

Compare scores and summarize

Local school wellness
policy triennial assessment





Step 1

Complete the WellSAT Policy

- Compare your policy to a model policy
- Assess compliance with federal requirements in your written policy

Step 2

Complete the WellSAT Practices

- Assess compliance with your written policy
- Assess compliance with federal requirements in your practice implementation

Step 3

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- Document your progress toward meeting wellness goals

Step 4

Share your assessment report

- Share your assessment with the public
- Share your assessment during your next Administrative Review

Comparing Policy and Practice scores



Background: National study

Eight states

CA, CT, KY, MN, OK, RI, SD, WV

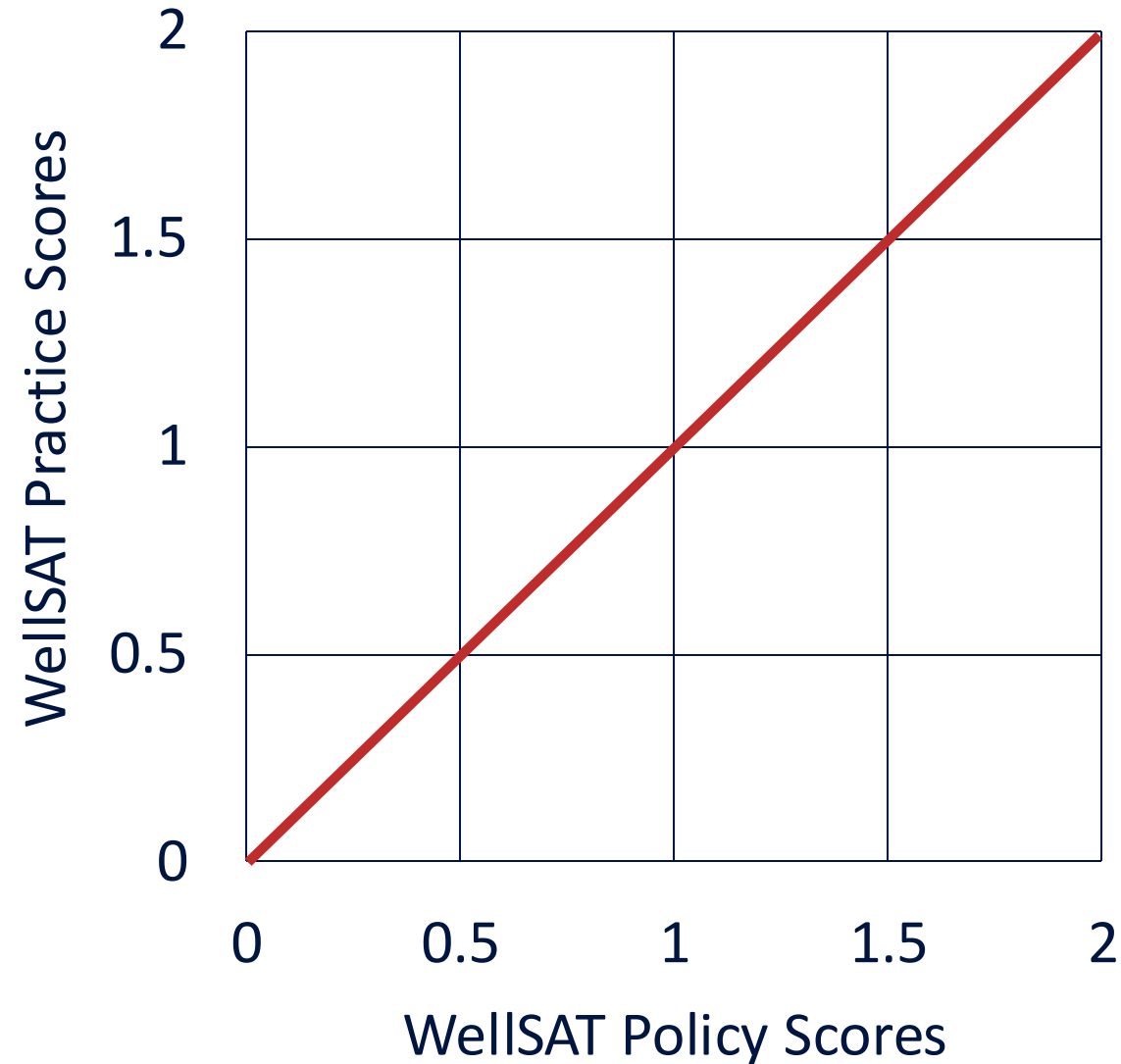
Elementary, middle, and high schools

- 94 schools
- 41 school districts

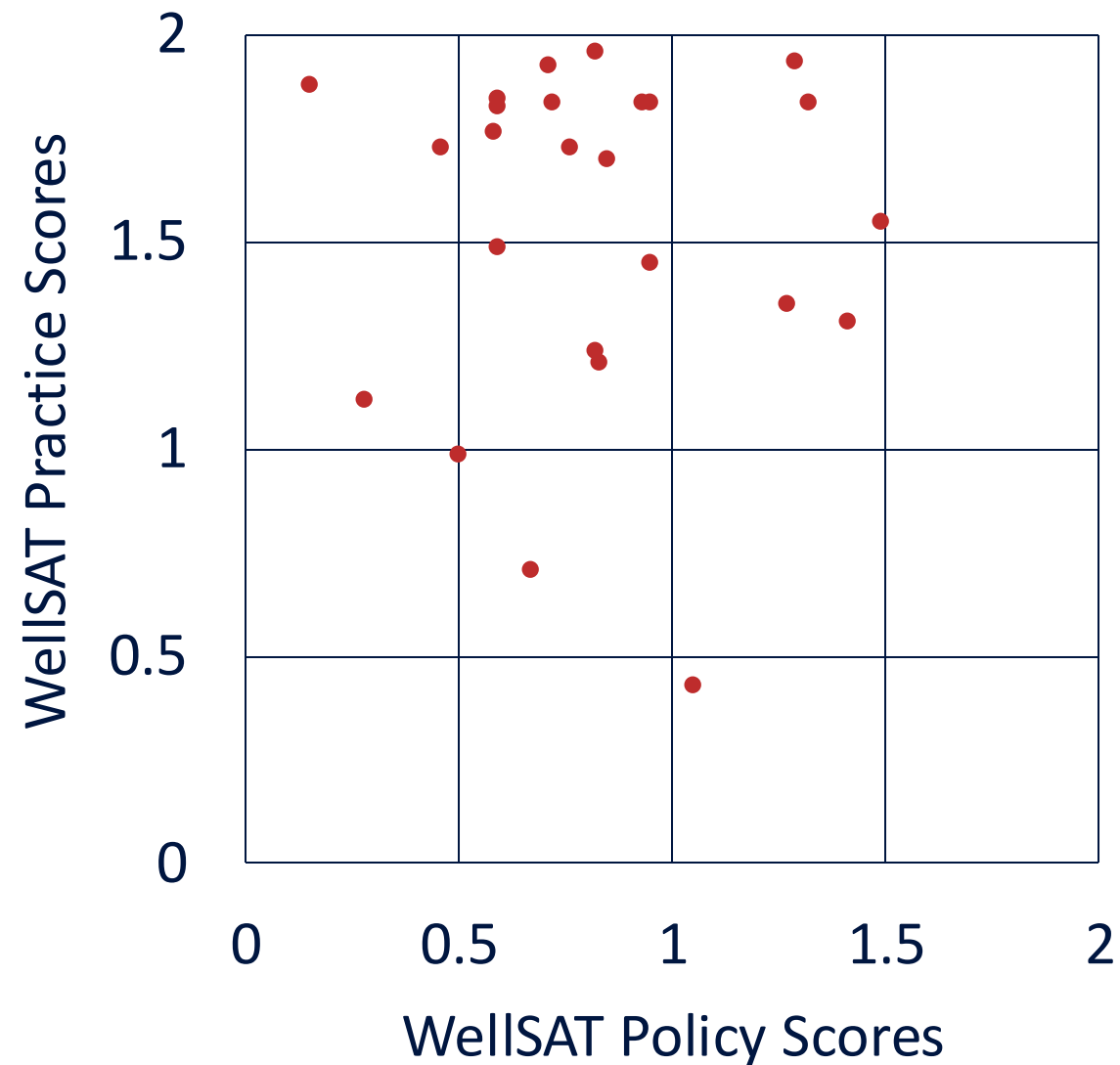
Hypothesis

Practices that were written into the wellness policy would be more likely to be implemented than practices that did not appear in the policy.

