Athous Elementary 2025 Wells 115 points Upda 939,

WellSAT Policy Questions

Updated: February 25, 2025

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Section 1: Federal Requirements

	Section 1. Federal Requirements
F	R1 - Includes goals for nutrition education that are designed to promote student wellness.
Fe	deral Rule language states that policies must include "specific goals for nutrition promotion and
	ducation, physical activity, and other school-based activities that promote student wellness."
N/A	Not applicable
0	Either no goals for nutrition education are mentioned or policy clearly detracts from requirement
	Any of the following:
	Nutrition education goal is implied
	 Policy only repeats the language of the federal wellness requirement regarding nutrition education
	 Policy only mentions "total learning environment" language and no other NE-related language included
1	Examples:
	"The district is committed to nutrition education"
	 "Includes goals for nutrition educationdesigned to promote student wellness in a manner that the local education agency deems is appropriate" (no other NE goals stated)
	 "Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices."
	Clear that there are specific goals for nutrition education.
2	Example: "Nutrition lessons are integrated into the curriculum and the health education program."
F	R2 - Assures compliance with USDA nutrition standards for reimbursable school meals.

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Federal Rule language states that local educational agencies must set "standards and nutrition guidelines for all food and beverages sold to students during the school day" that "are consistent with applicable requirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004



meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture." M/A Not applicable Not mentioned Policy states that school meals will meet or are in compliance with USDA nutrition standards but does not link to or cite the nutrition standards Example: "all foods sold/served on campus will meet USDA nutrition standards for school meals." USDA standards are included in the policy or a working link to the USDA website is provided Example: "Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided)" FR3 - District takes steps to protect the privacy of students who qualify for free or reduced priced meals. The National School Lunch Act puts restrictions on how much information can be shared from participants. The United States Department of Agriculture states "school food authorities must assure that a child's eligibility status is not disclosed at any point in the process of providing free or reduced-price meals, including notification of the availability of free or reduced-price meals, including notification of the availability of free or reduced-price meals, including notification of the availability of free or reduced-price meals are not overtly identified in any way." N/A District/school/institution qualifies for community eligibility Vague/suggested Paxample: "The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way." District has implemented plans to protect student privacy which include methods used (in addition to following relevant regulations) OR district provides universal free school meals Example: "The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in a		
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0 Not mentioned		
	N/A	Not applicable
Drinking water is available, but accessibility is unclear	0	Not mentioned
		Drinking water is available, but accessibility is unclear
1 Examples:	1	Examples:
 "Drinking water is available in the cafeteria upon request." 		 "Drinking water is available in the cafeteria upon request."
"Water should be available in the cafeteria."		"Water should be available in the cafeteria."



Free drinking water is available for self-service in the cafeteria



Examples:

- "Water fountains or water filling stations are available in all cafeterias."
- "Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period."
- "Free water will be available in the cafeteria during meal times."

FR5 - Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available at: https://www.gpo.gov/fdsvs/pkg/FR-2015-03-02/pdf/2015-04234.pdf.

	at: https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf.	
N/A	Not applicable	
0	Not mentioned	- 1
	Training suggested, but unclear if USDA requirement is met	

1 Examples:

- "All food service personnel will have adequate training in food service operations."
- "All food service personnel shall receive pre-service training in food service operations."

It is clear that USDA requirement for training and/or continuing education is being met

Examples:



- "The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours"
- "All school nutrition program directors, managers and staff will meet hiring and annual
 continuing education/training requirements in the USDA Professional Standards for Child
 Nutrition Professionals. These school nutrition personnel will refer to USDA's
 Professional Standards for School Nutrition Standards website to search for training that
 meets their learning needs."

FR6 - Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.

Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency." The school day begins at midnight the night before and goes until 30 minutes after the final bell.

N/A	Not applicable
0	Not mentioned
1	 Vague and/or suggested. Any of the following: Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that document compliance OR specify USDA Smart Snacks OR specify federal requirements. Lists some, but not all standards/ implies partial compliance



Requires Smart Snacks for foods or beverages, but not both

Examples:

- "All foods sold to students outside of school meals shall meet district nutrition standards." (district nutrition standards do not meet Smart Snacks)
- "All beverages sold must meet Smart Snack nutrition standards."

All foods and beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition standards or specific standards are named that imply compliance.

(2)

Examples:

- "The district is in compliance with all federal and state nutrition standards for all foods served in schools."
- "Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014."

FR7 - Regulates food and beverages sold in a la carte.

N/A

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

0 Not mentioned

Recommended/limited to either of the following:

- A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- A la carte nutrition standards are required, but do not meet the level of Smart Snacks

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either Smart Snacks or competitive food and beverage sales are banned during the school day (or just within the a la carte lines). If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS3 should be coded as a 2.



Examples:

 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."



"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "The sale of F&B is limited to F&B sold through the school meal program." "No competitive foods or beverages may be sold during the school day." FR8 - Regulates food and beverages sold in vending machines. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or 0 served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.) Recommended or limited to either of the following: Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions Vending machine nutrition standards are required, but do not meet the level of Smart Snacks 1 Examples: "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) Requires either of the following: Smart Snacks Competitive food and beverage sales are banned during the school day (or just vending machines) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS4 should be coded as a 2. Examples: (2 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "All vending machines will be turned off during the school day." "No competitive foods or beverages may be sold during the school day." FR9 - Regulates food and beverages sold in school stores. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or 0 served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Recommended or limited to either of the following:

- School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions
- School store nutrition standards are required, but do not meet the level of Smart Snacks.

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either of the following:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just within school stores)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS5 should be coded as a 2.



Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "This district does not allow for the operation of school stores until 30 minutes after the end of the school day."
- "No competitive foods or beverages may be sold during the school day."

FR10 - Addresses fundraising with food to be consumed during the school day.

Smart Snacks applies to food and beverages sold as fundraisers during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers. Item NES9 will capture whether or not those exemptions apply.

	Take the second
N/A	Not applicable
0	Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)
1	 Recommended or limited to either of the following: Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks.



Example: "Food service shall strive to include some healthy choices (choices listed) for all fundraisers." Requires either: Smart Snacks Competitive food and beverage sales are banned during the school day (or just fundraisers) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, FR10 should be coded as a 2. Examples: 2 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." • "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "There will be no food-related fundraisers held during the school day." "No competitive foods or beverages may be sold during the school day." FR11 - Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district. N/A Not applicable Not mentioned OR the foods and beverages served are specifically exempted from any district 0 nutrition standards. Any of the following: Regulations for class parties are required but weakened (e.g., by allowing one traditional party Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains). 1 Examples: • "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards. "The district will regulate all food and beverages served during classroom activities." "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items." No food is served or offered to students during the school day outside of meal times. Birthday parties, holiday parties, and other school celebrations do not include food that doesn't meet federal nutrition standards. 2 Examples: "Classroom celebrations will focus on activities, rather than food. No food will be served."



 "Due to concerns about food safety and foot allergies, children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom."

FR12 - Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity." School marketing includes the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school. This includes any facilities used during the school day for school-related activities including school buildings and campus; outside and areas adjacent to school buildings; athletic fields; school buses; and parking lots. Note that marketing can be found in many locations, including: signs, scoreboards, sports equipment; curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic); exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.; 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 N/A Not applicable Not mentioned Vague or suggested or restricts marketing to district nutrition standards that do not rise to the level of Smart Snacks Examples: 1 "Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds." "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards do not meet Smart Snacks) Restricts marketing of foods and beverages on the school campus, during the school day to those items that meet Smart Snacks Examples: (2` "School-based marketing shall be consistent with Smart Snacks nutrition standards." "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards require

Smart Snacks) FR13 - Addresses how all relevant stakeholders will participate.

The Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy."

todat school wetthess policy.		
N/A	Not applicable	
0	Not mentioned	



Recommends that membership is open to the community, or requires fewer than all listed stakeholders 1 Example: "Students, parents, staff and/or community members are welcome to join the committee." States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives, school health professionals, school board members, administrators, members of the general public. 2 Example: "A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy." FR14 - Identifies the officials responsible for compliance with all components of the local wellness policy in each school. Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy." N/A Not applicable 0 Not mentioned It is suggested, but not required, that a district official be responsible for monitoring school-level compliance Examples: "School principals should periodically update the superintendent on school-level compliance with the district wellness policy." • "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy." It is clear that a district official (including the name or position of an individual) will be responsible for ensuring compliance in each school building. Examples: 2 • "The assistant superintendent shall be responsible for ensuring that the wellness policy is implemented throughout district schools." • "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance." FR15 - Addresses making the wellness policy available to the public. Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis." N/A Not applicable 0 Not mentioned Either of the following:



	Vague and/or suggested
	The wellness policy is available upon request
	Example: "The district will ensure school and community awareness of this policy by making it available by request."
2	Requires district to post its wellness policy on the website or distribute the wellness policy to the school and community on an annual basis at a minimum
	Example: "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website."
FR10	3 - Addresses the assessment of district implementation of the local wellness policy at least
	once every three years.
	eral Rule language states that local educational agencies must "at least once every three years, sess schools' compliance with the local school wellness policy, and make assessment results available to the public."
N/A	Not applicable
0	Not mentioned
	Either of the following:
	 It is suggested that policy implementation will be assessed
1	 Implementation will be assessed, but less than triennially
•	
	Example: "Representatives from each school should track compliance with the district SWP within their school."
	There is a specific plan to assess implementation compliance at least once every three years.
(2)	Example: "The Advisory Council shall conduct a quantitative assessment of policy
	implementation every three years using the Wellness School Assessment Tool - Practice
	(WellSAT Practice) or the School Health Index.
FR17	- Addresses making triennial assessment results available to the public and specifies what will be included.
When shared with the public, triennial assessment results must include the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; the extent to which the LEA's local school wellness policy compares to model local school wellness policies; and a description of the progress made in attaining the goals of the local school wellness policy.	
N/A	Not applicable
0	Not mentioned
	Specifies inclusion of some, but not all, triennial progress report elements
1	Example: "A triennial progress report with information about each school's wellness related activities will be shared with the entire school community."
2	Includes a statement making it clear that all three elements listed above will be included in the triennial progress report



	Example: "The triennial progress report will be posted on the district website. The report will
	include an assessment on compliance, the extent to which our wellness policy compares to
	model wellness policies, and progress made in achieving goals."
	FR18 - Addresses a plan for updating policy based on results of the triennial assessment.
Fed	deral Rule language states that districts must "make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment."
N/A	Not applicable
0	Not mentioned
1	Plans for updating policy are implied, but not certain, OR timing is unclear.
	Example: "The district wellness committee will revise the policy as needed"
	The need for policy revisions is assessed and completed at specified intervals.
2)	Example: "Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly."

Section 2: Nutrition Environment and Services

	NES1 - Addresses access to the USDA School Breakfast Program.
N/A	Not applicable
0	Not mentioned
1	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name
	Examples:
	"The district shall make every effort to offer school breakfast."
	 "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."
2	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to
	USDA, School Breakfast Program or CFR Part 220).
	Example: "All schools will provide breakfast through the USDA School Breakfast Program."
NES:	
	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing
	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
N/A	Example: "All schools will provide breakfast through the USDA School Breakfast Program." - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma



- "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance."
- "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
- "Schools will not throw away a student's meal because the student has an unpaid balance."
- "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

NES3 - Specifies how families are provided information about determining eligibility for free/reduced price meals.

N/A	District qualifies for community eligibility
0	Not mentioned
1	Vague/suggested
	Example: "Parents should be informed that the application is available online and should be completed by"

(2) Clear procedure for providing information is in place

Example: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."

NES4 - Specifies strategies to increase participation in school meal programs.

N/A Not applicable

0 Not mentioned

1 Mentions vague and/or suggested strategies

Examples:

- "School meals shall be made attractive to students by appealing to their taste preferences."
- "To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."

