WellSAT

Your District's Scorecard

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Policy Assessment Name: JCCS 2025-2026 (2/2026)

District Name: SANTA BARBARA COUNTY OFFICE OF EDUCATION

Congratulations! You have completed the *WellSAT Policy Assessment*. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements		Rating
FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2

FR4	Free drinking water is available during meals.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	1
FR7	Regulates food and beverages sold in a la carte.	1
FR8	Regulates food and beverages sold in vending machines.	2
FR9	Regulates food and beverages sold in school stores.	2
FR10	Addresses fundraising with food to be consumed during the school day.	1
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2

FR13	Addresses how all relevant groups will participate.	1
FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	1
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	1

Section 2. Nutrition Environment and Services

		Rating
NES1	Addresses access to the USDA School Breakfast Program.	2

NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	NA
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	NA
NES4	Specifies strategies to increase participation in school meal programs.	2
NES5	Specifies marketing to promote healthy food and beverage choices.	1
NES6	Addresses the amount of “seat time” students have to eat school meals.	2
NES7	Addresses purchasing local foods for the school meals program.	0
NES8	USDA Smart Snack standards are easily accessed in the policy.	2
NES9	Exemptions for infrequent school-sponsored fundraisers.	2

NES10	Addresses foods and beverages containing caffeine at the high school level.	0
NES11	Addresses nutrition standards for all foods and beverages **served (not sold)** to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	0
NES12	Addresses nutrition standards for all foods and beverages **sold (not served)** to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	2
NES14	Addresses availability of free drinking water throughout the school day.	2

Section 3. Nutrition Education

		Rating
NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE2	All elementary school students receive sequential and comprehensive	2

	nutrition education.	
NE3	All middle school students receive sequential and comprehensive nutrition education.	2
NE4	All high school students receive sequential and comprehensive nutrition education.	2
NE5	Nutrition education is integrated into other subjects beyond health education.	2
NE6	Links nutrition education with the food environment.	2
NE7	Nutrition education addresses agriculture and the food system.	1

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.	1

PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	1
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	1

PEPA12	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	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.	1
PEPA17	Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	2
PEPA19	Addresses physical activity not being withheld as a punishment.	2

Section 5. Employee Wellness Rating

EW1	Addresses strategies to support employee wellness.	2
EW2	Encourages staff to model healthy eating and physical activity behaviors.	2

Section 6. Integration and Coordination

		Rating
IC1	Addresses the establishment of an ongoing district wellness committee.	2
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	2

Overall District Policy Score

Total Comprehensiveness	District Score 93
Total Strength	District Score 71

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