

# Introduction to the WellSAT

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



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**What is the WellSAT?**



# Understanding the WellSAT



Online tool to evaluate wellness policies (WellSAT Policy) and practices (WellSAT Practices)

Encompasses nutrition and physical activity

Can be used to facilitate the triennial assessment of local school wellness policies

**Federal Requirements**

**Nutrition  
Environment  
& Services**

**Employee  
Wellness**

**Nutrition  
Education**

**Physical  
Education &  
Physical  
Activity**

**Integration & Coordination**

**WellSAT  
Components**



## 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

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# How to use the online tool

# 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.

[Get Started](#)



## Triennial Assessment

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

[Learn More](#)

## Preview Questions

Do you want to look through the questions without saving your responses? You can test out the assessment here.

[Learn More](#)

# www.WellSAT.org Homepage

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## About the WellSAT

# Previewing items

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# Registering a new account

# Register

I'm not a robot



reCAPTCHA  
Privacy - Terms

# Registering a new account

# Register

I'm not a robot



reCAPTCHA  
Privacy - Terms

Submit

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## About the WellSAT

# Logging in

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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	MANCHESTER	 Policy  Practice	 Policy  Practice	...
 Triennial Assessment 1	9/2024	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

# Your Dashboard

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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 2	8/2024	Test	 Policy	...
 Test 3	9/2024	MANCHESTER	 Policy  Practice	 Policy  Practice ...
 Triennial Assessment 1	9/2024	None	 Policy  Practice  Triennial	 Policy  Practice  Triennial ...
 Triennial Assessment 2	10/2024	None	 Policy  Practice  Triennial	 Policy  Practice  Triennial ...

# Creating a new assessment

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

# Sharing an assessment

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

# Your Assessments



Federal Requirements

Nutrition Environment

Nutrition Education

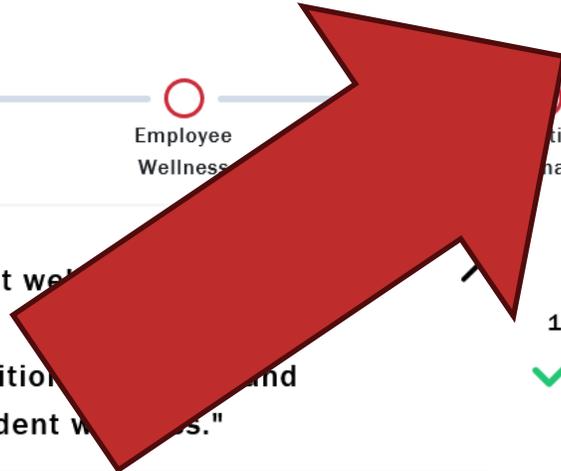
Physical Activity

Employee Wellness

Education & Instruction

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 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)

1  
✓

# Login

Submit

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# Timing out

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# Thank you!



WellSAT

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