Requires specific strategies, such as limiting access to competitive foods in the cafeteria, requiring that all high school students have a scheduled lunch period, prohibiting students from promotional mailings or events, altered bus schedules, student input on the menu, "Grab and Go" or Breakfast in the Classroom

Examples:

- "Students will have the opportunity to provide input on local, cultural, and ethnic favorites."
- "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."
- "Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast"
- "Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings"



2

	"The district discourages consumption of competitive foods in place of school meals by
	limiting competitive food choices during mealtimes in the cafeteria."
	"Snack foods may not be purchased during meals."
	NES5 - Specifies marketing to promote healthy food and beverage choices.
N/A	Not applicable
0	Not mentioned
1	Vague or suggested
	Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used
	to promote healthy food and beverages throughout the school."
(2)	Required
	Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the
	Cafeterias to encourage students to make healthy choices." NES6 - Addresses the amount of "seat time" students have to eat school meals.
N/A	Not applicable
0	Not replicable Not mentioned
1	Vague and/or suggests a specific amount of time
•	vague and/or suggests a specific amount of time
	Examples:
	"Schools are encouraged to permit all full-day students a daily lunch period of not less
	than 20 minutes."
	"Personnel will schedule enough time so students do not have to spend too much time
	waiting in line."
	"Schools are required to provide all full day students a daily lunch period of not less than
~	20 minutes." (not clear how much of that time is "seat time")
(2)	Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and
	at least 20 minutes of "seat time" for lunch
	Example: "After obtaining food, students will have at least 20 minutes to eat lunch."
	NES7 -Addresses purchasing local foods for the school meals program.
	rement is one of the three components of the Farm to School program. Procurement is defined as
	al foods that are purchased, promoted, and served in schools. More information about the USDA
	Farm to School program is available at: https://www.fns.usda.gov/farmtoschool/farm-school
N/A	Not applicable
0	Not mentioned
1	Mentions vague and/or suggested strategies
	Evernless
	Examples:
	"Schools are encouraged to make available locally grown produce available." "Schools are encouraged to source freeh fruits and vegetables from local formers where
	 "Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."
(2)	Local foods will be purchased and promoted
	Leoda vik bo paronadou ana promotou
	Examples:



	"School meals will include fresh, locally-grown foods in school meals from farms
	engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria."
	"Cafeteria will regularly provide taste tests for locally grown products."
	NES8 - USDA Smart Snack standards are easily accessed in the policy.
N/A	Not applicable
0	Not mentioned
1	USDA Smart Snacks are mentioned without a link to the full regulation
	Example: "The District will follow the Smart Snacks in School standards for all food and
	beverages sold to students on school campus during the school day." (no link or full description
	of standards are provided)
(2)	The complete Smart Snack standards are included in the policy or an active web link is provided
	NES9 - Exemptions for infrequent school-sponsored fundraisers.
Unde	r Smart Snacks, your state may have adopted an exemption policy that allows for a certain number
of inf	requent school-sponsored fundraisers during which foods and beverages sold do not have to meet
	t Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers
allo	owed. However, your school district may adopt policy language that limits this number further or
	prohibits exempt fundraisers.
If you	ulive in a state with no exemptions, select N/A. If you do not know if your state allows exemptions,
	contact the state agency that oversees Child Nutrition.
N/A	Not applicable
0	Not mentioned
1)	Some number of exemptions for infrequent fundraisers are allowed during which foods and beverages sold do not have to meet the Smart Snacks nutrition standards.
	Example: "Smart Snacks nutrition standards apply to all foods and beverages sold to students
	through district-sponsored fundraisers, unless an exemption applies. Each school will be
	allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold."
2	Zero fundraiser exemptions are allowed.
	Example: "All fundraisers held during the school day must meet Smart Snacks. There are no exemptions."
	NES10 - Addresses foods and beverages containing caffeine at the high school level.
Us	e N/A if no high school in district. As of 2014, USDA Smart Snacks standards prohibit the sale of
	s and beverages containing caffeine in elementary and middle schools. However, high schools are
	allowed to sell caffeinated beverages.
N/A	District does not have high schools
0	Not mentioned
1	Recommends or suggests high schools not sell foods or beverages with caffeine.
	Example: "High school principals are encouraged to limit the sale of beverages with caffeine to
	high school students (e.g. coffee from the school store)."



Free drinking water is available for self-service in the cafeteria



Examples:

- "Water fountains or water filling stations are available in all cafeterias."
- "Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period."
- "Free water will be available in the cafeteria during meal times."

FR5 - Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available

at: https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf.

N/A	Not applicable
0	Not mentioned
	Training suggested, but unclear if USDA requirement is met
1	Examples:
	 "All food service personnel will have adequate training in food service operations."
	"All food conjuga parconnol chall receive are conjugatraining in food conjugate progrations."

"All food service personnel shall receive pre-service training in food service operations.

It is clear that USDA requirement for training and/or continuing education is being met

Examples:



- "The USDA Professional Standards for State and Local Nutrition Programs are followed to
 ensure that professional development in the area of food and nutrition is provided for
 food service directors, managers and staff. New and current food service directors must
 have at least 12 hours; new and current managers must have at least 10 hours; new and
 current staff must have at least 6 hours"
- "All school nutrition program directors, managers and staff will meet hiring and annual
 continuing education/training requirements in the USDA Professional Standards for Child
 Nutrition Professionals. These school nutrition personnel will refer to USDA's
 Professional Standards for School Nutrition Standards website to search for training that
 meets their learning needs."

FR6 - Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.

Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency." The school day begins at midnight the night before and goes until 30 minutes after the final bell.

N/A	Not applicable	
0	Not mentioned	
1	Vague and/or suggested. Any of the following: • Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that document compliance OR specify USDA Smart Snacks OR specify federal requirements.	
_	Lists some, but not all standards/ implies partial compliance	



• Requires Smart Snacks for foods or beverages, but not both

Examples:

- "All foods sold to students outside of school meals shall meet district nutrition standards." (district nutrition standards do not meet Smart Snacks)
- "All beverages sold must meet Smart Snack nutrition standards."

All foods and beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition standards or specific standards are named that imply compliance.

2

Examples:

- "The district is in compliance with all federal and state nutrition standards for all foods served in schools."
- "Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014."

FR7 - Regulates food and beverages sold in a la carte.

N/A

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

0 Not mentioned

Recommended/limited to either of the following:

- A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- A la carte nutrition standards are required, but do not meet the level of Smart Snacks

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either Smart Snacks or competitive food and beverage sales are banned during the school day (or just within the a la carte lines). If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS3 should be coded as a 2.

2

Examples:

 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."



- "All food items served or offered (for sale) to students during the school day (from the
 midnight prior, to 30 minutes after the end of the official school day) will meet all federal,
 state, and local standards for all nutrient and competitive food guidelines."
- "The sale of F&B is limited to F&B sold through the school meal program."
- "No competitive foods or beverages may be sold during the school day."

FR8 - Regulates food and beverages sold in vending machines.

N/A Not applicable

Λ

1

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Recommended or limited to either of the following:

- Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- Vending machine nutrition standards are required, but do not meet the level of Smart Snacks

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either of the following:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just vending machines)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS4 should be coded as a 2.

2

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "All vending machines will be turned off during the school day."
- "No competitive foods or beverages may be sold during the school day."

FR9 - Regulates food and beverages sold in school stores.

N/A Not applicable

0

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)



Recommended or limited to either of the following:

- School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions
- School store nutrition standards are required, but do not meet the level of Smart Snacks.

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either of the following:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just within school stores)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS5 should be coded as a 2.

2

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "This district does not allow for the operation of school stores until 30 minutes after the end of the school day."
- "No competitive foods or beverages may be sold during the school day."

FR10 - Addresses fundraising with food to be consumed during the school day.

Smart Snacks applies to food and beverages sold as fundraisers during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers. Item NES9 will capture whether or not those exemptions apply.

	randialocis. Item 14200 will capture whether of flot those exemptions appty.	
N/A	Not applicable	
0	Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)	
1	 Recommended or limited to either of the following: Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks. 	



Example: "Food service shall strive to include some healthy choices (choices listed) for all fundraisers."

Requires either:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just fundraisers)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, FR10 should be coded as a 2.

2

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "There will be no food-related fundraisers held during the school day."
- "No competitive foods or beverages may be sold during the school day."

FR11 - Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.

N/A

Not applicable

n

Not mentioned OR the foods and beverages served are specifically exempted from any district nutrition standards.

Any of the following:

Regulations for class parties are required but weakened (e.g., by allowing one traditional party food.)

Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains).

1

Examples:

- "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards.
- "The district will regulate all food and beverages served during classroom activities."
- "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items."

No food is served or offered to students during the school day outside of meal times. Birthday parties, holiday parties, and other school celebrations do not include food that doesn't meet federal nutrition standards.

2

Examples:

 "Classroom celebrations will focus on activities, rather than food. No food will be served."



 "Due to concerns about food safety and foot allergies, children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom."

FR12 - Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity." School marketing includes the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school. This includes any facilities used during the school day for school-related activities including school buildings and campus; outside and areas adjacent to school buildings; athletic fields; school buses; and parking lots. Note that marketing can be found in many locations, including: signs, scoreboards, sports equipment; curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic); exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.; 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	
N/A	Not applicable	
0	Not mentioned	
	Vague or suggested or restricts marketing to district nutrition standards that do not rise to the level of Smart Snacks	
	Examples:	
1	 "Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds." 	
	 "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards do not meet Smart Snacks) 	
	Restricts marketing of foods and beverages on the school campus, during the school day to those items that meet Smart Snacks	
2	Examples:	

2

- "School-based marketing shall be consistent with Smart Snacks nutrition standards."
- "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards require Smart Snacks)

FR13 - Addresses how all relevant stakeholders will participate.

The Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the

local school wellness policy."				
N/A	Not applicable	1818 - 1279/18/90 - 198/30		7870
0	Not mentioned			



Recommends that membership is open to the community, or requires fewer than all listed stakeholders 1 Example: "Students, parents, staff and/or community members are welcome to join the committee." States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives, school health professionals, school board members, administrators, members of the general public. 2 Example: "A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy." FR14 - Identifies the officials responsible for compliance with all components of the local wellness policy in each school. Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy." N/A Not applicable 0 Not mentioned It is suggested, but not required, that a district official be responsible for monitoring school-level compliance > Examples: 1 "School principals should periodically update the superintendent on school-level compliance with the district wellness policy." • "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy." It is clear that a district official (including the name or position of an individual) will be responsible for ensuring compliance in each school building. Examples: 2 • "The assistant superintendent shall be responsible for ensuring that the wellness policy is implemented throughout district schools." "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance." FR15 - Addresses making the wellness policy available to the public. Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis." N/A Not applicable 0 Not mentioned Either of the following:



•	Vague and/or suggested
	The wellness noticy is av

• The wellness policy is available upon request

Example: "The district will ensure school and community awareness of this policy by making it available by request."

Requires district to post its wellness policy on the website or distribute the wellness policy to the school and community on an annual basis at a minimum

Example: "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website."

FR16 - Addresses the assessment of district implementation of the local wellness policy at least once every three years.

Federal Rule language states that local educational agencies must "at least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public."

N/A	Not applicable
0	Not mentioned
	Either of the following:
	 It is suggested that policy implementation will be assessed
1	Implementation will be assessed, but less than triennially
	Example: "Representatives from each school should track compliance with the district SWP within their school."
	There is a specific plan to assess implementation compliance at least once every three years.
2	Example: "The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool - Practice (WellSAT Practice) or the School Health Index.

FR17 – Addresses making triennial assessment results available to the public and specifies what will be included.

When shared with the public, triennial assessment results must include the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; the extent to which the LEA's local school wellness policy compares to model local school wellness policies; and a description of the progress made in attaining the goals of the local school wellness policy.

N/A	Not applicable
0	Not mentioned
1	Specifies inclusion of some, but not all, triennial progress report elements Example: "A triennial progress report with information about each school's wellness related activities will be shared with the entire school community."
2	Includes a statement making it clear that all three elements listed above will be included in the triennial progress report



2

	Example: "The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals."
	FR18 - Addresses a plan for updating policy based on results of the triennial assessment.
Fed	deral Rule language states that districts must "make appropriate updates or modifications to the
	local school wellness policy, based on the triennial assessment."
N/A	Not applicable
0	Not mentioned
	Plans for updating policy are implied, but not certain, OR timing is unclear.
1	
_	Example: "The district wellness committee will revise the policy as needed"
	The need for policy revisions is assessed and completed at specified intervals.
2	Example: "Every three years, the wellness committee will review the latest national
	recommendations pertaining to school health and will update the wellness policy accordingly."

Section 2: Nutrition Environment and Services

	NES1 - Addresses access to the USDA School Breakfast Program.
N/A	Not applicable
0	Not mentioned
	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name
	Examples:
	 "The district shall make every effort to offer school breakfast."
	 "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."
2	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to USDA, School Breakfast Program or CFR Part 220).
	Evample: "All schools will provide breakfast through the USDA School Breakfast Program"
NECO	Example: "All schools will provide breakfast through the USDA School Breakfast Program."
NES2	Example: "All schools will provide breakfast through the USDA School Breakfast Program." - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
	- Addresses how to handle feeding children with unpaid meal balances without stigmatizing
NES2	- Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
N/A	- Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable
N/A 0	- Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to
N/A 0	- Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma



- "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance."
- "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
- "Schools will not throw away a student's meal because the student has an unpaid balance."
- "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

NES3 - Specifies how families are provided information about determining eligibility for free/reduced price meals.

N/A District qualifies for community eligibility

- 0 Not mentioned
- 1 Vague/suggested

Example: "Parents should be informed that the application is available online and should be completed by..."

2 \ Clear procedure for providing information is in place

Example: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."

NES4 - Specifies strategies to increase participation in school meal programs.

N/A Not applicable

- 0 Not mentioned
- 1 | Mentions vague and/or suggested strategies

Examples:

- "School meals shall be made attractive to students by appealing to their taste preferences."
- "To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."

