

Completing the WellSAT Practice

Local school wellness
policy triennial assessment



Are policies implemented?

WellSAT Practice

- Interview to assess the implementation of practices
- Created to match the WellSAT Policy
- Available at www.wellsat.org





Federal Requirements

Nutrition Environment

Nutrition Education

Physical Activity

Employee Wellness

Integration & Coordination

FR1 Does the school district/school/institution have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum?

2

FR1: (Rating: 2) Includes goals for nutrition education that are designed to promote student wellness.

N/A - Not applicable

0 - Nutrition education is not provided.

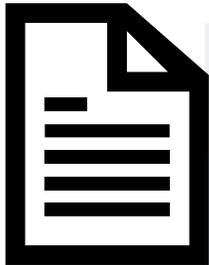
1 There is some guidance about nutrition lessons, but the interviewee is not confident that there is a standards-based curriculum that includes specific goals to promote student wellness.

2 The district uses a standards-based curriculum with specific goals to promote student wellness.

FR2 Have there been parts of the Healthy Hunger-Free Kids Act (HHFKA) regulations for breakfast or lunch

2

WellSAT Policy and WellSAT Practice



WellSAT Policy

FR1: Includes goals for nutrition education that are designed to promote student wellness.



Federal Rule language states that policies must include “specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.”

WellSAT Practice

FR1 Interview: Does the school district have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum?



Scoring each item

0

Practice is not in place

1

Practice is partially implemented

2

Practice is fully implemented



Who should be interviewed?

School wellness components

It is necessary to interview a variety of district staff to cover all components.

District wellness committee

This committee should work to examine each section and decide which personnel are best suited to answer each question

Suggested interviewees

Food service director
Head of district curricula
Health/nutrition teacher
School principal

Physical education teacher
Classroom teacher
District-level administrator

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Name	Date	LEA	Edit Scoring	Scorecard
 Test 1	9/2024	None	 Policy	...
 Test 2	9/2024	None	 Policy  Practice	 Policy ...
 Test 3	9/2024	None	 Policy  Practice	 Policy  Practice ...
 Triennial Assessment 1	None	None	 Policy  Practice  Triennial	 Policy  Practice  Triennial ...
 Triennial Assessment 2	10/2024	None	 Policy  Practice  Triennial	 Policy  Practice  Triennial ...



(S) Shared with me, (A) Archived



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Your District's Scorecard

Practice Assessment Name: **Triennial Assessment 2 (10/2024)**

District Name: **None**

Below, you will see your written policy scores [Policy] and implementation scores [Practice] for every item.

Each pair of responses is compared and linked to an outcome, listed 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.

WellSAT scorecard

Policy Practice Score Score

Section 1. Federal Requirements				
Item ID	Description	Policy Score	Practice Score	Outcome
FR1	Does the school district/school/institution have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum?	2	2	★
FR2	Have there been parts of the Healthy Hunger-Free Kids Act (HHFKA) regulations for breakfast or lunch that have been challenging to implement? If yes, are there features of the district's meal program that are not yet in compliance?	2	2	★
FR3	How does your district/school/institution ensure that children who are receiving free/reduced meals cannot be identified? How confident are you that it is not possible for the students to identify those who qualify for free or reduced lunch?	2	2	★
FR4	Is free (i.e., no cost to students) drinking water available to students during meals (i.e., do not include water for sale). Follow up questions can include: Does the cafeteria have water fountains? Are there a sufficient number of working water fountains? Can students take water back to the table or do they need to drink at the fountain? Do students perceive the water and fountains to be clean and safe?	2	2	★
FR5	What is the frequency and amount of training provided to the food and nutrition staff? Does it meet the USDA Professional standards? (see link in Policy item)	0	2	📄
FR6	Are there any foods that are not part of the school meals (known as competitive foods) that are sold to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	0	2	📄
FR7	Are there competitive foods/beverages sold a la carte in the cafeteria during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	2	2	★



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 Practice

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

Step 3

Compare scores and summarize

- 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

Thank you!



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