



Your District's Scorecard

Practice Assessment Name: **Pike
County Schools Wellness Policy 2026
(9/2026)**

District Name: **PIKE COUNTY**

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

If you would like a scorecard that sorts the items by outcome, click here:



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

Policy Practice Score Score

Section 1. Federal Requirements

FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
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?	NA	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	2	2	

Policy Practice Score Score

meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?

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

1



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

0



FR9

Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?

2

1



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?	2	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
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	0	
FR13	Which groups are represented on the district-level wellness committee?	2	2	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the	2	2	

Policy Practice Score Score

building level for each
school?

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	0	🙅

Section 2. Nutrition Environment and Services

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?	NA	NA	

Policy Practice Score Score

NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	NA	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	2	2	☆

Policy Practice Score Score

standards to check and see if an item can be sold in school during the school day?

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?	NA	NA
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NES10	Are foods or beverages containing caffeine sold at the high school level?	0	0	
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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)?	0	NA
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NES12	Do all foods or beverages SOLD (not served) to students after the school day on school grounds	NA	NA
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Policy Practice Score Score

(including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?

NES13	Do teachers or school staff give students food as a reward?	1	0	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	

Section 3. Nutrition Education

NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE3	Do all middle school students receive sequential and	1	1	

Policy Practice Score Score

comprehensive
nutrition education?

NE4

Do all high school
students receive
sequential and
comprehensive
nutrition education?

1

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

PEPA1

Does the district
have a written physical
education curriculum

1

1



Policy Practice Score Score

that is implemented
consistently for every
grade?

PEPA2

Does the district have a
written physical
education curriculum
that is aligned with
national and/or state
standards?

1

2



PEPA3

How does your physical
education program
promote a physically
active lifestyle?

1

2



PEPA4

How many minutes per
week of PE does each
grade in elementary
school receive?

2

1



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

2

2



Policy Practice Score Score

	teachers who are endorsed to teach physical education?			
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2	★
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2	★
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	2	2	★
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	1	0	👤
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	1	1	📈

Policy Practice Score Score

PEPA13	Is there daily recess for all grades in elementary school?	1	1	
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?	0	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	1	
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	1	

Section 5. Employee Wellness

Policy Practice Score Score

EW1	Are there strategies used by the school to support employee wellness?	2	2	★
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	👤

Section 6. Integration and Coordination

IC1	Is there an active district-level wellness committee?	2	2	★
IC2	Is there an active school-level wellness committee?	0	1	📈



