

## THE ASSESSMENT TOOL

### 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.

To review how scores are calculated, [click here](#).

**Version: 2.0**

**Policy Name: Middlesboro ISD Wellness policy assessment**

#### Section 1. Nutrition Education

Rating

NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	1
NE2	All elementary school students receive nutrition education.	1
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 teaches skills that are behavior-focused.	1
NE7	Nutrition education is sequential and comprehensive in scope	1
Subtotal for Section 1	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	0

[Click here for Nutrition Education Resources](#)

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

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.	1
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)	2
SM6	Specifies strategies to increase participation in school meal programs.	1
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.	2
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.	2
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	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	92
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	75

[Click here for School Food Resources](#)

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

Rating

NS1	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as <i>Smart Snacks</i> )	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.	0
NS5	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as <i>Smart Snacks</i> )	2
NS6	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	2
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)	0
NS10	Addresses availability of free drinking water throughout the school day.	2

<b>NS11</b>	Regulates food sold for fundraising at all times (not only during the school day).	<b>1</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."	<b>78</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	<b>56</b>

[Click here for School Food Resources](#)

## Section 4. Physical Education and Physical Activity

Rating

		Rating
<b>PEPA1</b>	There is a written physical education curriculum for grades K-12.	<b>2</b>
<b>PEPA2</b>	The written physical education curriculum is aligned with national and/or state physical education standards.	<b>2</b>
<b>PEPA3</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>2</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all middle school students.	<b>2</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all high school students.	<b>2</b>
<b>PEPA6</b>	Addresses teacher-student ratio for physical education classes.	<b>2</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>0</b>
<b>PEPA8</b>	District provides physical education training for physical education teachers.	<b>2</b>
<b>PEPA9</b>	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	<b>2</b>
<b>PEPA10</b>	Addresses physical education exemptions for K-12 students.	<b>0</b>
<b>PEPA11</b>	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	<b>2</b>
<b>PEPA12</b>	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. <a href="#">Click here for information on CSPAP.</a>	<b>0</b>
<b>PEPA13</b>	District addresses active transport for all K-12 students.	<b>1</b>
<b>PEPA14</b>	District addresses before and after school physical activity for all K-12 students.	<b>0</b>
<b>PEPA15</b>	District addresses recess.	<b>2</b>
<b>PEPA16</b>	Addresses physical activity breaks for all K-12 students.	<b>1</b>
<b>PEPA17</b>	Addresses staff involvement in physical activity opportunities at all schools.	<b>0</b>
<b>PEPA18</b>	Addresses family and community engagement in physical activity opportunities at all schools.	<b>0</b>
<b>PEPA19</b>	District provides physical activity training for all teachers.	<b>0</b>

<b>PEPA20</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>1</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 20. Multiply by 100. Do not count an item if the rating is "0."	<b>65</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 20. Multiply by 100.	<b>50</b>

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing

Rating

		Rating
<b>WPM1</b>	Encourages staff to model healthy eating/drinking behaviors.	<b>1</b>
<b>WPM2</b>	Addresses staff not modeling unhealthy eating/drinking behaviors.	<b>0</b>
<b>WPM3</b>	Encourages staff to model physical activity behaviors.	<b>1</b>
<b>WPM4</b>	Addresses food not being used as a reward.	<b>1</b>
<b>WPM5</b>	Addresses using physical activity as a reward.	<b>1</b>
<b>WPM6</b>	Addresses physical activity not being used as a punishment.	<b>1</b>
<b>WPM7</b>	Addresses physical activity not being withheld as a punishment.	<b>1</b>
<b>WPM8</b>	Specifies marketing/ways to promote healthy food and beverage choices.	<b>1</b>
<b>WPM9</b>	Specifies ways to promote physical activity.	<b>1</b>
<b>WPM10</b>	Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	<b>1</b>
<b>WPM11</b>	On signs, scoreboards, sports equipment.	<b>2</b>
<b>WPM12</b>	In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	<b>2</b>
<b>WPM13</b>	On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	<b>2</b>
<b>WPM14</b>	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.	<b>2</b>
<b>WPM15</b>	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 those products.	<b>2</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	<b>93</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	<b>33</b>

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Establishes an ongoing district wellness committee.	1
IEC2	District wellness committee has community-wide representation.	2
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)	2
IEC7	Progress report on compliance/implementation is made available to the public	2
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.	2
IEC9	Addresses a plan for updating policy based on best practices.	2
IEC10	Addresses methods for communicating with the public.	2
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.	0
Subtotal for Section 6	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	91
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	82

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

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>87</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>49</b>

[General School Wellness/Multiple Topics](#)

Thank you for completing the WellSAT!

[Print-friendly version](#)

Export data from the current wellness policy assessment:

Email scores to my registered email address

[Rate Another Wellness Policy](#)

[Log Out](#)

[Who Should Use This Tool](#) [Resources](#) [FAQ](#) [Contact Us](#) [Privacy](#) [Terms of Use](#) [Contributors](#) [About the Rudd Center](#) [UCONN](#)  
Copyright © 2013 Rudd Center

design by cavich creative llc