

Cheyenne County School District Re-5 WellSAT (Wellness School Assessment Tool) Scorecard

10/6/2015

The WellSAT is used to evaluate a school or district’s Wellness policies. The rating indicates how the school or district’s policies address each of the individual policy items. The rating will be either a 0, 1, or 2.

0 – Not Mentioned 1 – Weak Statement 2 – Meets or Exceeds Expectations

Section 1. Nutrition Education

| Policy Item | Policy Statement | Rating |
|------------------------|--|--------|
| NE1 | There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition. | 2 |
| NE2 | All elementary school students receive nutrition education. | 2 |
| NE3 | All middle school students receive nutrition education. | 1 |
| NE4 | All high school students receive nutrition education. | 1 |
| NE5 | Links nutrition education with the school food environment. | 1 |
| NE6 | Nutrition education teachers skills that are behavior-focused. | 1 |
| NE7 | Nutrition education is sequential and comprehensive in scope. | 2 |
| Subtotal for Section 1 | Comprehensive Score (0 – 100) | 100 |
| | Strength Score (0 – 100) | 43 |

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

| Policy Item | Policy Statement | Rating |
|-------------|--|--------|
| SM1 | Addresses access to the USDA school breakfast Program. | 2 |
| SM2 | Addresses compliance with USDA nutrition standards for reimbursable meals. | 2 |
| SM3 | School meals meet standards that are more stringent than those required by the USDA. | 0 |

| | | |
|------------------------|--|----|
| SM4 | District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals. | 2 |
| SM5 | USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy). | 1 |
| SM6 | Specifies strategies to increase participation in school meal programs. | 2 |
| SM7 | Addresses students leaving school during lunch periods. | 2 |
| SM8 | Ensures adequate time to eat. | 2 |
| SM9 | Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. | 0 |
| SM10 | Addresses school meal environment. | 2 |
| SM11 | Nutrition information for school meals (e. g. calories, saturated fat, sodium, sugar) is available to students and parents. | 0 |
| SM12 | Specifies how families are provided information about determining eligibility for free/reduced priced meals. | 0 |
| SM13 | Recess (when offered) is scheduled before lunch in elementary schools. | 0 |
| SM14 | Free drinking water is available during meals. | 2 |
| Subtotal for Section 2 | Comprehensive Score (0 – 100) | 64 |
| | Strength Score (0 – 100) | 57 |

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

| Policy Item | Policy Statement | Rating |
|-------------|--|--------|
| NS1 | Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks) | 2 |
| NS2 | Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs). | 2 |
| NS3 | Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds. | 2 |
| NS4 | Regulates food served during classroom parties and celebrations in elementary schools. | 1 |

| | | |
|------------------------|--|-----|
| NS5 | Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks). | 2 |
| NS6 | Address nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs) | 2 |
| NS7 | Addresses foods and beverages containing non-nutritive sweeteners (High School). | 1 |
| NS8 | Addresses foods and beverages containing caffeine at the high school level. * *As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools. | 1 |
| NS9 | USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy.) | 1 |
| NS10 | Addresses availability of free drinking water throughout the school day. | 2 |
| NS11 | Regulates food sold for fundraising at all times (not only during the school day.) | 2 |
| Subtotal for Section 3 | Comprehensive Score (0 – 100) | 100 |
| | Strength Score (0 – 100) | 64 |

Section 4. Physical Education and Physical Activity

| Policy Item | Policy Statement | Rating |
|-------------|---|--------|
| PEPA1 | There is a written physical education curriculum for grades K-12 | 1 |
| PEPA2 | The written physical education curriculum is aligned with national and/or state physical education standards | 2 |
| PEPA3 | Addresses time per week of physical education instruction for all elementary school students | 2 |
| PEPA4 | Addresses time per week of physical education instruction for all middle school students. | 2 |
| PEPA5 | Addresses time per week of physical education instruction for all high school students. | 1 |
| PEPA6 | Addresses teacher-student ratio for physical education classes. | 0 |
| PEPA7 | Addresses qualifications for physical education teachers for grades K-12. | 0 |
| PEPA8 | District provides physical education training for physical education teachers. | 0 |
| PEPA9 | Addresses physical education waiver requirements for K-12 students (e. g. substituting physical education requirement with other activities.) | 2 |