Requires specific strategies, such as limiting access to competitive foods in the cafeteria, requiring that all high school students have a scheduled lunch period, prohibiting students from promotional mailings or events, altered bus schedules, student input on the menu, "Grab and Go" or Breakfast in the Classroom

Examples:

- "Students will have the opportunity to provide input on local, cultural, and ethnic favorites."
- "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."
- "Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast."
- "Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings"



	"The district discourages consumption of competitive foods in place of school meals by	
	limiting competitive food choices during mealtimes in the cafeteria."	
	"Snack foods may not be purchased during meals."	
	NES5 - Specifies marketing to promote healthy food and beverage choices.	
N/A		
0	Not mentioned	
1	Vague or suggested	
	Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used	
	to promote healthy food and beverages throughout the school."	
2	Required	
	Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the	
	cafeterias to encourage students to make healthy choices."	
	NES6 - Addresses the amount of "seat time" students have to eat school meals.	
N/A	Not applicable	
0	Not mentioned	
1	Vague and/or suggests a specific amount of time	
	Examples:	
	"Schools are encouraged to permit all full-day students a daily lunch period of not less	
	than 20 minutes."	
	 "Personnel will schedule enough time so students do not have to spend too much time waiting in line." 	
_	 "Schools are required to provide all full day students a daily lunch period of not less than 20 minutes." (not clear how much of that time is "seat time") 	
(2)	Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and at least 20 minutes of "seat time" for lunch	
	actodoc 25 minutos or obac anto for tonon	
	Example: "After obtaining food, students will have at least 20 minutes to eat lunch."	
1002.3	NES7 -Addresses purchasing local foods for the school meals program.	
Procu	rement is one of the three components of the Farm to School program. Procurement is defined as	
l	al foods that are purchased, promoted, and served in schools. More information about the USDA	
ı	Farm to School program is available at: https://www.fns.usda.gov/farmtoschool/farm-school	
N/A	Not applicable	
0	Not mentioned	
1	Mentions vague and/or suggested strategies	
	Examples:	
	"Schools are encouraged to make available locally grown produce available."	
	"Schools are encouraged to source fresh fruits and vegetables from local farmers where	
	practicable."	
2	Local foods will be purchased and promoted	
	Examples:	



- 2	"School meals will include fresh, locally-grown foods in school meals from farms
	engaged in sustainable practices whenever possible and these foods will be promoted in
	the cafeteria."
	"Cafeteria will regularly provide taste tests for locally grown products."
	NES8 - USDA Smart Snack standards are easily accessed in the policy.
N/A	Not applicable
0	Not mentioned
(1)	USDA Smart Snacks are mentioned without a link to the full regulation
	Example: "The District will follow the Smart Snacks in School standards for all food and
	beverages sold to students on school campus during the school day." (no link or full description
	of standards are provided)
2	The complete Smart Snack standards are included in the policy or an active web link is provided
	NES9 - Exemptions for infrequent school-sponsored fundraisers.
of infr Smar	r Smart Snacks, your state may have adopted an exemption policy that allows for a certain numbe requent school-sponsored fundraisers during which foods and beverages sold do not have to mee t Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers owed. However, your school district may adopt policy language that limits this number further or prohibits exempt fundraisers.
	ı live in a state with no exemptions, select N/A. If you do not know if your state allows exemptions, contact the state agency that oversees Child Nutrition.
N/A	Not applicable
0	Not mentioned
(1)	Some number of exemptions for infrequent fundraisers are allowed during which foods and beverages sold do not have to meet the Smart Snacks nutrition standards.
	Example: "Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold."
2	Zero fundraiser exemptions are allowed.
	Example: "All fundraisers held during the school day must meet Smart Snacks. There are no exemptions."
	NES10 - Addresses foods and beverages containing caffeine at the high school level.
Us	e N/A if no high school in district. As of 2014, USDA Smart Snacks standards prohibit the sale of
foods	s and beverages containing caffeine in elementary and middle schools. However, high schools are allowed to sell caffeinated beverages.
N/A	District does not have high schools
0	Not mentioned
1	Recommends or suggests high schools not sell foods or beverages with caffeine.
	Example: "High school principals are encouraged to limit the sale of beverages with caffeine to high school students (e.g. coffee from the school store)."



Either of the following: Prohibits the sale of foods or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day; or requires high schools to follow the stricter Smart Snack beverage standards for middle schools. Examples: "USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools." "Beverages containing caffeine will not be sold on the high school campus." "Only water, milk, and 100% juice shall be sold to students during the school day." NES11 - Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A There is no aftercare or other activities after school for students. 0 Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Example: "Only healthy snacks will be served to students in after school programs." Requires that all foods and beverages served to students in aftercare, whether run by the school or an outside party (e.g., YMCA), will meet federal nutrition standards. Example: "Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program." NES12 - Addresses nutrition standards for all foods and beverages SOLD to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A | Not applicable Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Examples: "Only healthy snacks will be sold to children participating in on-site programs after school ends." "Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium." Requires that all foods and beverages sold to students in aftercare, whether run by the school or an outside party (e.g., YMCA), will meet federal nutrition standards. Examples: "Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards." "All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day." NES13 - Addresses food not being used as a reward. Not applicable N/A

0	Not mentioned OR only allows healthy food to be used as a reward.
1	Discourages food as a reward.
'	Discourages rood as a reward.
	Examples:
	"strongly discourage the use of food/beverages as a reward or punishment."
	"will encourage non-food alternatives as rewards."
	"Food should not be used as a reward."
2	Prohibits teachers or staff from using food as a reward.
(⁻	
	Prohibition of food as a reward with the exception of Individualized Academic Plans (IAP) or
	Individualized Education Plans (IEP) should be rated "2."
	Examples:
	 "Food rewards or incentives shall not be used in classrooms to encourage student
	achievement or desirable behavior."
	 "The use of food or candy as a classroom reward in any school is prohibited."
	 "Schools will not use food or beverages as rewards for academic, classroom, or sports
	performances."
64 A/II	NES14 - Addresses availability of free drinking water throughout the school day.
N/A	Not applicable
0	Not mentioned or only mentions water availability where meals are served.
1	Availability of free water is suggested or encouraged.
	Examples:
	 "Water should be accessible during hours of school operation through choices such as dripling fountains as vanding machines."
	drinking fountains or vending machines."
	 "Schools are encouraged to provide drinking fountains throughout the school campus." Free water is always available.
((*)	Free water is atways available.
	Examples:
	 "Students and staff will have access to free, safe, and fresh drinking water throughout the
	school day."
	 "Drinking water fountains will be made available to students and staff throughout the
	school building."
	 "Students will be provided free access to drinking water throughout the school day."
	"Students are allowed to bring in bottled water from home."

Section 3: Nutrition Education

NE1 - Nutrition education teaches skills that are behavior focused, interactive, and/o		
participatory.		
N/A	Not applicable	
0	Not mentioned	



Nutrition education for development of behavioral skills is suggested. Specific skills are mentioned but none are required Skills based nutrition education is suggested outside the NE section of the policy. Examples: "All students should have the skills necessary to make nutritious food choices." • "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors." Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels). Examples: "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning." • "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label." "Nutrition education will provide the knowledge and skills necessary to promote health." NE2 - All elementary school students receive sequential and comprehensive nutrition education. District does not have elementary schools OR this assessment is not for an elementary school. N/A 0 Not mentioned Suggested. It is unclear if all elementary school students will receive nutrition education. Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all elementary students will receive sequential and comprehensive (2) nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE3 - All middle school students receive sequential and comprehensive nutrition education. District does not have middle schools OR this assessment is not for a middle school. N/A 0 Not mentioned Suggested. It is unclear if all middle school students will receive nutrition education. 1 Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all middle school students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE4 - All high school students receive sequential and comprehensive nutrition education. N/A District does not have high schools OR this assessment is not for a high school. 0 Not mentioned Suggested. It is unclear if all high school students will receive nutrition education.



Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all high school students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE5 - Nutrition education is integrated into other subjects beyond health education. N/A Not applicable Not mentioned Vague or suggested Examples: • "...will encourage teachers to integrate nutrition education into the broader curriculum." "Staff shall teach, encourage, and support healthy eating by students by providing nutrition education and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that..." "Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate." 2 Requires that nutrition education be integrated into other subjects Examples: "Nutrition education will be integrated into mathematics classes." "Nutrition education will be integrated into the broader curriculum, where appropriate." "Nutrition education is integrated into cooking lessons." NE6 - Links nutrition education with the food environment. N/A Not applicable Not mentioned Vague and/or suggested Example: "The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity." Requires that nutrition education be integrated into the larger school environment in concrete 2 ways Example: "The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab." NE7 - Nutrition education addresses agriculture and the food system. N/A Not applicable Not mentioned Vague and/or suggested



	Example: "School gardens and nutrition instruction are encouraged as part of the academic curriculum."
2	Statement that students will receive education about agriculture and the food system through specific activities
	 Examples: "Each school will establish a garden club." "The nutrition education curriculum will use the school garden as a teaching tool." "Field trips: Children will have an opportunity to visit local farms where produce is

Section 4: Physical Education and Physical Activity

purchased for school meals."

	PEPA1 - There is a written physical education curriculum for grades K-12.	
N/A	Not applicable	
0	Not mentioned	
	Vague and/or suggested	
1	Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices."	
	Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students").	
2	Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."	
PEP	PEPA2 - The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	
N/A	Not applicable	
0	Not mentioned	
1	Vague and/or suggested	
	Example: "The physical education curriculum should follow existing standards."	
2	Required. School district requires the written physical education curriculum to be aligned with state and/or national physical education standards.	
	Example: "The physical education curriculum for grades K-12 will be aligned with established state physical education standards."	
	PEPA3 - Physical education promotes a physically active lifestyle.	
N/A	Not applicable	
0	Not mentioned	



Any of the following: Suggests that physical education promotes a physically active lifestyle Suggests NASPE standards 1 Suggests that physical education programs focus on self-assessment Example: "Physical education programs should promote an active lifestyle" Required. Any of the following: Requires physical education to teach lifetime activities Requires schools to follow NASPE standards Focuses on self-assessment through a "Fitnessgram" or "Activity gram" Examples: "Schools will provide physical education that fosters lifelong habits of physical activity." "Physical education shall focus on personal fitness." "Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness." PEPA4 - Addresses time per week of physical education instruction for all elementary school students. N/A District does not have elementary schools OR this assessment is not for an elementary school. Not mentioned Vague and/or suggested OR requires less than 150 minutes/week of physical education Examples: "Elementary schools should provide 150 minutes per week of physical education 1 instruction." "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education." Required. School district requires 150 minutes/week of physical education instruction for all elementary school students through the entire school year 2 Example: "All elementary school students shall receive 150 minutes per week of physical education instruction throughout the school year." PEPA5 - Addresses time per week of physical education instruction for all middle school students. District does not have middle schools OR this assessment is not for a middle school. N/A 0 Not mentioned Vague and/or suggested OR requires less than 225 minutes/week of physical education Examples: 1 "Middle schools should provide 225 minutes per week of physical education instruction." "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education." Required. Clear that school district requires 225 minutes/week of physical education instruction for all middle school students through the entire school year. 2



	Example: "All middle school students shall receive 225 minutes per week of physical education
DED	instruction throughout the school year."
	A6 - Addresses time per week of physical education instruction for all high school students.
N/A	District does not have high schools OR this assessment is not for a high school.
0	Not mentioned
	Vague and/or suggested OR requires less than 225 minutes/week of physical education
1	Every let "High cohools should provide 205 minutes personal of physical advection instruction."
	Example: "High schools should provide 225 minutes per week of physical education instruction."
	Required. Clear that school district requires 225 minutes/week of physical education instruction for all high school students through the entire school year
(2)	for all riigh school students through the entire school year
	Example: "All high school students shall receive 225 minutes per week of physical education
	instruction throughout the school year."
	PEPA7 - Addresses qualifications for physical education teachers for grades K-12.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	Yagao ana, or ouggostou
_	Example: "Physical education should be taught by a licensed teacher."
	Required
2	Example: "Physical education for grades K-12 is required to be taught by a certified/licensed
	teacher who is endorsed to teach physical education."
F	PEPA8 - Addresses providing physical education training for physical education teachers.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	
•	Example: "All staff involved in physical education should be provided with opportunities for
	professional development."
	Required. Clear that all physical education teachers are required to receive annual professional
	development specific to physical education/physical activity content.
(2)	
	Example: "The school district shall provide all physical education teachers with annual
	professional development opportunities that are focused on physical education/physical activity
	topics and competencies specifically for physical education teachers."
Α	PEPA9 - Addresses physical education exemption requirements for all students.
	exemption is when students are permitted to not take PE because of enrollment in other courses
St	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested. School district discourages exemptions from PE due to taking other
1	courses or training.
•	Courses of training.



