

# How to use the WellSAT Policy

Wellness School Assessment Tool  
[www.wellsat.org](http://www.wellsat.org)



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**What do the ratings mean?**

# Scoring each item

0

Policy topic is not mentioned

1


Policy topic is addressed in a vague, suggested, or unclear manner

*may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, try*

2

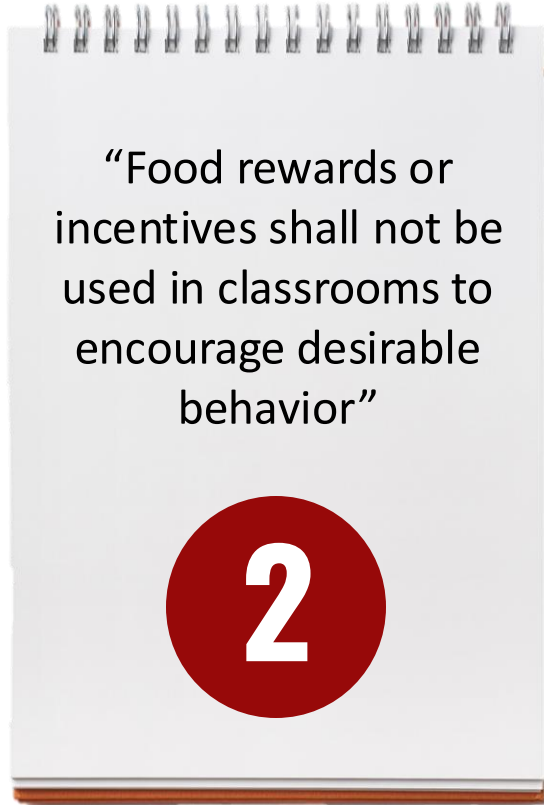
Policy topic is required in a clear and specific manner

*shall, will, must, have to, insist, require, all, total, comply, enforce*



“... will encourage non-food alternatives or healthy foods as student rewards”

1



“Food rewards or incentives shall not be used in classrooms to encourage desirable behavior”

2

# Example: Food as a reward

# Two types of scores

## Comprehensiveness

- Percent of items on each scale that are addressed in some way in the policy
  - Percent of items scored 1 or 2
- Shows how many topics the policy covers

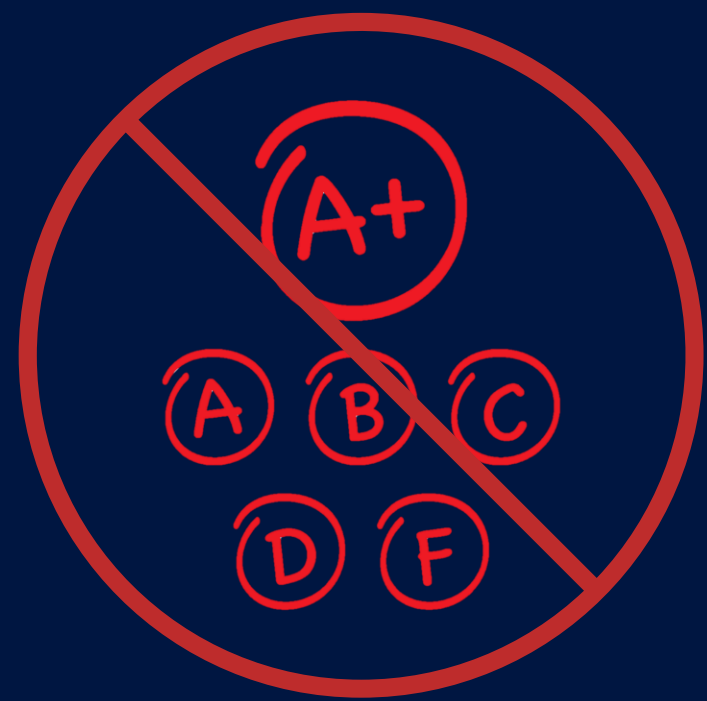


## Strength

- Percent of items required by the wellness policy
  - Percent of items scored 2
- Shows how many topics are covered in a required, specific manner in the policy



# Important Note about WellSAT Scores



## WellSAT scores are not grades!

Average comprehensiveness: 54

Average strength: 33

## Example

2021

Comp: 56

Strength: 30



2024

Comp: 60

Strength: 33

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# Step 1: How to use the WellSAT Policy



  
Federal  
Requirements

  
Nutrition  
Environment

  
Nutrition  
Education

  
Physical  
Activity

  
Employee  
Wellness

  
Integration &  
Coordination

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



1



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."

N/A - Not applicable

0 Either no goals for nutrition education are mentioned or policy clearly detracts from requirement

1 Any of the following:

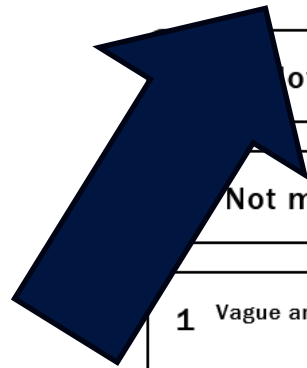
- Nutrition education goal is implied
- Policy only repeats the language of the federal wellness requirement regarding nutrition education
- Policy only mentions "total learning environment" language and no other NE-related language included

Examples:

- "The district is committed to nutrition education"
- "Includes goals for nutrition education...designed to promote student wellness in a manner that the local education agency deems is appropriate"  
(and no other NE goals are stated)



PEPA1 ✕ There is a written physical education curriculum for grades K-12.



Not applicable

Not mentioned

1 Vague and/or suggested

Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices."

2 Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students").

Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."

PEPA2 There is a written physical education curriculum for grades K-12.



0/19 Questions Answered

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## 4. Physical Education and Physical Activity

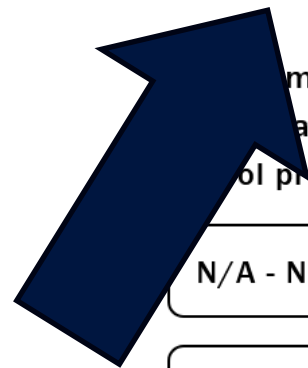
Contract All

Expand All

Next

# CSPAP items

NES7 📍 Addresses purchasing local foods for the school meals program.



ment is one of the three components of the farm to school program. Procurement is defined as local  
that are purchased, promoted, and served in the cafeteria or as a snack or taste-test. USDA farm to  
ol program available at: <https://www.fns.usda.gov/farmtoschool/farm-school>

N/A - Not applicable

0 - Not mentioned

**1** Mentions vague and/or suggested strategies

Examples:

- "Schools are encouraged to make available locally grown produce available."
- "Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."

**2** Local foods will be purchased and promoted

Examples:

- "School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria."
- "Cafeteria will regularly provide taste tests for locally grown products."

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**2. Nutrition Environment and Services**

Contract All

Expand All

Next

# Farm to school items

## Your District's Scorecard

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

District Name: **None**

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

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/school/institution 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.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
FR6	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day. The school day begins at midnight the night before and goes until 30 minutes after the final bell.	0
FR7	Regulates food and beverages sold in a la carte.	2
FR8	Regulates food and beverages sold in vending machines.	2
FR9	Regulates food and beverages sold in school stores.	2
FR10	Addresses fundraising with food to be consumed during the school day.	1
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	0
FR13	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy. Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy."	2

WellSAT  
scorecard



## 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

### 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!



WellSAT

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