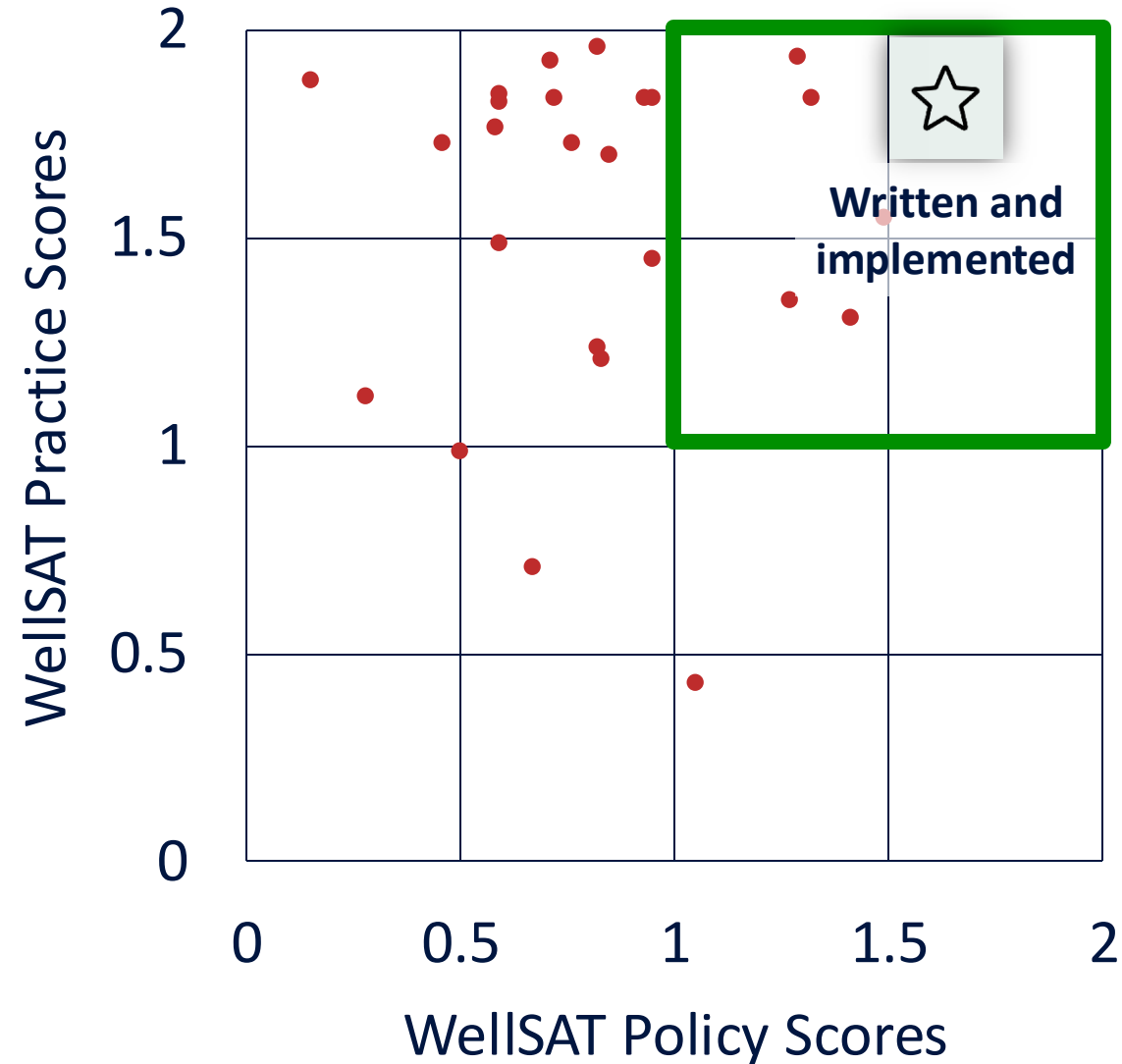
Hypothesized relationship



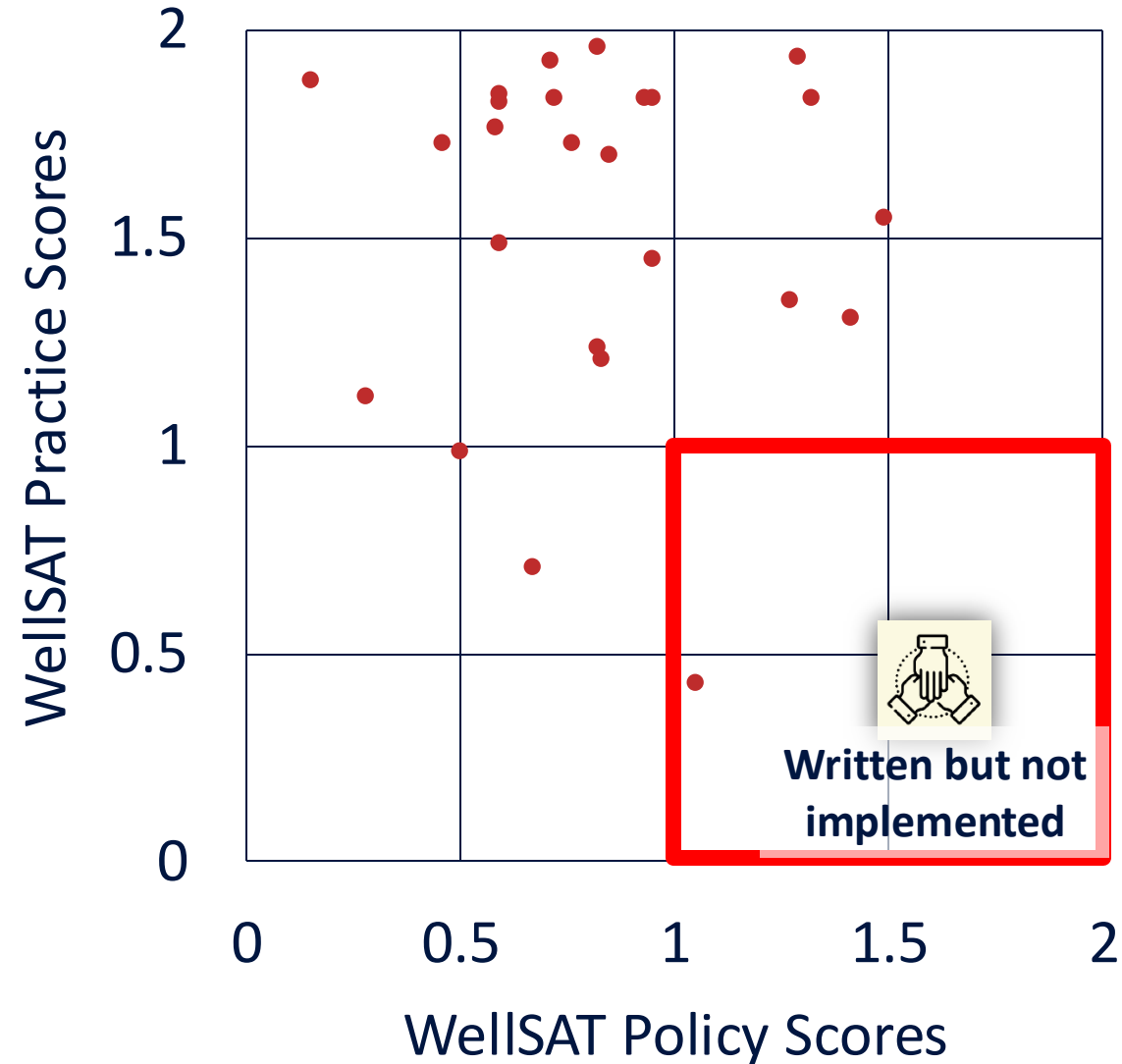
Actual relationship



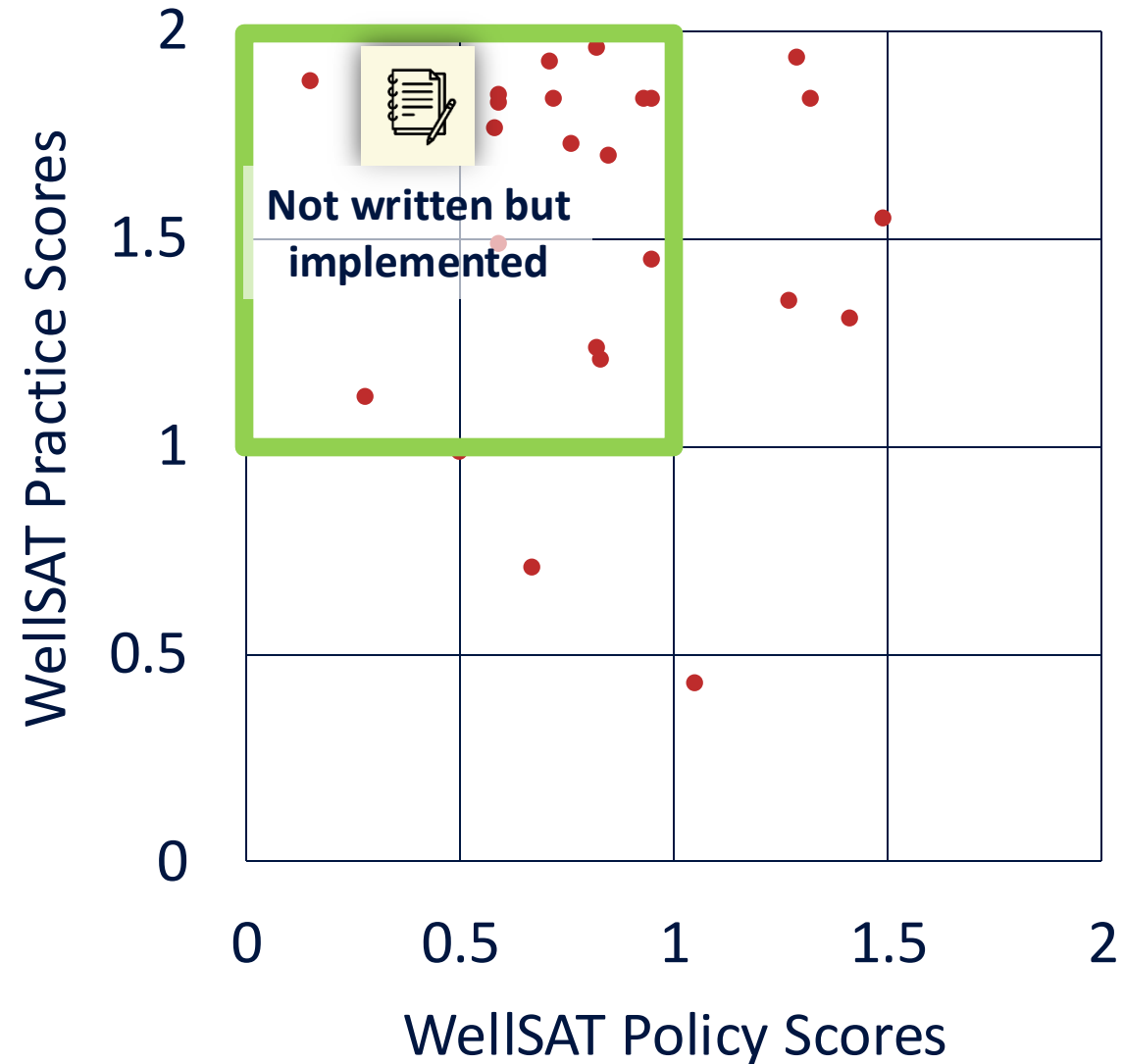
Categorizing scores



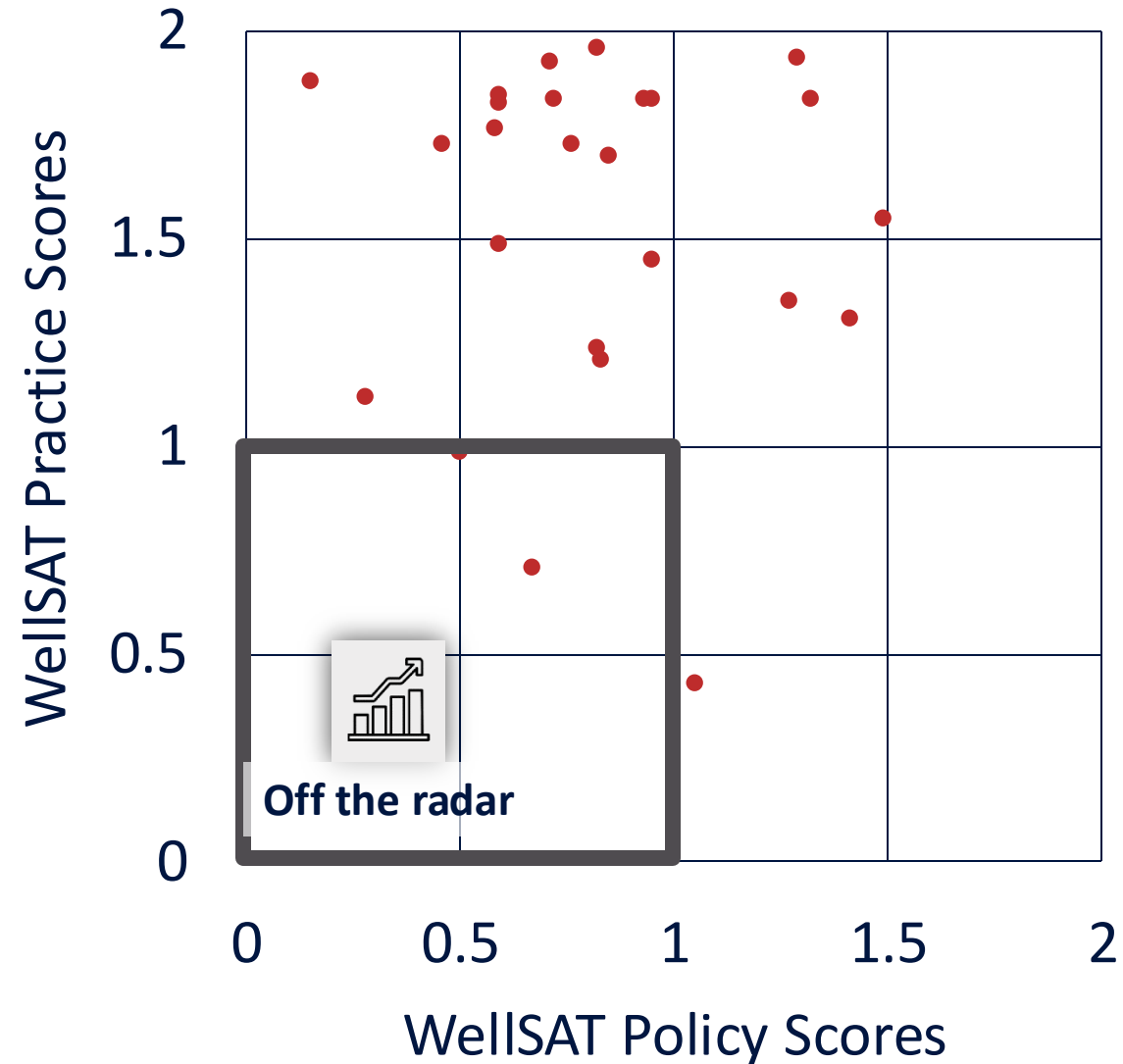
Categorizing scores



Categorizing scores







Categorizing scores



Categorizing your scores

Putting Policy & Practice scores together

WellSAT Policy Score	WellSAT Practice Score	Score Comparison Category	
2	2		Strong Policies and Aligned Practices District has a strong policy and is fully implementing practices aligned with the policy
1	0		Create Practice Implementation Plan District has a strong or weak policy, but practice implementation is absent or limited
2	1 or 0		
0 or 1	2		Update Policies District is fully implementing a practice but there is no or only weak language in the written policy, or district is partially implementing practices and there is no language in the policy
