

Your District's Scorecard

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.

Policy Name: America's Little Leaders

Section 1. Nutrition Education

Rating

NE1	<input type="checkbox"/> Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
NE8	<input type="checkbox"/> Nutrition education addresses agriculture and the food system.	2
	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6 (the	100

Subtotal for Section 1	number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score: Count the number of items rated as "2" and divide this number by 6 (the number of items in this section). Multiply by 100.	83

[Click here for Nutrition Education Resources]

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

		Rating
SM1	<input type="checkbox"/> Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	<input type="checkbox"/> District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	<input type="checkbox"/> Free drinking water is available during meals.	2
SM9	<input type="checkbox"/> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	<input type="checkbox"/> Addresses purchasing local foods for the school meals program.	2

Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	80

[Click here for School Food Resources]

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS9	<input type="checkbox"/> Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS13	Addresses availability of free drinking water throughout the school day.	1
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 3 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 3 (the number of items in this section). Multiply by 100.	33

[Click here for Nutrition Standards Resources]

Section 4. Physical Education and Physical Activity

Rating

PEPA1	<input type="checkbox"/> There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	<input type="checkbox"/> Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	<input type="checkbox"/> Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	<input type="checkbox"/> Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1

Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	63
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	38

[Click here for Resources on Physical Activity in Schools]

Section 5. Wellness Promotion and Marketing

Rating

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	<input type="checkbox"/> Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM7	<input type="checkbox"/> Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	1

WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	1
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	50

[Click here for Wellness Promotion and Marketing Resources]

Section 6. Implementation, Evaluation & Communication Rating

IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 1 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 1 (the number of items in this section). Multiply by 100.	0

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation]

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 90
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 47

[Federal Requirement](#) [Farm to School](#) [CSPAP](#)