	Examples:	
	 "The school district discourages students from taking driver's education in place of required physical education." 	
	 "Unless otherwise exempted, all students will be required to engage in the District's physical education program." 	
2	Required. Clear that school district prohibits students from being exempt from PE for other courses or vocational training	
	Example: "Schools may not allow students to be exempt for required physical education class time or credit."	
8	PEPA10 - Addresses physical education substitution for all students.	
As	substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports.	
N/A	Not applicable	
	Not mentioned or allows exemptions	
0	Example: JROTC may be substituted for the 1/2 credit of PE required to graduate from high school."	
1	Vague and/or suggested. School district discourages exemptions from PE due to taking other courses or training.	
	Example: "The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education."	
2	Required. Clear that school district prohibits students from being exempt from PE for other school or community activities for physical education class time or credit.	
	Example: "There will be no substitutions allowed for the physical education time requirement."	
PEP	A11 - Addresses family and community engagement in physical activity opportunities at all schools.	
N/A	Not applicable	
0	Not mentioned	
	Vague and/or suggested	
1	Example: "Physical activity opportunities should be provided at the school for families and community members."	
	Required	
2	Example: "All schools are required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide-variety of offerings."	
PEI	PEPA12 - Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	
N/A	Not applicable	
0	Not mentioned	
1	Vague and/or suggested	



Example: "Students should have the opportunity to be physically active before and after school." Required. Provision of physical activity classes, clubs, or interscholastic activities is required. Examples: "Schools shall provide physical activity opportunities for all students before and after 2 school in all elementary, middle and high schools." "Physical activity clubs and intramurals shall be available during before and after-school hours." PEPA13 - Addresses recess for all elementary school students. District does not have elementary schools OR this assessment is not for an elementary school. N/A Not mentioned Either of the following: School district suggests that recess be provided for all elementary school students. 1 School district requires recess without including a required amount of minutes each day. Example: "Schools should provide students with opportunities for play when weather permits." Required. Addresses at least 20 minutes of daily recess for all elementary school students Examples: 2 "Schools shall provide at least 20 minutes of active daily recess to all elementary school "All schools are required to schedule 20 minutes of recess daily for every class in the school master schedule." PEPA14 - Addresses physical activity breaks during school. Not applicable N/A Not mentioned Vague and/or suggested. School district suggests physical activity breaks. 1 Example: "Teachers should provide students with physical activity breaks." Required. School district requires that all K-12 school students be provided with daily physical activity breaks during the school day. Examples: • "Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily." "Schools must schedule a twenty minute mid-morning break each day to provide all students with physical activity opportunities." PEPA15 - Joint or shared-use agreements for physical activity participation at all schools. Not applicable N/A 0 Not mentioned Vague or suggested. District encourages schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity 1 programming.



	Example: "Schools should develop joint-use agreements in order to provide physical activity
	opportunities for community members at the school."
	Required. District requires schools to enter into joint-use agreements for community use of
	school facilities and school use of community facilities for physical activity programming.
2	
	Example: "All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members."
PEPA	16 - District addresses active transport (Safe Routes to School) for all K-12 students who live
1	within walkable/bikeable distance.
(N/A)	Not applicable
0	Not mentioned
	Vague and/or suggested
1	
	Example: "Schools should promote walking and biking to school."
	Required. Clear that school district requires school to develop an active transport program.
2	Example: "Each school shall partner with local government and community-based agencies to
	support active transport to school to implement a comprehensive active transport program (i.e.
	Safe Routes to School Program)."
	PEPA17 - Addresses using physical activity as a reward.
N/A	Not applicable
0	Not mentioned
	Suggests that staff is encouraged to use extra physical activity when rewards are used
1	
	Example: "Teachers may use non-food alternatives as rewards. For example, extra recess may
	be provided when time allows."
	Staff is encouraged to use physical activity as a reward
(2)	Francisco WF and reviewed and much lated and target are previded with a list of alternative ideas.
	Example: "Food rewards are prohibited and teachers are provided with a list of alternative ideas.
	We strongly recommend staff use physical activity as a reward when feasible."
N/A	PEPA18 - Addresses physical activity not being used as a punishment.
0	Not applicable Not mentioned
0	
1	Discourages using physical activity as a punishment.
'	Example: "Teachers are discouraged from assigning physical activity as student punishment."
	Prohibits using physical activity as a punishment.
	f totalbits using physical activity as a pullishment.
	Examples:
	 "Physical activity may not be assigned to students as a consequence of poor behavior or
2	punishment for any reason. (Example: running laps or jogging around a playground)"
1	"Students shall not be required to engage in physical activity as punishment. For
	example, students may not be singled out to run extra laps, or perform other physical
	activities that the entire class is not engaged in, as a behavioral consequence."
_100	PEPA19 - Addresses physical activity not being withheld as a punishment.



N/A	Not applicable
0	Not mentioned
	Discourages withholding physical activity as a punishment
1	Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."
	Prohibits withholding physical activity as a punishment
2	Example: "Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

Section 5: Employee Wellness

0	EW1 - Addresses strategies to support employee wellness.
RYA	Not applicable
0	Not mentioned
1	Suggests employee wellness activities
	Example: "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."
2	Specific strategies to support employee wellness are outlined
	Examples: • "Health and wellness classes will be offered to staff." • "Activity programs will be available for staff."
	 "School physical activity equipment will be available for use by staff before or after school to support employee wellness."
	 "Free water and healthy snacks will be available in the staff break room."
	 "Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented in each building to meet the unique wellness needs of school staff."
9.03	EW2 - Encourages staff to model healthy eating and physical activity behaviors.
N/A	Not applicable
0	Not mentioned
1	 Either of the following: Suggests district or school administrators encourage staff to model healthy eating and physical activity behaviors Encourages modeling healthy eating OR physical activity, but not both
	Example: "Principals should encourage staff to model healthy eating habits"
2	Requires district or school administrators to encourage staff to model healthy eating AND physical activity behaviors



CONART Elementaly
0/14/2025
Nauta Markall
WellSAT Policy Questions
114 points 92%. Updated: February 25, 2025

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	Section 1: Federal Requirements		
FR	11 - Includes goals for nutrition education that are designed to promote student wellness.		
Fed	Federal Rule language states that policies must include "specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness."		
N/A	Not applicable		
0	Either no goals for nutrition education are mentioned or policy clearly detracts from requirement		
	 Any of the following: Nutrition education goal is implied Policy only repeats the language of the federal wellness requirement regarding nutrition education Policy only mentions "total learning environment" language and no other NE-related 		
1	language included Examples:		
	 "The district is committed to nutrition education" "Includes goals for nutrition educationdesigned to promote student wellness in a manner that the local education agency deems is appropriate" (no other NE goals stated) "Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices." 		
2	Clear that there are specific goals for nutrition education. Example: "Nutrition lessons are integrated into the curriculum and the health education program."		
	FR2 - Assures compliance with USDA nutrition standards for reimbursable school meals.		

Federal Rule language states that local educational agencies must set "standards and nutrition guidelines for all food and beverages sold to students during the school day" that "are consistent with applicable requirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004

The particip that a price m	Not mentioned Policy states that school meals will meet or are in compliance with USDA nutrition standards but loes not link to or cite the nutrition standards Example: "all foods sold/served on campus will meet USDA nutrition standards for school meals " USDA standards are included in the policy or a working link to the USDA website is provided Example: "Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie equirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided)" District takes steps to protect the privacy of students who qualify for free or reduced priced meals. In National School Lunch Act puts restrictions on how much information can be shared from cants. The United States Department of Agriculture states "school food authorities must assure child's eligibility status is not disclosed at any point in the process of providing free or reducedneals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service." District/school/institution qualifies for community eligibility Not mentioned
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FR3 - D The particip that a price m N/A C 0 N 1 E	DSDA standards are included in the policy or a working link to the USDA website is provided at ISDA standards are included in the policy or a working link to the USDA website is provided at ISDA standards are included in the policy or a working link to the USDA website is provided at ISDA standards for meal patterns, nutrient levels, and calorie equirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided)" District takes steps to protect the privacy of students who qualify for free or reduced priced meals. En National School Lunch Act puts restrictions on how much information can be shared from cants. The United States Department of Agriculture states "school food authorities must assure child's eligibility status is not disclosed at any point in the process of providing free or reducedneals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service." District/school/institution qualifies for community eligibility Not mentioned
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0 N 1 E F C 2 E	District/school/institution qualifies for community eligibility Not mentioned
0 N 1 E F C 2 E	Not mentioned
1 E F	
1 E	/ague/suggested
(2) E	example: "The district should take steps to ensure that students qualifying for free or reduced briced meals are not overtly identified in any way."
	District has implemented plans to protect student privacy which include methods used (in addition to following relevant regulations) OR district provides universal free school meals
	Example: "The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register."
Talent,	FR4 - Free drinking water is available during meals.
	l Rule language states that schools "must make potable water available to children at no charge place where lunches are served during the meal service, consistent with amendments made by section 203 of the HHFKA, and in the cafeteria during breakfast meal service."
N/A I	Not applicable
1 0	Not mentioned
	Orinking water is available, but accessibility is unclear
1	Examples: • "Drinking water is available in the cafeteria upon request." • "Water should be available in the cafeteria."



· Requires Smart Snacks for foods or beverages, but not both

Examples:

- "All foods sold to students outside of school meals shall meet district nutrition standards." (district nutrition standards do not meet Smart Snacks)
- "All beverages sold must meet Smart Snack nutrition standards."

All foods and beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition standards or specific standards are named that imply compliance.



Examples:

- "The district is in compliance with all federal and state nutrition standards for all foods served in schools."
- "Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014."

FR7 - Regulates food and beverages sold in a la carte.

N/A

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

0 Not mentioned

Recommended/limited to either of the following:

- A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- A la carte nutrition standards are required, but do not meet the level of Smart Snacks

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either Smart Snacks or competitive food and beverage sales are banned during the school day (or just within the a la carte lines). If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS3 should be coded as a 2.



Examples:

 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."



"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "The sale of F&B is limited to F&B sold through the school meal program." "No competitive foods or beverages may be sold during the school day." FR8 - Regulates food and beverages sold in vending machines. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition 0 programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.) Recommended or limited to either of the following: Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions Vending machine nutrition standards are required, but do not meet the level of Smart Snacks 1 Examples: "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) Requires either of the following: Smart Snacks Competitive food and beverage sales are banned during the school day (or just vending machines) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS4 should be coded as a 2. Examples: "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "All vending machines will be turned off during the school day." "No competitive foods or beverages may be sold during the school day." FR9 - Regulates food and beverages sold in school stores. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition 0

programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Recommended or limited to either of the following:

- School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions
- School store nutrition standards are required, but do not meet the level of Smart Snacks.

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either of the following:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just within school stores)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS5 should be coded as a 2.

2

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "This district does not allow for the operation of school stores until 30 minutes after the end of the school day."
- "No competitive foods or beverages may be sold during the school day."

FR10 - Addresses fundraising with food to be consumed during the school day.

Smart Snacks applies to food and beverages sold as fundraisers during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers. Item NES9 will capture whether or not those exemptions apply.

N/A

Not applicable

0 se

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Recommended or limited to either of the following:



- Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions
- Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks.



Example: "Food service shall strive to include some healthy choices (choices listed) for all fundraisers." Requires either: Smart Snacks Competitive food and beverage sales are banned during the school day (or just fundraisers) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, FR10 should be coded as a 2. Examples: 2 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." • "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "There will be no food-related fundraisers held during the school day." "No competitive foods or beverages may be sold during the school day." FR11 - Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district. Not applicable N/A Not mentioned OR the foods and beverages served are specifically exempted from any district 0 nutrition standards. Any of the following: Regulations for class parties are required but weakened (e.g., by allowing one traditional party food.) Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains). 1 Examples: "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards. "The district will regulate all food and beverages served during classroom activities." "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items." No food is served or offered to students during the school day outside of meal times. Birthday parties, holiday parties, and other school celebrations do not include food that doesn't meet federal nutrition standards. Examples: "Classroom celebrations will focus on activities, rather than food. No food will be served."



 "Due to concerns about food safety and foot allergies, children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom."

FR12 - Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity." School marketing includes the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school. This includes any facilities used during the school day for school-related activities including school buildings and campus; outside and areas adjacent to school buildings; athletic fields; school buses; and parking lots. Note that marketing can be found in many locations, including: signs, scoreboards, sports equipment; curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic); exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.; 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	
N/A	Not applicable	
0	Not mentioned	
	Vague or suggested or restricts marketing to district nutrition standards that do not rise to the level of Smart Snacks	
	Examples:	
1	 "Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds." 	
	 "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards do not meet Smart Snacks) 	
	Restricts marketing of foods and beverages on the school campus, during the school day to those items that meet Smart Snacks	
2	Examples: • "School-based marketing shall be consistent with Smart Snacks nutrition standards."	

 "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards require Smart Snacks)

FR13 - Addresses how all relevant stakeholders will participate.

The Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy."