0	0 or 1		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
1	1		

Summarizing your findings



Section 1: Strong Policies & Aligned Practices

Purpose

Identifies areas where your district/school/institution has a **strong policy** and is **fully implementing** practices that align with the policy.

Narrative

Describe areas of success in meeting wellness goals, as demonstrated by the items in this section.

Think about

- Federal requirements in this section
- Items that were not in this section in your last assessment
 - How did your district/school improve policies and/or practices for these items?

Purpose

Identifies areas where your district/school/institution has either a **strong or weak** policy, but practice implementation is either **absent or limited**.

Narrative

Describe how your district/school/institution will create practice implementation plans to ensure full compliance with all elements of the LSWP.

Think about

- Federal requirements in this section
- How will you improve implementation?
- Who is responsible?
- Timeline
- Assessment

Section 2: Create Practice Implementation Plan



Section 3: Update Policies

Purpose

Identifies areas where your district/school/institution is either:

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

Narrative

Describe how the district/school/institution will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

Think about

- Federal requirements in this section
- Other priority areas
- How will you update policy?
- Who is responsible?
- Timeline
- Assessment
- Partially implemented practices

Purpose

Identifies areas where your district/school/institution has either **not addressed** the topic in policy or practice; or has only addressed the topic in a very **limited** way.

Narrative

