Practice Assessment: 25-26SY (11/2025)
District: ST. CLOUD PUBLIC

Congratulations! You have completed the WellSAT Policy Assessment and the WellSAT Practice Assessment. You can see your Policy and Practice scores for each item below. Each pair of responses is compared and linked to an outcome. These are explained below.

☆ **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited

Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

Section 1. Federal Requirements		**Policy Score**	**Practice Score**	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	**2**	**2**	☆
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	**1**	**2**	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	**1**	**2**	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	**2**	**2**	☆
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	**2**	**2**	☆

FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	**2**	**2**	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	**2**	**2**	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	**2**	**2**	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	**2**	**2**	
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	**2**	**2**	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**2**	**1**	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	**2**	**2**	
FR13	Which groups are represented on the district-level wellness committee?	**2**	**1**	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	**2**	**1**	
FR15	How is the wellness policy made available to the public?	**2**	**2**	
FR16	Is wellness policy implementation evaluated every three years?	**2**	**2**	
FR17	What is included in the triennial assessment report to the public?	**2**	**2**	

FR18	Has the wellness policy been revised based on the previous triennial assessment?	**2**	**1**	
Section 2. Nutrition Environment and Services		**Policy Score**	**Practice Score**	
NES1	Does the district offer breakfast every day to all students?	**2**	**2**	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	**2**	**2**	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	**2**	**2**	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/ or school lunch program?	**2**	**2**	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	**2**	**2**	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	**2**	**2**	
NES7	In your district, is it a priority to procure locally produced foods for school meals?	**2**	**2**	
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	**1**	**2**	
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	**2**	**2**	
NES10	Are foods or beverages containing caffeine sold at the high school level?	**1**	**0**	

NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	**NA**	**2**	
NES12	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	**NA**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**2**	**1**	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	**2**	**2**	
Section 3. Nutrition Education		**Policy Score**	**Practice Score**	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	**2**	**2**	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**2**	**2**	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	**2**	**2**	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**2**	**2**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**1**	**1**	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	**1**	**1**	

NE7	Does nutrition education address agriculture and the food system?	**1**	**1**	
Section 4. Physical Education and Physical Activity		**Policy Score**	**Practice Score**	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	**2**	**2**	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	**2**	**2**	
PEPA3	How does your physical education program promote a physically active lifestyle?	**2**	**1**	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	**1**	**0**	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**1**	**0**	
PEPA6	How many minutes per week of PE does each grade in high school receive?	**1**	**0**	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	**1**	**2**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**1**	**2**	

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PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**1**	**2**	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	**0**	**2**	
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**0**	**1**	
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**1**	**1**	
PEPA13	Is there daily recess for all grades in elementary school?	**1**	**2**	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**1**	**2**	
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	**1**	**2**	
PEPA16	What proportion of students walk or bike to school?	**1**	**0**	
PEPA17	Are teachers encouraged to use physical activity as a reward for students?	**2**	**2**	
PEPA18	Do teachers ever use physical activity as a punishment?	**2**	**2**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**2**	**2**	
Section 5. Employee Wellness		**Policy Score**	**Practice Score**	
EW1	Are there strategies used by the school to support employee wellness?	**1**	**2**	

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EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**1**	**2**	
Section 6. Integration and Coordination		**Policy Score**	**Practice Score**	
IC1	Is there an active district-level wellness committee?	**2**	**1**	
IC2	Is there an active school-level wellness committee?	**2**	**2**	