1		
N/A	Not applicable	
0	Not mentioned	



Recommends that membership is open to the community, or requires fewer than all listed stakeholders 1 Example: "Students, parents, staff and/or community members are welcome to join the committee." States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives, school health professionals, school board members, administrators, members of the general public. Example: "A letter will be sent to the school community via email, and will be posted in a central 2 area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy." FR14 - Identifies the officials responsible for compliance with all components of the local wellness policy in each school. Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy." N/A Not applicable 0 Not mentioned It is suggested, but not required, that a district official be responsible for monitoring school-level compliance Examples: "School principals should periodically update the superintendent on school-level compliance with the district wellness policy." "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy." It is clear that a district official (including the name or position of an individual) will be responsible for ensuring compliance in each school building. Examples: "The assistant superintendent shall be responsible for ensuring that the wellness policy is 2 implemented throughout district schools." "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance." FR15 - Addresses making the wellness policy available to the public. Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis." Not applicable N/A Not mentioned 0 Either of the following:



	Vague and/or suggested
	The wellness policy is available upon request
	Example: "The district will ensure school and community awareness of this policy by making it
	available by request."
	Requires district to post its wellness policy on the website or distribute the wellness policy to the
	school and community on an annual basis at a minimum
(2)	
	Example: "All public schools and public charter schools shall promote their local wellness policy
	to faculty, staff, parents, and students. A copy shall be posted on each school's website."
FR16	6 - Addresses the assessment of district implementation of the local wellness policy at least
	once every three years.
	deral Rule language states that local educational agencies must "at least once every three years,
as	sess schools' compliance with the local school wellness policy, and make assessment results
21/2	available to the public."
N/A	Not applicable
0	Not mentioned Fith an of the following:
	 Either of the following: It is suggested that policy implementation will be assessed
1	Implementation will be assessed, but less than triennially
	Example: "Representatives from each school should track compliance with the district SWP
	within their school."
_	There is a specific plan to assess implementation compliance at least once every three years.
(2)	Example: "The Advisory Council shall conduct a quantitative assessment of policy
	implementation every three years using the Wellness School Assessment Tool - Practice
	(WellSAT Practice) or the School Health Index.
FR17	7 – Addresses making triennial assessment results available to the public and specifies what
	will be included.
	en shared with the public, triennial assessment results must include the extent to which schools
	er the jurisdiction of the LEA are in compliance with the local school wellness policy; the extent to
wnic	the LEA's local school wellness policy compares to model local school wellness policies; and a
N/A	description of the progress made in attaining the goals of the local school wellness policy. Not applicable
	Not applicable Not mentioned
0	Specifies inclusion of some, but not all, triennial progress report elements
	Specifies inclusion of some, but not all, the linal progress report elements
(1)	Example: "A triennial progress report with information about each school's wellness related
	activities will be shared with the entire school community."
	Includes a statement making it clear that all three elements listed above will be included in the
2	triennial progress report
1	



	Example: "The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to
	model wellness policies, and progress made in achieving goals."
	FR18 - Addresses a plan for updating policy based on results of the triennial assessment.
	leral Rule language states that districts must "make appropriate updates or modifications to the
	local school wellness policy, based on the triennial assessment."
N/A	Not applicable
0	Not mentioned
	Plans for updating policy are implied, but not certain, OR timing is unclear.
1	
	Example: "The district wellness committee will revise the policy as needed"
	The need for policy revisions is assessed and completed at specified intervals.
2	Example: "Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly."

Section 2: Nutrition Environment and Services

	NES1 - Addresses access to the USDA School Breakfast Program.
N/A	Not applicable
0	Not mentioned
1	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name
	Examples:
	"The district shall make every effort to offer school breakfast."
	 "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."
(2)	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to
	USDA, School Breakfast Program or CFR Part 220). Example: "All schools will provide breakfast through the USDA School Breakfast Program."
NES	USDA, School Breakfast Program or CFR Part 220). Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
NES:	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing
N/A	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to



- "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance."
- "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
- "Schools will not throw away a student's meal because the student has an unpaid balance."
- "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

NES3 - Specifies how families are provided information about determining eligibility for free/reduced price meals.

N/A District qualifies for community eligibility

- 0 Not mentioned
- 1 Vague/suggested

Example: "Parents should be informed that the application is available online and should be completed by..."

Clear procedure for providing information is in place

Example: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."

NES4 - Specifies strategies to increase participation in school meal programs.

N/A Not applicable

- Not mentioned
- 1 Mentions vague and/or suggested strategies

Examples:

- "School meals shall be made attractive to students by appealing to their taste preferences."
- "To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."

Requires specific strategies, such as limiting access to competitive foods in the cafeteria, requiring that all high school students have a scheduled lunch period, prohibiting students from promotional mailings or events, altered bus schedules, student input on the menu, "Grab and Go" or Breakfast in the Classroom

Examples:

- "Students will have the opportunity to provide input on local, cultural, and ethnic favorites."
- "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."
- "Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast."
- "Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings"



(2)

	"The district discourages consumption of competitive foods in place of school meals by
	limiting competitive food choices during mealtimes in the cafeteria."
AND LOCATIONS	"Snack foods may not be purchased during meals."
	NES5 - Specifies marketing to promote healthy food and beverage choices.
N/A	Not applicable
0	Not mentioned
1	Vague or suggested
	Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used
	to promote healthy food and beverages throughout the school."
3	Required
	Nequired
	Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the
	cafeterias to encourage students to make healthy choices."
	NES6 - Addresses the amount of "seat time" students have to eat school meals.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggests a specific amount of time
	Examples:
	 "Schools are encouraged to permit all full-day students a daily lunch period of not less
	than 20 minutes."
	 "Personnel will schedule enough time so students do not have to spend too much time
	waiting in line."
	 "Schools are required to provide all full day students a daily lunch period of not less than
	20 minutes." (not clear how much of that time is "seat time")
(2)	Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and
	at least 20 minutes of "seat time" for lunch
;	
	Example: "After obtaining food, students will have at least 20 minutes to eat lunch."
1 = 7	NES7 -Addresses purchasing local foods for the school meals program.
Procu	rement is one of the three components of the Farm to School program. Procurement is defined as
	al foods that are purchased, promoted, and served in schools. More information about the USDA
	Farm to School program is available at: https://www.fns.usda.gov/farmtoschool/farm-school
N/A	Not applicable
0	Not mentioned
~ 1	Mentions vague and/or suggested strategies
	Evernless
	 Examples: "Schools are encouraged to make available locally grown produce available."
	 "Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."
2	Local foods will be purchased and promoted
	Examples:



 "School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in
the cafeteria."
"Cafeteria will regularly provide taste tests for locally grown products."
NES8 - USDA Smart Snack standards are easily accessed in the policy.
Not applicable
Not mentioned
USDA Smart Snacks are mentioned without a link to the full regulation
Example: "The District will follow the Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day." (no link or full description of standards are provided)
The complete Smart Snack standards are included in the policy or an active web link is provided
NES9 - Exemptions for infrequent school-sponsored fundraisers.
Smart Snacks, your state may have adopted an exemption policy that allows for a certain number
equent school-sponsored fundraisers during which foods and beverages sold do not have to meet
t Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers
owed. However, your school district may adopt policy language that limits this number further or
prohibits exempt fundraisers.
live in a state with no exemptions, select N/A. If you do not know if your state allows exemptions,
contact the state agency that oversees Child Nutrition.
Not applicable
Not mentioned
Some number of exemptions for infrequent fundraisers are allowed during which foods and beverages sold do not have to meet the Smart Snacks nutrition standards.
Example: "Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold."
Zero fundraiser exemptions are allowed.
Example: "All fundraisers held during the school day must meet Smart Snacks. There are no exemptions."
NES10 - Addresses foods and beverages containing caffeine at the high school level.
e N/A if no high school in district. As of 2014, USDA Smart Snacks standards prohibit the sale of
s and beverages containing caffeine in elementary and middle schools. However, high schools are
allowed to sell caffeinated beverages.
District does not have high schools
Not mentioned
Recommends or suggests high schools not sell foods or beverages with caffeine.
Example: "High school principals are encouraged to limit the sale of beverages with caffeine to high school students (e.g. coffee from the school store)."



Either of the following: Prohibits the sale of foods or beverages containing caffeine (with the 2 exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day; or requires high schools to follow the stricter Smart Snack beverage standards for middle schools. Examples: "USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools." "Beverages containing caffeine will not be sold on the high school campus." "Only water, milk, and 100% juice shall be sold to students during the school day." NES11 - Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming. There is no aftercare or other activities after school for students. N/A Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack (1 standards. Example: "Only healthy snacks will be served to students in after school programs." Requires that all foods and beverages served to students in aftercare, whether run by the school 2 or an outside party (e.g., YMCA), will meet federal nutrition standards. Example: "Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program." NES12 - Addresses nutrition standards for all foods and beverages SOLD to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A Not applicable Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack 1 standards. Examples: "Only healthy snacks will be sold to children participating in on-site programs after school "Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium." Requires that all foods and beverages sold to students in aftercare, whether run by the school or 2 an outside party (e.g., YMCA), will meet federal nutrition standards. Examples: "Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards." "All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day." NES13 - Addresses food not being used as a reward. Not applicable N/A



Not mentioned OR only allows healthy food to be used as a reward. 1 Discourages food as a reward. Examples: "...strongly discourage the use of food/beverages as a reward or punishment." "...will encourage non-food alternatives as rewards." "Food should not be used as a reward." Prohibits teachers or staff from using food as a reward. Prohibition of food as a reward with the exception of Individualized Academic Plans (IAP) or Individualized Education Plans (IEP) should be rated "2." Examples: • "Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior." "The use of food or candy as a classroom reward in any school is prohibited." "Schools will not use food or beverages as rewards for academic, classroom, or sports performances." NES14 - Addresses availability of free drinking water throughout the school day. N/A Not applicable Not mentioned or only mentions water availability where meals are served. 1 Availability of free water is suggested or encouraged. Examples: "Water should be accessible during hours of school operation through choices such as drinking fountains or vending machines." "Schools are encouraged to provide drinking fountains throughout the school campus." 2 Free water is always available. Examples: "Students and staff will have access to free, safe, and fresh drinking water throughout the school day." "Drinking water fountains will be made available to students and staff throughout the school building." "Students will be provided free access to drinking water throughout the school day." "Students are allowed to bring in bottled water from home."

Section 3: Nutrition Education

	NE1 - Nutrition education teaches skills that are behavior focused, interactive, and/or
	participatory.
N/A	Not applicable
0	Not mentioned



Nutrition education for development of behavioral skills is suggested. Specific skills are 1 mentioned but none are required Skills based nutrition education is suggested outside the NE section of the policy. Examples: "All students should have the skills necessary to make nutritious food choices." • "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors." 2 Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels). Examples: "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning." "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label." "Nutrition education will provide the knowledge and skills necessary to promote health." NE2 - All elementary school students receive sequential and comprehensive nutrition education. District does not have elementary schools OR this assessment is not for an elementary school. N/A Not mentioned Suggested. It is unclear if all elementary school students will receive nutrition education. 1 Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all elementary students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE3 - All middle school students receive sequential and comprehensive nutrition education. District does not have middle schools OR this assessment is not for a middle school. N/A 0 Not mentioned Suggested. It is unclear if all middle school students will receive nutrition education. 1 Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all middle school students will receive sequential and comprehensive (2 nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE4 - All high school students receive sequential and comprehensive nutrition education. District does not have high schools OR this assessment is not for a high school. N/A Not mentioned Suggested. It is unclear if all high school students will receive nutrition education. 1



-	
	Example: "Nutrition lessons will be designed for integration into the curriculum and the health
	education program."
(2)	Required. It is clear that all high school students will receive sequential and comprehensive
	nutrition education.
	Example: "Nutrition topics shall be integrated within the comprehensive health education
	curriculum and taught at every grade level (K-12)."
	NE5 - Nutrition education is integrated into other subjects beyond health education.
N/A	Not applicable
0	Not mentioned
1	Vague or suggested
	Examples:
	 "will encourage teachers to integrate nutrition education into the broader curriculum." "Staff shall teach, encourage, and support healthy eating by students by providing
	"Staff shall teach, encourage, and support healthy eating by students by providing nutrition education and engaging in nutrition promotion for all grade levels throughout the
	school day in a number of different instructional settings. Instruction shall be integrated
	and include information about nutrition, exercise, and/or healthy choices that"
	"Instructional staff are encouraged to integrate nutritional themes into daily lessons when
	appropriate."
(2)	Requires that nutrition education be integrated into other subjects
	Examples:
	 "Nutrition education will be integrated into mathematics classes."
	 "Nutrition education will be integrated into the broader curriculum, where appropriate."
	"Nutrition education is integrated into cooking lessons."
	NE6 - Links nutrition education with the food environment.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
	Example: "The entire school environment, not just the classroom, shall be aligned with healthy
	school goals to positively influence a student's understanding, beliefs, and habits as they relate
	to good nutrition and regular physical activity."
(2)	Requires that nutrition education be integrated into the larger school environment in concrete
	ways
	Example: "The nutrition education program shall work with the school meal program to develop
	school gardens and use the cafeteria as a learning lab."
	NE7 - Nutrition education addresses agriculture and the food system.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
I	



Example: "School gardens and nutrition instruction are encouraged as part of the academic curriculum."

Statement that students will receive education about agriculture and the food system through

specific activities

(2)

Examples:

- "Each school will establish a garden club."
- "The nutrition education curriculum will use the school garden as a teaching tool."
- "Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals."

