

# WellSAT

## Your District's Scorecard Click [here](#) to download PDF

Policy Assessment Name: **SAN ELIZARIO**

**WELLNESS POLICY REVIEW (12/2025)**

District Name: **SAN ELIZARIO ISD**

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](https://wellsat.org/resources).

You should update your policy and practices to ensure that you are compliant with federal requirements.

| 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. ✓                                                      | 0      |

|       |                                                                                                                                                                                                             |   |
|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| NES8  | USDA Smart Snack standards are easily accessed in the policy.                                                                                                                                               | 2 |
| NES9  | Exemptions for infrequent school-sponsored fundraisers.                                                                                                                                                     | 1 |
| NES10 | Addresses foods and beverages containing caffeine at the high school level.                                                                                                                                 | 0 |
| NES11 | Addresses nutrition standards for all foods and beverages <b>served (not sold)</b> to students after the school day, including before and aftercare on school grounds, clubs, and after school programming. | 1 |
| NES12 | Addresses nutrition standards for all foods and beverages <b>sold (not served)</b> to students after the school day, including before and aftercare on school grounds, clubs, and after school programming. | 1 |
| NES13 | Addresses food not being used as a reward.                                                                                                                                                                  | 0 |
| NES14 | Addresses availability of free drinking water throughout the school day.                                                                                                                                    | 0 |

### 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 nutrition education.         | 1 |

|     |                                                                                      |   |
|-----|--------------------------------------------------------------------------------------|---|
| NE3 | All middle school students receive sequential and comprehensive nutrition education. | 1 |
| NE4 | All high school students receive sequential and comprehensive nutrition education.   | 1 |
| NE5 | Nutrition education is integrated into other subjects beyond health education.       | 1 |
| NE6 | Links nutrition education with the food environment.                                 | 1 |
| NE7 | Nutrition education addresses agriculture and the food system.                       | 0 |

## Section 4. Physical Education and Physical Activity

Rating

|       |                                                                                                                                                                                                                    |   |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| PEPA1 | <del>There</del> There is a written physical education curriculum for grades K-12.                                            | 0 |
| PEPA2 | The written physical education curriculum for each grade is aligned with national and/or state physical education standards.  | 0 |
| PEPA3 | Physical education promotes a physically active lifestyle.                                                                    | 0 |
| PEPA4 | Addresses time per week of physical education instruction for all elementary school students.                                                                                                                      | 2 |

Addresses time per week of physical education instruction

|        |                                                                                                                               |   |
|--------|-------------------------------------------------------------------------------------------------------------------------------|---|
| PEPA16 | District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. | 0 |
|--------|-------------------------------------------------------------------------------------------------------------------------------|---|

|        |                                                             |   |
|--------|-------------------------------------------------------------|---|
| PEPA17 | <del>≡</del> Addresses using physical activity as a reward. | 0 |
|--------|-------------------------------------------------------------|---|

|        |                                                             |   |
|--------|-------------------------------------------------------------|---|
| PEPA18 | Addresses physical activity not being used as a punishment. | 0 |
|--------|-------------------------------------------------------------|---|

|        |                                                                 |   |
|--------|-----------------------------------------------------------------|---|
| PEPA19 | Addresses physical activity not being withheld as a punishment. | 0 |
|--------|-----------------------------------------------------------------|---|

## Section 5. Employee Wellness

Rating

|     |                                                                 |   |
|-----|-----------------------------------------------------------------|---|
| EW1 | <del>≡</del> Addresses strategies to support employee wellness. | 0 |
|-----|-----------------------------------------------------------------|---|

|     |                                                                           |   |
|-----|---------------------------------------------------------------------------|---|
| EW2 | Encourages staff to model healthy eating and physical activity behaviors. | 0 |
|-----|---------------------------------------------------------------------------|---|

## 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. | 0 |
|-----|-------------------------------------------------------------------------------------|---|

## Overall District Policy Score

7