

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

## Overall District Policy Score

|                                                                                                                                    |                             |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>Total Comprehensiveness</b><br>Add the comprehensiveness scores for each of the six sections above and divide this number by 6. | <b>District Score</b><br>84 |
| <b>Total Strength</b><br>Add the strength scores for each of the six sections above and divide this number by 6.                   | <b>District Score</b><br>31 |

☒ Federal Requirement ☒ Farm to School ☒ CSPAP