Section 4: Physical Education and Physical Activity

	PEPA1 - There is a written physical education curriculum for grades K-12.
N/A	Not applicable
0	Not mentioned
-	Vague and/or suggested
1	Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices."
	Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students").
2	Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."
PEP	A2 - The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	Example: "The physical education curriculum should follow existing standards."
	Required. School district requires the written physical education curriculum to be aligned with
	state and/or national physical education standards.
2	Example: "The physical education curriculum for grades K-12 will be aligned with established state physical education standards."
11/20	PEPA3 - Physical education promotes a physically active lifestyle.
N/A	Not applicable
0	Not mentioned



	Any of the followings
	Any of the following:
	Suggests that physical education promotes a physically active lifestyle
1	Suggests NASPE standards
	Suggests that physical education programs focus on self-assessment
	Figure 1 - "Dhysical advertion programs should promote an active lifestyle"
	Example: "Physical education programs should promote an active lifestyle"
	Required. Any of the following:
	Requires physical education to teach lifetime activities Output Description of the second of
	Requires schools to follow NASPE standards
	 Focuses on self-assessment through a "Fitnessgram" or "Activity gram"
(2)	Everples
	 Examples: "Schools will provide physical education that fosters lifelong habits of physical activity."
	 "Physical education shall focus on personal fitness." "Shall provide all students physical education that teaches them the skills needed for
	, , , , , , , , , , , , , , , , , , , ,
DE	lifelong physical fitness." PA4 - Addresses time per week of physical education instruction for all elementary school
	students.
N/A	District does not have elementary schools OR this assessment is not for an elementary school.
0	Not mentioned
-	Vague and/or suggested OR requires less than 150 minutes/week of physical education
	vague una, or suggested entrequires toos than res minutes, ment experience and an ex
	Examples:
1	"Elementary schools should provide 150 minutes per week of physical education
	instruction."
	 "All students in grades one through eight are required to complete an average of one
	hundred instructional minutes per week of physical education."
-	Required. School district requires 150 minutes/week of physical education instruction for all
	elementary school students through the entire school year
(2)	
	Example: "All elementary school students shall receive 150 minutes per week of physical
	education instruction throughout the school year."
PEPA	5 - Addresses time per week of physical education instruction for all middle school students.
N/A	District does not have middle schools OR this assessment is not for a middle school.
0	Not mentioned
	Vague and/or suggested OR requires less than 225 minutes/week of physical education
1	Examples:
_	"Middle schools should provide 225 minutes per week of physical education instruction."
	"All students in grades one through eight are required to complete an average of one
	hundred instructional minutes per week of physical education."
	Required. Clear that school district requires 225 minutes/week of physical education instruction
(2)	for all middle school students through the entire school year.



	Example: "All middle school students shall receive 225 minutes per week of physical education
P	instruction throughout the school year."
	A6 - Addresses time per week of physical education instruction for all high school students.
N/A	District does not have high schools OR this assessment is not for a high school.
0	Not mentioned
	Vague and/or suggested OR requires less than 225 minutes/week of physical education
1	
	Example: "High schools should provide 225 minutes per week of physical education instruction."
	Required. Clear that school district requires 225 minutes/week of physical education instruction
	for all high school students through the entire school year
(2)	
\bigcirc	Example: "All high school students shall receive 225 minutes per week of physical education
	instruction throughout the school year."
	PEPA7 - Addresses qualifications for physical education teachers for grades K-12.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	
	Example: "Physical education should be taught by a licensed teacher."
	Required
(2)	
	Example: "Physical education for grades K-12 is required to be taught by a certified/licensed
	teacher who is endorsed to teach physical education."
	PEPA8 - Addresses providing physical education training for physical education teachers.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	
•	Example: "All staff involved in physical education should be provided with opportunities for
	professional development."
	Required. Clear that all physical education teachers are required to receive annual professional
	development specific to physical education/physical activity content.
(2)	
	Example: "The school district shall provide all physical education teachers with annual
	professional development opportunities that are focused on physical education/physical activity
	topics and competencies specifically for physical education teachers."
	PEPA9 - Addresses physical education exemption requirements for all students.
An	exemption is when students are permitted to not take PE because of enrollment in other courses
	uch as math, science or vocational training. This does not include exemptions due to disability,
sı	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons.
	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable
sı	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable Not mentioned
N/A	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable Not mentioned Vague and/or suggested. School district discourages exemptions from PE due to taking other
N/A	uch as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable Not mentioned



	P
	Examples:
	"The school district discourages students from taking driver's education in place of
	required physical education."
	 "Unless otherwise exempted, all students will be required to engage in the District's physical education program."
	Required. Clear that school district prohibits students from being exempt from PE for other
2	courses or vocational training
	Example: "Schools may not allow students to be exempt for required physical education class
	time or credit."
	PEPA10 - Addresses physical education substitution for all students.
As	substitution is when students are permitted to not take PE because they are engaged in another
	physical activity such as JORTC or other school sports.
N/A	Not applicable
	Not mentioned or allows exemptions
0	
	Example: JROTC may be substituted for the 1/2 credit of PE required to graduate from high school."
	Vague and/or suggested. School district discourages exemptions from PE due to taking other
	courses or training.
1	Courses of training.
•	Example: "The school district discourages students from substituting other school or community
	activities for physical education class time or credit in place of required physical education."
	Required. Clear that school district prohibits students from being exempt from PE for other
(2)	school or community activities for physical education class time or credit.
$\left \begin{pmatrix} 2 \end{pmatrix} \right $	
	Example: "There will be no substitutions allowed for the physical education time requirement."
PEP	PA11 - Addresses family and community engagement in physical activity opportunities at all schools.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	
•	Example: "Physical activity opportunities should be provided at the school for families and
	community members."
	Required
	Example: "All schools are required to develop comprehensive school physical activity programs
(2)	that address family and community engagement in physical activity, and provide a wide-variety
	of offerings."
DE	PA12 - Addresses before and after school physical activity for all students including clubs,
	intramural, interscholastic opportunities.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested



	Example: "Students should have the opportunity to be physically active before and after school."
	Required. Provision of physical activity classes, clubs, or interscholastic activities is required.
2	Examples: • "Schools shall provide physical activity opportunities for all students before and after
	school in all elementary, middle and high schools."
	"Physical activity clubs and intramurals shall be available during before and after-school
	hours."
	PEPA13 - Addresses recess for all elementary school students.
N/A	District does not have elementary schools OR this assessment is not for an elementary school.
	Not mentioned
0	
	Either of the following:
	School district suggests that recess be provided for all elementary school students.
1	 School district requires recess without including a required amount of minutes each day.
	Example: "Schools should provide students with opportunities for play when weather permits."
	Required. Addresses at least 20 minutes of daily recess for all elementary school students
	Examples:
10	"Schools shall provide at least 20 minutes of active daily recess to all elementary school
(2)	,
	students."
	"All schools are required to schedule 20 minutes of recess daily for every class in the
Microsoft Control	school master schedule."
	PEPA14 - Addresses physical activity breaks during school.
N/A	Not applicable
0	Not mentioned
_	Vague and/or suggested. School district suggests physical activity breaks.
1	
	Example: "Teachers should provide students with physical activity breaks."
	Required. School district requires that all K-12 school students be provided with daily physical
	activity breaks during the school day.
	- Francisco
(2)	Examples:
	"Each school shall provide at least one physical activity break for every 60 minutes of
	academic instruction daily."
	"Schools must schedule a twenty minute mid-morning break each day to provide all
	students with physical activity opportunities."
	PEPA15 - Joint or shared-use agreements for physical activity participation at all schools.
N/A	Not applicable Not montioned
0	Not mentioned Vegue as suggested. District an equipped schools to enter into joint use agreements for
	Vague or suggested. District encourages schools to enter into joint-use agreements for
1	community use of school facilities and school use of community facilities for physical activity
	programming.



	Example: "Schools should develop joint-use agreements in order to provide physical activity
	opportunities for community members at the school."
	Required. District requires schools to enter into joint-use agreements for community use of
16	school facilities and school use of community facilities for physical activity programming.
(2)	
	Example: "All schools will develop joint-use agreements with community partners in order to
	provide expanded physical activity opportunities for all students and community members."
PEPA	116 - District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
N/A	Not applicable
0	Not mentioned
_	Vague and/or suggested
1	
	Example: "Schools should promote walking and biking to school."
	Required. Clear that school district requires school to develop an active transport program.
(2)	Example: "Each school shall partner with local government and community-based agencies to
	support active transport to school to implement a comprehensive active transport program (i.e.
	Safe Routes to School Program)."
	PEPA17 - Addresses using physical activity as a reward.
N/A	Not applicable
0	Not mentioned
	Suggests that staff is encouraged to use extra physical activity when rewards are used
1	
	Example: "Teachers may use non-food alternatives as rewards. For example, extra recess may
	be provided when time allows."
_	Staff is encouraged to use physical activity as a reward
2	Figure 1 - 11 Figure 1 and an analysis is a second and the characters are provided with a list of alternative ideas.
	Example: "Food rewards are prohibited and teachers are provided with a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible."
District Control	PEPA18 - Addresses physical activity not being used as a punishment.
N/A	Not applicable
0	Not mentioned
-	Discourages using physical activity as a punishment.
1	Discourages using physical activity as a pullishment.
'	Example: "Teachers are discouraged from assigning physical activity as student punishment."
	Prohibits using physical activity as a punishment.
	Trombite doing physical doctorly do a parisonnional
	Examples:
	"Physical activity may not be assigned to students as a consequence of poor behavior or
(2)	punishment for any reason. (Example: running laps or jogging around a playground)"
	"Students shall not be required to engage in physical activity as punishment. For
	example, students may not be singled out to run extra laps, or perform other physical
	activities that the entire class is not engaged in, as a behavioral consequence."
	PEPA19 - Addresses physical activity not being withheld as a punishment.
THE REAL PROPERTY.	I El Mia - Madiagoga hulanar activit increasing attiliate as a hamonimone



N/A	Not applicable
0	Not mentioned
	Discourages withholding physical activity as a punishment
1	Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."
	Prohibits withholding physical activity as a punishment
2	Example: "Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

Section 5: Employee Wellness

	EW1 - Addresses strategies to support employee wellness.
N/A	Not applicable
0	Not mentioned
1	Suggests employee wellness activities
	Example: "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."
2	Specific strategies to support employee wellness are outlined
	 Examples: "Health and wellness classes will be offered to staff." "Activity programs will be available for staff." "School physical activity equipment will be available for use by staff before or after school to support employee wellness." "Free water and healthy snacks will be available in the staff break room." "Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented in each building to meet the unique wellness needs of school staff."
N/A	EW2 - Encourages staff to model healthy eating and physical activity behaviors. Not applicable
0	Not applicable Not mentioned
1	Either of the following:
2	Example: "Principals should encourage staff to model healthy eating habits" Requires district or school administrators to encourage staff to model healthy eating AND physical activity behaviors



Example: "School staff members shall be encouraged to model healthy eating and physical activity behaviors"

Section 6: Integration and Coordination

a de la composição de l	IC1 - Addresses the establishment of an ongoing district wellness committee.
N/A	Not applicable
0	Not mentioned
1	Mentions a wellness committee, but it is unclear whether or not it is active
-	Example: "The wellness committee met in September of 2012 to develop plans for policy implementation at the school level. School specific implementation plans can be found on each school's website."
2	Clearly states that the committee is ongoing and regular meetings occur
	Examples: • "The district's wellness committee meets four times a year."
	"The wellness committee meets quarterly throughout the school year."
IC	2 - Addresses the establishment of an ongoing school building-level wellness committee.
	is may also be called a school health team, school health advisory committee, or similar name.
N/A	Not applicable
0	Not mentioned
1	Mentions a school level wellness committee, but it is unclear whether or not it is active.
	Example: "The wellness committee met to develop plans for policy implementation at the schoolevel. School specific implementation plans can be found on each school's website."
2	Clearly states that all schools in the district have a committee that is ongoing and regular meetings.
	Example: "The school wellness committee at each school in the district meets quarterly."



Julian Newman Elementary

120 points 97%

WellSAT Policy Questions

Updated: February 25, 2025

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Section 1: Federal Requirements

Fed	R1 - Includes goals for nutrition education that are designed to promote student wellness. Ideral Rule language states that policies must include "specific goals for nutrition promotion and	
	ducation, physical activity, and other school-based activities that promote student wellness."	
N/A	Not applicable	
0	Either no goals for nutrition education are mentioned or policy clearly detracts from requiremen	
	Any of the following:	
	Nutrition education goal is implied	
	 Policy only repeats the language of the federal wellness requirement regarding nutrition education 	
	 Policy only mentions "total learning environment" language and no other NE-related language included 	
1		
	Examples:	
	 "The district is committed to nutrition education" 	
	 "Includes goals for nutrition educationdesigned to promote student wellness in a 	
	manner that the local education agency deems is appropriate" (no other NE goals stated	
	 "Enable students, through a comprehensive curriculum, to acquire the knowledge and 	
	skills necessary to make healthy lifestyle choices."	
_	Clear that there are specific goals for nutrition education.	
2	Example: "Nutrition lessons are integrated into the curriculum and the health education program."	
Venta I	R2 - Assures compliance with USDA nutrition standards for reimbursable school meals.	

guidelines for all food and beverages sold to students during the school day" that "are consistent with applicable requirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004



T.	es that all wellness policies must "provide an assurance that guidelines for reimbursable school
	s shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture."
N/A	Not applicable
0	Not mentioned
1	Policy states that school meals will meet or are in compliance with USDA nutrition standards but does not link to or cite the nutrition standards Example: "all foods sold/served on campus will meet USDA nutrition standards for school
	meals "
	USDA standards are included in the policy or a working link to the USDA website is provided
2	Example: "Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided)"
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced
	meals.
partion that	The National School Lunch Act puts restrictions on how much information can be shared from cipants. The United States Department of Agriculture states "school food authorities must assure a child's eligibility status is not disclosed at any point in the process of providing free or reduced-meals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service."
N/A	District/school/institution qualifies for community eligibility
0	Not mentioned
	Vague/suggested
1	Example: "The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way."
	District has implemented plans to protect student privacy which include methods used (in
	addition to following relevant regulations) OR district provides universal free school meals
$\binom{2}{2}$	Example: "The cafeterias are cashless—all students, regardless of the type of payment they
	make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register."
	FR4 - Free drinking water is available during meals.
Fede	ral Rule language states that schools "must make potable water available to children at no charge
	e place where lunches are served during the meal service, consistent with amendments made by section 203 of the HHFKA, and in the cafeteria during breakfast meal service."
N/A	Not applicable
0	Not mentioned
	Drinking water is available, but accessibility is unclear
1	Examples:
	"Drinking water is available in the cafeteria upon request."
1	"Water should be available in the cafeteria."