Describe how your district/school/institution will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

Think about

- Federal requirements in this section
- Other priority areas
- How will you improve implementation?
- How will you update policy?
- Who is responsible?
- Timeline
- Assessment

Section 4: Opportunities for Growth



Comparison with Prior Assessments

Purpose

Identifies areas where your district/school/institution has improved or needs improvement compared to your previous assessment(s).

Narrative

Describe how your results on this triennial assessment compare to previous triennial assessments.

Think about

- Areas where policies/practices have improved
 - What did you do to improve these?
- Areas where policies/practices have declined
 - Why did declines occur?
 - How will you improve these areas?



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Share your assessment findings with the public

Post your triennial assessment report on your district website.


Minimum requirements

- WellSAT Policy scores for all items
- Summaries and scores for
 - Federal requirements
 - Any items that are in your policy (Sections 1 & 2)
- Comparison with prior assessments

Optional introduction and conclusion

The WellSAT website provides space for an optional introduction and conclusion.

Share Externally



Retain for Internal Use

Keep for Administrative Review

Retaining these documents for Administrative Review is a federal requirement for the triennial assessment.

Update your wellness policy

Use sections 3 and 4 of the triennial assessment to help you improve your wellness policy.

Start implementation

Use sections 2 and 4 of the triennial assessment to help you improve implementation of your wellness policy.

Thank you!



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