

Welcome to the WellSAT

This Wellness School Assessment Tool (WellSAT) website is where you can score your written district wellness policy and rate your district's implementation of school wellness practices.

If you used WellSAT 3.0 previously, you can use the same username and password to log in to this site. (If you cannot remember your password, you can use the "Forgot Password" button to recover it.) Then, visit the "[About](#)" page above to learn what to do next.

Access the WellSAT

 children eating



Triennial Assessment

Learn more about the triennial assessment process for local school wellness policies.

Triennial Assessment Guide

Preview Questions

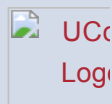
Do you want to see the questions first? Here are pdfs of the [policy questions](#) and the [practice questions](#). You can also click below to explore the online tool.

WellSAT Questions

About the WellSAT

The Wellness School Assessment Tool (WellSAT) compares a school district's wellness policies and practices with evidence-based recommendations.

WellSAT Overview



WellSAT



Your Triennial Assessment Report 

Triennial Assessment Name:

Triennial Assessment (5/2026)

District Name: STANWOOD-CAMANO

View resources to improve your policy and practices [here](#)

Introduction

Our district has met the Federal requirements for best practices. Our Health & Wellness Committee met three times to assess where we are meeting, exceeding, or need to improve on our three Health & Wellness policies. The process was including a nurse, parent, teacher, food service, and admin. We completed our assessment in May 2026 with goals where we can improve moving forward the next three years.

Strong Policies and Aligned Practices

Policies and procedures 6700 Nutrition, 6701 Recess and Physical Activity, 6702 Wellness. Previously we had one Health & Wellness policy. This assessment we split it into 3.

		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?	2	2	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	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	2	2	☆

Policy Practice Score Score

	hours required by the USDA's Professional Standards requirements?			
FR6	Do all competitive foods and beverages sold to students <u>during the school day</u> 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	☆
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	☆
FR15	How is the wellness policy made available to the public?	2	2	☆
FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
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	☆

Policy Practice Score Score

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	☆
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?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	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	☆
PEPA12	🏃 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆

Policy Practice Score Score

PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

6700 Nutrition

6701 Recess and Physical Activity

6702 Wellness

The Health & Wellness Committee will plan to create a wellness representative at each school to look at how we are doing and where we can improve. In the next year we will look at improvements in the fall and implement changes by Spring 2027, and continue improving over the next three years. We will take input on how changes are working at the Health & Wellness Committee meetings over the next three years.

Policy Practice Score Score

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?	1	0	
FR13	Which groups are represented on the district-level	2	1	

Policy Practice Score Score

	wellness committee?			
FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	0	
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	1	
NES10	Are foods or beverages containing caffeine sold at the high school level?	1	0	
NES13	Do teachers or school staff give students food as a reward?	2	0	

Policy Practice Score Score

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	0	
PEPA1	≡ Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	0	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	0	
PEPA16	What proportion of students walk or bike to school?	2	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	1	

Update Policies

There are no federal requirements in this section. The Health & Wellness Committee will recommend to the school board any updates to the language in our procedures. We will encourage employees to participate in wellness practices.

Policy Practice Score Score				
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	1	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	

Opportunities for Growth

We will work with the superintendant or designee and principals to meet with the Health & Wellness Committee to impliment procedures starting in the fall of 2026-27 school year through the next three years. We will assess the success from feedback from school designee to our Health & Well ness committee. The Health & Wellness Committee will make recomendations to the school board for language changes. We will post our report results on our website as well as email it to parents of all students in our district.

Policy Practice Score Score

FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	1	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	0	0	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	1	1	
FR17	What is included in the triennial assessment report to the public?	1	1	
NES11	Do all SERVED (not sold) to foods or beverages students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	0	
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)?	0	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	

Policy Practice Score Score

NE7	 Does nutrition education address agriculture and the food system?	1	1	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	1	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	1	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	
IC2	Is there an active school-level wellness committee?	1	1	

Conclusion

Our district's Health & Wellness Committee meets three times a year to review our current practices and how we can improve.