Free drinking water is available for self-service in the cafeteria



Examples:

- "Water fountains or water filling stations are available in all cafeterias."
- "Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period."
- "Free water will be available in the cafeteria during meal times."

FR5 - Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available at: https://www.gpo.gov/fdsvs/pkg/FR-2015-03-02/pdf/2015-04234.pdf.

N/A	Not applicable
0	Not mentioned
	Training suggested, but unclear if USDA requirement is met
1	Examples:
	 "All food service personnel will have adequate training in food service operations."
	 "All food service personnel shall receive pre-service training in food service operations."
	It is clear that USDA requirement for training and/or continuing education is being met

Examples:



- "The USDA Professional Standards for State and Local Nutrition Programs are followed to
 ensure that professional development in the area of food and nutrition is provided for
 food service directors, managers and staff. New and current food service directors must
 have at least 12 hours; new and current managers must have at least 10 hours; new and
 current staff must have at least 6 hours"
- "All school nutrition program directors, managers and staff will meet hiring and annual
 continuing education/training requirements in the USDA Professional Standards for Child
 Nutrition Professionals. These school nutrition personnel will refer to USDA's
 Professional Standards for School Nutrition Standards website to search for training that
 meets their learning needs."

FR6 - Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.

Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency." The school day begins at midnight the night before and goes until 30 minutes after the final bell.

N/A	Not applicable	
0	Not mentioned	
1	 Vague and/or suggested. Any of the following: Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that document compliance OR specify USDA Smart Snacks OR specify federal requirements. Lists some, but not all standards/ implies partial compliance 	



Requires Smart Snacks for foods or beverages, but not both

Examples:

- "All foods sold to students outside of school meals shall meet district nutrition standards." (district nutrition standards do not meet Smart Snacks)
- "All beverages sold must meet Smart Snack nutrition standards."

All foods and beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition standards or specific standards are named that imply compliance.

2

Examples:

- "The district is in compliance with all federal and state nutrition standards for all foods served in schools."
- "Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014."

FR7 - Regulates food and beverages sold in a la carte.

N/A

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

0 Not mentioned

Recommended/limited to either of the following:

- A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- A la carte nutrition standards are required, but do not meet the level of Smart Snacks

1

Examples:

- "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either Smart Snacks or competitive food and beverage sales are banned during the school day (or just within the a la carte lines). If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS3 should be coded as a 2.

2

Examples:

 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."



"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "The sale of F&B is limited to F&B sold through the school meal program." "No competitive foods or beverages may be sold during the school day." FR8 - Regulates food and beverages sold in vending machines. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or 0 served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.) Recommended or limited to either of the following: Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions Vending machine nutrition standards are required, but do not meet the level of Smart **Snacks** 1 Examples: "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) Requires either of the following: **Smart Snacks** Competitive food and beverage sales are banned during the school day (or just vending machines) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS4 should be coded as a 2. Examples: "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "All vending machines will be turned off during the school day." "No competitive foods or beverages may be sold during the school day." FR9 - Regulates food and beverages sold in school stores. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or 0 served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)



Recommended or limited to either of the following: School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions School store nutrition standards are required, but do not meet the level of Smart Snacks. 1 Examples: • "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories." Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) Requires either of the following: **Smart Snacks** Competitive food and beverage sales are banned during the school day (or just within school stores) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS5 should be coded as a 2. Examples: 2 "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "This district does not allow for the operation of school stores until 30 minutes after the end of the school day." "No competitive foods or beverages may be sold during the school day." FR10 - Addresses fundraising with food to be consumed during the school day. Smart Snacks applies to food and beverages sold as fundraisers during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers. Item NES9 will capture whether or not those exemptions apply. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or 0 served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.) Recommended or limited to either of the following: Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or 1 weakened by other exceptions Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks.



Example: "Food service shall strive to include some healthy choices (choices listed) for all fundraisers."

Requires either:

• Smart Snacks

 Competitive food and beverage sales are banned during the school day (or just fundraisers)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, FR10 should be coded as a 2.

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S.
 Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "There will be no food-related fundraisers held during the school day."
- "No competitive foods or beverages may be sold during the school day."

FR11 - Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.

N/A Not applicable Not mentioned OR the foods and beverages served are specifically exempted from any district nutrition standards.

Any of the following:

Regulations for class parties are required but weakened (e.g., by allowing one traditional party food.)

Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains).

1 Examples:

- "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards.
- "The district will regulate all food and beverages served during classroom activities."
- "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items."

No food is served or offered to students during the school day outside of meal times. Birthday parties, holiday parties, and other school celebrations do not include food that doesn't meet federal nutrition standards.

Examples:

 "Classroom celebrations will focus on activities, rather than food. No food will be served."



 "Due to concerns about food safety and foot allergies, children will be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom."

FR12 - Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity." School marketing includes the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school. This includes any facilities used during the school day for school-related activities including school buildings and campus; outside and areas adjacent to school buildings; athletic fields; school buses; and parking lots. Note that marketing can be found in many locations, including: signs, scoreboards, sports equipment; curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic); exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.; 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

N/A	Not applicable
0	Not mentioned
_	Vague or suggested or restricts marketing to district nutrition standards that do not rise to the level of Smart Snacks
1	 Examples: "Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds." "Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards do not meet Smart Snacks)
2	Restricts marketing of foods and beverages on the school campus, during the school day to those items that meet Smart Snacks Examples: • "School-based marketing shall be consistent with Smart Snacks nutrition standards."
	"Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards." (district nutrition standards require

FR13 - Addresses how all relevant stakeholders will participate.

The Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the

N/A Not a	applicable	
0 Not n	nentioned	



Smart Snacks)

Recommends that membership is open to the community, or requires fewer than all listed stakeholders 1 Example: "Students, parents, staff and/or community members are welcome to join the committee." States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives, school health professionals, school board members, administrators, members of the general public. Example: "A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy." FR14 - Identifies the officials responsible for compliance with all components of the local wellness policy in each school. Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy." N/A Not applicable Not mentioned It is suggested, but not required, that a district official be responsible for monitoring school-level compliance Examples: 1 "School principals should periodically update the superintendent on school-level compliance with the district wellness policy." "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy." It is clear that a district official (including the name or position of an individual) will be responsible for ensuring compliance in each school building. Examples: "The assistant superintendent shall be responsible for ensuring that the wellness policy is implemented throughout district schools." • "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance." FR15 - Addresses making the wellness policy available to the public. Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis." N/A Not applicable 0 Not mentioned Either of the following: 1



 V: 	ague	and/or	suggested
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• The wellness policy is available upon request

Example: "The district will ensure school and community awareness of this policy by making it available by request."

Requires district to post its wellness policy on the website or distribute the wellness policy to the school and community on an annual basis at a minimum

Example: "All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website."

FR16 - Addresses the assessment of district implementation of the local wellness policy at least once every three years.

Federal Rule language states that local educational agencies must "at least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public."

N/A	Not applicable
0	Not mentioned
1	Either of the following: It is suggested that policy implementation will be assessed Implementation will be assessed, but less than triennially Example: "Representatives from each school should track compliance with the district SWP within their school."
2	There is a specific plan to assess implementation compliance at least once every three years. Example: "The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool - Practice (WellSAT Practice) or the School Health Index.

FR17 – Addresses making triennial assessment results available to the public and specifies what will be included.

When shared with the public, triennial assessment results must include the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; the extent to which the LEA's local school wellness policy compares to model local school wellness policies; and a description of the progress made in attaining the goals of the local school wellness policy.

N/A	Not applicable
0	Not mentioned
	Specifies inclusion of some, but not all, triennial progress report elements
	Example: "A triennial progress report with information about each school's wellness related activities will be shared with the entire school community."
2	Includes a statement making it clear that all three elements listed above will be included in the triennial progress report



2

Example: "The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals." FR18 - Addresses a plan for updating policy based on results of the triennial assessment. Federal Rule language states that districts must "make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment." N/A Not applicable 0 Not mentioned Plans for updating policy are implied, but not certain, OR timing is unclear. 1 Example: "The district wellness committee will revise the policy as needed" The need for policy revisions is assessed and completed at specified intervals. Example: "Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly."

Section 2: Nutrition Environment and Services

NEED 0.7	NES1 - Addresses access to the USDA School Breakfast Program.
N/A	Not applicable
0	Not mentioned
1	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name
	Examples:
	 "The district shall make every effort to offer school breakfast."
()	 "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."
(2)	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to USDA, School Breakfast Program or CFR Part 220).
	OSDA, SCHOOL Bleaklast Program of CFK Part 220).
	Example: "All schools will provide breakfast through the USDA School Breakfast Program."
NES	
NES2	Example: "All schools will provide breakfast through the USDA School Breakfast Program." - Addresses how to handle feeding children with unpaid meal balances without stigmatizing
	Example: "All schools will provide breakfast through the USDA School Breakfast Program." - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
N/A	Example: "All schools will provide breakfast through the USDA School Breakfast Program." - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to
N/A 0	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma
N/A 0 1	Example: "All schools will provide breakfast through the USDA School Breakfast Program." 2 - Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. Not applicable Not mentioned Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma Example: "Schools should avoid stigmatizing students who are unable to pay for their meal."



- "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance."
- "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
- "Schools will not throw away a student's meal because the student has an unpaid balance."
- "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

NES3 - Specifies how families are provided information about determining eligibility for free/reduced price meals.

M/A District qualifies for community eligibility

0 Not mentioned

1 Vague/suggested

Example: "Parents should be informed that the application is available online and should be completed by..."

2 Clear procedure for providing information is in place

Example: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."

NES4 - Specifies strategies to increase participation in school meal programs.

N/A Not applicable

0 Not mentioned

1 Mentions vague and/or suggested strategies

Examples:

- "School meals shall be made attractive to students by appealing to their taste preferences."
- "To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."

Requires specific strategies, such as limiting access to competitive foods in the cafeteria, requiring that all high school students have a scheduled lunch period, prohibiting students from promotional mailings or events, altered bus schedules, student input on the menu, "Grab and Go" or Breakfast in the Classroom

Examples:

- "Students will have the opportunity to provide input on local, cultural, and ethnic favorites."
- "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."
- "Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast."
- "Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings"



	 "The district discourages consumption of competitive foods in place of school meals by
	limiting competitive food choices during mealtimes in the cafeteria."
	"Snack foods may not be purchased during meals."
645E), 18	NES5 - Specifies marketing to promote healthy food and beverage choices.
N/A	Not applicable
0	Not mentioned
1	Vague or suggested
	Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used
10	to promote healthy food and beverages throughout the school."
(2)	Required
	Example: "The healthiest chaices, such as soleds and fruit, will be prominently displayed in the
	Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."
al assistance	NES6 - Addresses the amount of "seat time" students have to eat school meals.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggests a specific amount of time
•	vague and/or suggests a specific amount of time
	Examples:
	"Schools are encouraged to permit all full-day students a daily lunch period of not less
	than 20 minutes."
	"Personnel will schedule enough time so students do not have to spend too much time
	waiting in line."
	"Schools are required to provide all full day students a daily lunch period of not less than
6	20 minutes." (not clear how much of that time is "seat time")
/ 2	Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and
\bigcup	at least 20 minutes of "seat time" for lunch
	Example: "After obtaining food, students will have at least 20 minutes to eat lunch."
	NES7 -Addresses purchasing local foods for the school meals program.
Procu	rement is one of the three components of the Farm to School program. Procurement is defined as
	I foods that are purchased, promoted, and served in schools. More information about the USDA
	farm to School program is available at: https://www.fns.usda.gov/farmtoschool/farm-school
N/A	Not applicable
0	Not mentioned
1	Mentions vague and/or suggested strategies
	Examples:
	"Schools are encouraged to make available locally grown produce available."
	"Schools are encouraged to source fresh fruits and vegetables from local farmers where
	practicable."
2	Local foods will be purchased and promoted
	Examples:



•	"School meals will include fresh, locally-grown foods in school meals from farms
	engaged in sustainable practices whenever possible and these foods will be promoted in
	the cafeteria."

"Cafeteria will regularly provide taste tests for locally grown products."

N/A Not applicable Not mentioned USDA Smart Snack standards are easily accessed in the policy. N/A Not applicable USDA Smart Snacks are mentioned without a link to the full regulation Example: "The District will follow the Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day." (no link or full description

of standards are provided)

The complete Smart Snack standards are included in the policy or an active web link is provided

Under Smart Snacks, your state may have adopted an exemption policy that allows for a certain number of infrequent school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers allowed. However, your school district may adopt policy language that limits this number further or prohibits exempt fundraisers.

