

# WellSAT: 3.0

Wellness School Assessment Tool



## DISTRICT SCORECARD



Federal Requirement Farm to School CSPAP








### Section 1: Nutrition Education

		Rating
 NE1	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. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
 NE8	Nutrition education addresses agriculture and the food system.	N/A
<i>Subtotal for Section 1</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	88
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	75



### Section 2: Standards for USDA Child Nutrition Programs and School Meals

		Rating
 SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
 SM3	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.	N/A
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	1
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	Free drinking water is available during meals.	1
 SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
 SM10	Addresses purchasing local foods for the school meals program.	N/A
<i>Subtotal for Section 2</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	80
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	63

 **Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**

		Rating
<input type="checkbox"/> NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
<input type="checkbox"/> NS3	Regulates food and beverages sold in a la carte.	2
<input type="checkbox"/> NS4	Regulates food and beverages sold in vending machines.	N/A
<input type="checkbox"/> NS5	Regulates food and beverages sold in school stores.	N/A
<input type="checkbox"/> NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	N/A
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
<input type="checkbox"/> NS9	Regulates food and beverages <b>served</b> at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	2
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	N/A
NS11	Addresses nutrition standards for all foods and beverages <b>sold</b> to students <b>after</b> the school day, including before/after care on school grounds, clubs, and after school programming.	N/A
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	1
<i>Subtotal for Section 3</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	86
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of	57

	items, excluding those that are not applicable (N/A). Multiply by 100.	
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**Section 4: Physical Education Physical Activity**

		Rating
<input checked="" type="checkbox"/> PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	0
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
<input type="checkbox"/> PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	1

<input type="checkbox"/> PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	2
<input type="checkbox"/> PEPA14	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.	0
<i>Subtotal for Section 4</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	44



### Section 5: Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
<input type="checkbox"/> WPM2	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.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
<input type="checkbox"/> WPM7	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).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	N/A
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, etc.).	N/A
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	N/A
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).	N/A
<i>Subtotal for Section 5</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	71



### Section 6: Implementation, Evaluation, and Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2
<input type="checkbox"/> IEC2	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.	2
<input type="checkbox"/> IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2

<input type="checkbox"/> IEC4	Addresses making the wellness policy available to the public.	2
<input type="checkbox"/> IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
<input type="checkbox"/> IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the localschool wellness policy; 2. The extent to which the LEA's localschool wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2
<input type="checkbox"/> IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
<i>Subtotal for Section 6</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	88

Overall District Policy Score		Score
	<b>Comprehensiveness Score:</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	84
	<b>Strength Score:</b> Add the strength scores for each of the six sections above and divide this number by 6.	66



## Local Wellness Policy: Triennial Assessment Summary

### Section 1: General Information

School(s) included in the assessment:

Nova Classical Academy

Month and year of current assessment: 3/2024

Date of last Local Wellness Policy revision: 1/28/2022

Website address for the wellness policy and/or information on how the public can access a copy:

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### Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 1-2 every 3 yrs.

Designated School Wellness Leader

Name	Job Title	Email Address
Jenny Xiong	Health Office Manager	Jxiong@nova-classical.org

School Wellness Committee Members

Name	Job Title	Email Address
Kim Hyvarinen	Ford Service Director	Khyvarinen@nova-classical.org
Krisdel Estrella	HR Director	KEstrella@nova-classical.org
Kristine Hartsell		khartsell@nova-classical.org
Sara Knudsen	KG teacher	SKnudsen@nova-classical.org
Caitlyn Koehler	KG teacher	CKoehler@nova-classical.org

### Section 3. Comparison to Model School Wellness Policies

Complete the WellSAT3.0 assessment tool and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellSAT 3.0 example policy language
- Other (please specify): \_\_\_\_\_

Describe how your wellness policy compares to model wellness policies.

In Comparison of the NSCA Wellness Policy & the MA State Local School wellness policy includes many of the same components. They both include a Nutrition Education component, a Physical Ed. & Activity component, a School Nutrition & meal service component & a wellness committee data component: All meals & snacks & beverages offered meet USDA

### Section 4. Compliance with the Wellness Policy and Progress towards Goals <sup>+ Smart</sup>

standards + requirements

At a minimum, local wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion and education
  - Physical activity
  - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Nutrition Education should be included in the comprehensive health curriculum in accordance w/ curriculum standards established by the state.	✓			Curriculum is reviewed and set along w/ material adoption every 3 years.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Balance between intake (eating) and exercise in ways that are age-appropriate.	✓			Ensuring this area is fulfilled in health classes. Will continue to encourage & display appropriate directions. Will re-eval at next adoption.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Physical/movement activities should be combined, when possible, throughout the school day.		✓		School may provide information to families to encourage & assist them in their efforts to incorporate physical activity in their children's daily lives. Parents will continue to receive info.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The food service program will continue to comply w/ Federal & state regulations & provide all students affordable access to the varied & nutritious food they need.	✓			Follow Federal & State regulations & guidelines when developing menus. Cafeteria staff will continue to meet standards & regulations.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			



Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			

Include any additional notes, if necessary: