

**Weldon City Schools  
2025-2026 Local Health and Wellness Policy Review**

OK	Improvement Needed
A, C, G, H, I	B, E, F

**Overall Summary**

Weldon City Schools' Student Wellness Policy is **highly comprehensive and largely compliant with federal and state requirements**. It demonstrates **strong alignment with SHLT-000** and **incorporates most components of the Whole School, Whole Community, Whole Child (WSCC) framework**. The policy generally performs stronger on comprehensiveness than enforceability, with several areas relying on recommended rather than mandatory language.

**Section-by-Section Snapshot**

<p><b>A. School Health Advisory Council (SHAC)</b></p> <p>Rating: Strong (2/2)</p> <p>Clearly establishes SHAC membership, responsibilities, reporting, and advisory authority.</p> <p>Aligns directly with SHLT-000 requirements for WSCC representation and public reporting.</p> <p><b>✓ WellSAT Federal Requirements (FR13, FR14) fully met.</b></p>
<p><b>B. Nutrition Promotion &amp; Education</b></p> <p>Rating: Moderate–Strong (1–2)</p> <p>Nutrition education embedded in Healthful Living curriculum.</p> <p>Strong encouragement of family and community engagement.</p> <p><b>Some goals are aspirational (“should,” “encourages”) rather than enforceable.</b></p> <p><b>➤ Strength could improve by specifying required instructional methods and evaluation metrics.</b></p>
<p><b>C. Nutrition Standards &amp; Food Environment</b></p> <p>Rating: Strong (2/2)</p> <p>Clear compliance with Smart Snacks, competitive foods, fundraisers, and marketing restrictions.</p> <p>Strong, enforceable language (“must comply,” “shall”).</p> <p><b>✓ Meets WellSAT FR6–FR12 and NES standards.</b></p>
<p><b>D. Physical Education &amp; Physical Activity</b></p> <p>Rating: Strong (2/2)</p> <p>Specifies required PE minutes by grade span.</p> <p>Explicit daily physical activity requirement (30 minutes K–8).</p> <p>Prohibits withholding or using physical activity as punishment.</p> <p><b>✓ Exceeds minimum SHLT-000 expectations.</b></p>
<p><b>E. Other School-Based Wellness Activities</b></p> <p>Rating: Moderate (1–2)</p>

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Addresses water access, meal environment, non-food rewards, and role modeling.

**Lacks enforcement or monitoring mechanisms for some items (e.g., meal time adequacy).**  
**➤ Could be strengthened with accountability language.**

**F. Employee Wellness**

Rating: Moderate (1)

Encourages physical activity and healthy environments for staff.

**Limited specificity or required actions.**  
**➤ WellSAT Employee Wellness section would score higher with defined programs or metrics.**

**G. Implementation, Reporting & Review**

Rating: Strong (2/2)

Clearly designates oversight, annual reporting, and triennial assessment.

**Aligns fully with USDA Local Wellness Policy Final Rule.**  
**✓ Meets WellSAT FR16–FR18.**

**H–I. Public Notification & Recordkeeping**

Rating: Strong (2/2)

**Policy availability, public reporting, and documentation requirements are clearly stated and enforceable.**

Key Takeaways

**Strengths**

- Strong legal compliance
- Clear PE/PA requirements
- Robust SHAC structure
- Thorough monitoring and reporting framework

**Primary Opportunities for Improvement**

- Replace “encouraged” language with “shall” or “will” in nutrition education and employee wellness
- Add measurable outcomes for wellness promotion activities
- Expand mental and behavioral health integration (beyond references)