| | | |
|------------------------|--|----|
| PEPA10 | Addresses physical education exemptions for K-12 students. | 0 |
| PEPA11 | Address physical education substitution requirements for K-12 students (e. g. substituting physical education requirements with other activities.) | 0 |
| PEPA12 | District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. | 1 |
| PEPA13 | District addresses active transport for all K-12 students | 0 |
| PEPA14 | District addresses before and after school physical activity for all K-12 students. | 1 |
| PEPA15 | District addresses recess. | 1 |
| PEPA16 | Addresses physical activity breaks for all K-12 students. | 2 |
| PEPA17 | Addresses staff involvement in physical activity opportunities at school. | 0 |
| PEPA18 | Addresses family and community engagement in physical activity opportunities at all schools. | 1 |
| PEPA19 | District provides physical activity training for all teachers | 0 |
| PEPA20 | Joint or shared-use agreements for physical activity participation at all schools | 1 |
| Subtotal for Section 4 | Comprehensive Score (0 – 100) | 60 |
| | Strength Score (0 – 100) | 25 |

Section 5. Wellness promotion and Marketing

| Policy Item | Policy Statement | Rating |
|-------------|--|--------|
| WPM1 | Encourages staff to model healthy eating/drinking behaviors | 2 |
| WPM2 | Address staff not modeling unhealthy eating/drinking behaviors. | 0 |
| WPM3 | Encourages staff to model physical activity behaviors. | 2 |
| WPM4 | Addresses food not being used as a reward. | 1 |
| WPM5 | Addresses using physical activity as a reward. | 0 |
| WPM6 | Addresses physical activity not being used as a punishment. | 0 |
| WPM7 | Addresses physical activity not being withheld as a punishment. | 0 |
| WPM8 | Specifies marketing/ways to promote healthy food and beverage choices. | 2 |
| WPM9 | Specifies ways to promote physical activity. | 2 |
| WPM10 | Specifies that family wellness activities will be planned and will include nutrition and physical activity components. | 2 |
| WPM11 | On signs, scoreboards, sports equipment. | 0 |
| WPM12 | In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic.) | 0 |

| | | |
|------------------------|--|----|
| WPM13 | On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc. | 0 |
| WPM14 | On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored internet sites, or announcements on the public announcement (PA) system. | 0 |
| WPM15 | On fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of these products. | 0 |
| Subtotal for Section 5 | Comprehensive Score (0 – 100) | 40 |
| | Strength Score (0 – 100) | 33 |

Section 6. Implementation, Evaluation and Communication

| Policy Item | Policy Statement | Rating |
|-------------|---|--------|
| IEC1 | Establish an ongoing district wellness committee | 2 |
| IEC2 | District wellness committee has community-wide representation | 1 |
| IEC3 | Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up) | 2 |
| IEC4 | Designates a leader in each school accountable for ensuring compliance within the school | 2 |
| IEC5 | Addresses annual assessment of school wellness policy implementation/progress towards wellness goals | 2 |
| IEC6 | Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents) | 1 |
| IEC7 | Progress report on compliance/implementation is made available to the public | 1 |
| IEC8 | Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee | 1 |
| IEC9 | Addresses a plan for updating policy based on best practices | 1 |
| IEC10 | Addresses methods for communicating with the public | 1 |
| IEC11 | Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e. g., through website, e-mail, parent meetings, or events) | 1 |

| | | |
|---------------------------|-------------------------------|-----|
| Subtotal for Section 6 | Comprehensive Score (0 – 100) | 100 |
| | Strength Score (0 – 100) | 36 |

Overall District Policy Score

| | District Score |
|-------------------------|----------------|
| Total Comprehensiveness | 77 |
| Total Strength | 43 |