

| <b>WellSAT Section:</b>  | <b>Average Comprehensive Score:</b> | <b>Average Strength Score:</b> |
|--|-------------------------------------|--------------------------------|
| Section 1: Nutrition Education   | 100                                 | 43                             |
| Section 2: Standards for USDA Child Nutrition Programs & School Meals        | 86                                  | 52                             |
| Section 3: Nutrition Standards for Competitive and Other Foods and Beverages | 79                                  | 37                             |
| Section 4: Physical Education and Physical Activity                          | 71                                  | 34                             |
| Section 5: Wellness Promotion and Marketing                                  | 65                                  | 23                             |
| Section 6: Implementation, Evaluation & Communication                        | 75                                  | 29                             |
| <b>Total Average Score:</b>  | <b>80</b>                           | <b>37</b>                      |

### Recommendations

#### In general:

- The goals listed on the first page do not always align with the policy – is the School Health Advisory Committee actively working to create policies from these goals?
- In order to strengthen your overall policy, consider using stronger language that mandates policies and practices instead of suggesting such policies.
  - Consider substituting *may, can, could, should, might, or encourage* with stronger words such as *shall, will, must, insist*.
- Great job restricting marketing/branding on educational materials, but consider broadening those restrictions to signage, advertisements, corporate sponsoring, sports equipment, etc.
- Great job discussing your School Health Advisory Committee and when they meet, but it's important to name a district level official and a leader in each school building to ensure compliance and implementation of policies.
  - For example, consider naming a wellness coordinator, curriculum director, lead nurse, or food service director at the district level to oversee the School Health Advisory Committee. See "example language" document attached for specific ideas.
- Overall staff wellness is limited and vague. Consider specifically addressing staff modeling, which is listed as a goal but not a policy.

#### Physical Education/Physical Activity:

- The policy does not specify time per week for physical education in elementary, middle, and high school. This is a limitation.
- Consider including CSPAP plans in your policy. CSPAP is an excellent evidence based program.
- In the Physical Education section, subpoint "H" – be more clear regarding students on sports teams. Include stronger language regarding the wording and expectations of waivers.

#### Nutrition:

- Consider broadening your nutrition standards to last throughout the EXTENDED school day, such as before and after school programming.
  - Also, consider renaming this section of the policy, Nutrition Standards for Other Foods and Beverages Available *During the School Day*, to encompass the extended school day.
- It is recommended to separate nutrition education by school grade level (elementary, middle, high school).
- Consider adding a component that addresses the protection of privacy of students who qualify for free or reduced priced meals.