NES9 - Exemptions for infrequent school-sponsored fundraisers.

If you live in a state with no exemptions, select N/A. If you do not know if your state allows exemptions, contact the state agency that oversees Child Nutrition.

N/A	Not applicable
18	Not mentioned
(1)	Some number of exemptions for infrequent fundraisers are allowed during which foods and beverages sold do not have to meet the Smart Snacks nutrition standards.
	Example: "Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold."
2	Zero fundraiser exemptions are allowed.
	Example: "All fundraisers held during the school day must meet Smart Snacks. There are no exemptions."
No.	NES10 - Addresses foods and beverages containing caffeine at the high school level.

Use N/A if no high school in district. As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools. However, high schools are allowed to sell caffeinated beverages.

N/A	District does not have high schools
0	Not mentioned
	Recommends or suggests high schools not sell foods or beverages with caffeine.
	Example: "High school principals are encouraged to limit the sale of beverages with caffeine to high school students (e.g. coffee from the school store)."



2 Either of the following: Prohibits the sale of foods or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day; or requires high schools to follow the stricter Smart Snack beverage standards for middle schools. Examples: • "USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools." "Beverages containing caffeine will not be sold on the high school campus." "Only water, milk, and 100% juice shall be sold to students during the school day." NES11 - Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A There is no aftercare or other activities after school for students. Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Example: "Only healthy snacks will be served to students in after school programs." Requires that all foods and beverages served to students in aftercare, whether run by the school or an outside party (e.g., YMCA), will meet federal nutrition standards. Example: "Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program." NES12 - Addresses nutrition standards for all foods and beverages SOLD to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A Not applicable Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Examples: • "Only healthy snacks will be sold to children participating in on-site programs after school "Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium." 2 Requires that all foods and beverages sold to students in aftercare, whether run by the school or an outside party (e.g., YMCA), will meet federal nutrition standards. Examples: "Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards." "All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day." NES13 - Addresses food not being used as a reward. N/A Not applicable



0	Not mentioned OR only allows healthy food to be used as a reward.
1	Discourages food as a reward.
Examples:	
	• "strongly discourage the use of food/beverages as a reward or punishment."
	"will encourage non-food alternatives as rewards."
2	"Food should not be used as a reward."
(2)	Prohibits teachers or staff from using food as a reward.
	Prohibition of food as a reward with the exception of Individualized Academic Plans (IAP) or Individualized Education Plans (IEP) should be rated "2."
	Examples:
	 "Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior."
	 "The use of food or candy as a classroom reward in any school is prohibited."
	 "Schools will not use food or beverages as rewards for academic, classroom, or sports performances."
	NES14 - Addresses availability of free drinking water throughout the school day.
N/A	Not applicable
0	Not mentioned or only mentions water availability where meals are served.
1	Availability of free water is suggested or encouraged.
	Examples:
	 "Water should be accessible during hours of school operation through choices such as drinking fountains or vending machines."
	 "Schools are encouraged to provide drinking fountains throughout the school campus."
(2)	Free water is always available.
	Examples:
	 "Students and staff will have access to free, safe, and fresh drinking water throughout the school day."
	"Drinking water fountains will be made available to students and staff throughout the school building."
	 "Students will be provided free access to drinking water throughout the school day." "Students are allowed to bring in bottled water from home."

Section 3: Nutrition Education

	NE1 - Nutrition education teaches s	kills that are behavior focused, interactive, and/or
		participatory.
N/A	Not applicable	
0	Not mentioned	



Nutrition education for development of behavioral skills is suggested. Specific skills are mentioned but none are required Skills based nutrition education is suggested outside the NE section of the policy. Examples: "All students should have the skills necessary to make nutritious food choices." • "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors." Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels). Examples: "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning." "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label." "Nutrition education will provide the knowledge and skills necessary to promote health." NE2 - All elementary school students receive sequential and comprehensive nutrition education. N/A District does not have elementary schools OR this assessment is not for an elementary school. 0 Not mentioned Suggested. It is unclear if all elementary school students will receive nutrition education. Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all elementary students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE3 - All middle school students receive sequential and comprehensive nutrition education. N/A District does not have middle schools OR this assessment is not for a middle school. 0 Not mentioned 1 Suggested. It is unclear if all middle school students will receive nutrition education. Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all middle school students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE4 - All high school students receive sequential and comprehensive nutrition education. N/A District does not have high schools OR this assessment is not for a high school. Not mentioned

Suggested. It is unclear if all high school students will receive nutrition education.



1

	Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program."
10	<u> </u>
2	Required. It is clear that all high school students will receive sequential and comprehensive nutrition education.
	Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)."
ri conse	NE5 - Nutrition education is integrated into other subjects beyond health education.
N/A	Not applicable
0	Not mentioned
1	
'	Vague or suggested
	Examples:
	"will encourage teachers to integrate nutrition education into the broader curriculum."
3	"Staff shall teach, encourage, and support healthy eating by students by providing
	nutrition education and engaging in nutrition promotion for all grade levels throughout the
	school day in a number of different instructional settings. Instruction shall be integrated
	and include information about nutrition, exercise, and/or healthy choices that"
	 "Instructional staff are encouraged to integrate nutritional themes into daily lessons when
	appropriate."
(2)	Requires that nutrition education be integrated into other subjects
	The quite of the trial for each of the first of the foreign of the first of the fir
	Examples:
	"Nutrition education will be integrated into mathematics classes."
	"Nutrition education will be integrated into the broader curriculum, where appropriate."
	"Nutrition education is integrated into cooking lessons."
	NE6 - Links nutrition education with the food environment.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
'	vague and/or suggested
	Example: "The entire school environment, not just the classroom, shall be aligned with healthy
	school goals to positively influence a student's understanding, beliefs, and habits as they relate
	to good nutrition and regular physical activity."
/2	Requires that nutrition education be integrated into the larger school environment in concrete
	ways
	Example: "The nutrition education program shall work with the school meal program to develop
	school gardens and use the cafeteria as a learning lab."
	NE7 - Nutrition education addresses agriculture and the food system.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
_	



2

Example: "School gardens and nutrition instruction are encouraged as part of the academic curriculum."

Statement that students will receive education about agriculture and the food system through specific activities

Examples:

- "Each school will establish a garden club."
- "The nutrition education curriculum will use the school garden as a teaching tool."
- "Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals."

Section 4: Physical Education and Physical Activity

	PEPA1 - There is a written physical education curriculum for grades K-12.
N/A	Not applicable
0	Not mentioned
	Vague and/or suggested
1	Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices."
	Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students").
2	Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."
PEP	A2 - The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested Example: "The physical education curriculum should follow existing standards."
	Required. School district requires the written physical education curriculum to be aligned with
	state and/or national physical education standards.
2	state and/or national physical education standards.
	Example: "The physical education curriculum for grades K-12 will be aligned with established state physical education standards."
	PEPA3 - Physical education promotes a physically active lifestyle.
N/A	Not applicable
0	Not mentioned



Any of the following: Suggests that physical education promotes a physically active lifestyle Suggests NASPE standards 1 Suggests that physical education programs focus on self-assessment Example: "Physical education programs should promote an active lifestyle" Required. Any of the following: Requires physical education to teach lifetime activities Requires schools to follow NASPE standards Focuses on self-assessment through a "Fitnessgram" or "Activity gram" 2 Examples: "Schools will provide physical education that fosters lifelong habits of physical activity." "Physical education shall focus on personal fitness." "Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness." PEPA4 - Addresses time per week of physical education instruction for all elementary school students. N/A District does not have elementary schools OR this assessment is not for an elementary school. 0 Not mentioned Vague and/or suggested OR requires less than 150 minutes/week of physical education Examples: 1 "Elementary schools should provide 150 minutes per week of physical education instruction." "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education." Required. School district requires 150 minutes/week of physical education instruction for all elementary school students through the entire school year 2 Example: "All elementary school students shall receive 150 minutes per week of physical education instruction throughout the school year." PEPA5 - Addresses time per week of physical education instruction for all middle school students. N/A District does not have middle schools OR this assessment is not for a middle school. 0 Vague and/or suggested OR requires less than 225 minutes/week of physical education Examples: 1 "Middle schools should provide 225 minutes per week of physical education instruction." "All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education." Required. Clear that school district requires 225 minutes/week of physical education instruction for all middle school students through the entire school year. 2



	Example: "All middle school students shall receive 225 minutes per week of physical education	
1140	instruction throughout the school year."	
	A6 - Addresses time per week of physical education instruction for all high school students.	
N/A	District does not have high schools OR this assessment is not for a high school.	
0	Not mentioned	
1	Vague and/or suggested OR requires less than 225 minutes/week of physical education	
	Example: "High schools should provide 225 minutes per week of physical education instruction."	
	Required. Clear that school district requires 225 minutes/week of physical education instruction	
2	for all high school students through the entire school year	
	Example: "All high school students shall receive 225 minutes per week of physical education	
	instruction throughout the school year."	
	PEPA7 - Addresses qualifications for physical education teachers for grades K-12.	
N/A	Not applicable	
0	Not mentioned	
	Vague and/or suggested	
1	Example: "Physical education should be taught by a licensed teacher."	
	Required	
[2]	Example: "Physical education for grades K-12 is required to be taught by a certified/licensed	
	teacher who is endorsed to teach physical education."	
F	PEPA8 - Addresses providing physical education training for physical education teachers.	
N/A	Not applicable	
0	Not mentioned	
	Vague and/or suggested	
1	Example: "All staff involved in physical education should be provided with opportunities for	
	professional development."	
	Required. Clear that all physical education teachers are required to receive annual professional	
	development specific to physical education/physical activity content.	
(2)		
(-)	Example: "The school district shall provide all physical education teachers with annual	
	professional development opportunities that are focused on physical education/physical activity	
	topics and competencies specifically for physical education teachers."	
	PEPA9 - Addresses physical education exemption requirements for all students.	
	exemption is when students are permitted to not take PE because of enrollment in other courses	
SU	such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons.	
N/A	Not applicable	
0	Not mentioned	
1	Vague and/or suggested. School district discourages exemptions from PE due to taking other courses or training.	



Examples: • "The school district discourages students from taking driver's education in place of required physical education." • "Unless otherwise exempted, all students will be required to engage in the District's physical education program." Required. Clear that school district prohibits students from being exempt from PE for other courses or vocational training 2 Example: "Schools may not allow students to be exempt for required physical education class time or credit." PEPA10 - Addresses physical education substitution for all students. A substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports. N/A Not applicable Not mentioned or allows exemptions 0 Example: JROTC may be substituted for the 1/2 credit of PE required to graduate from high Vague and/or suggested. School district discourages exemptions from PE due to taking other courses or training. 1 Example: "The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education." Required. Clear that school district prohibits students from being exempt from PE for other school or community activities for physical education class time or credit. 2 Example: "There will be no substitutions allowed for the physical education time requirement." PEPA11 - Addresses family and community engagement in physical activity opportunities at all schools. N/A Not applicable Not mentioned Vague and/or suggested 1 Example: "Physical activity opportunities should be provided at the school for families and community members." Required Example: "All schools are required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide-variety of offerings." PEPA12 - Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. N/A Not applicable Not mentioned 0 Vague and/or suggested 1



Example: "Students should have the opportunity to be physically active before and after school." Required. Provision of physical activity classes, clubs, or interscholastic activities is required. Examples: "Schools shall provide physical activity opportunities for all students before and after school in all elementary, middle and high schools." "Physical activity clubs and intramurals shall be available during before and after-school hours." PEPA13 - Addresses recess for all elementary school students. N/A District does not have elementary schools OR this assessment is not for an elementary school. 0 Not mentioned Either of the following: School district suggests that recess be provided for all elementary school students. 1 School district requires recess without including a required amount of minutes each day. Example: "Schools should provide students with opportunities for play when weather permits." Required. Addresses at least 20 minutes of daily recess for all elementary school students Examples: "Schools shall provide at least 20 minutes of active daily recess to all elementary school students." "All schools are required to schedule 20 minutes of recess daily for every class in the school master schedule." PEPA14 - Addresses physical activity breaks during school. N/A Not applicable Not mentioned 0 Vague and/or suggested. School district suggests physical activity breaks. 1 Example: "Teachers should provide students with physical activity breaks." Required. School district requires that all K-12 school students be provided with daily physical activity breaks during the school day. Examples: 2 "Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily." "Schools must schedule a twenty minute mid-morning break each day to provide all students with physical activity opportunities." PEPA15 - Joint or shared-use agreements for physical activity participation at all schools. N/A Not applicable Not mentioned Vague or suggested. District encourages schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity 1 programming.



	Example: "Schools should develop joint-use agreements in order to provide physical activity
	opportunities for community members at the school."
0	Required. District requires schools to enter into joint-use agreements for community use of
(2)	school facilities and school use of community facilities for physical activity programming.
	Example: "All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members."
DEDA	
	16 - District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
	Example: "Schools should promote walking and biking to school."
	Required. Clear that school district requires school to develop an active transport program.
(2 \	Example: "Each school shall partner with local government and community-based agencies to
$ \bigvee $	support active transport to school to implement a comprehensive active transport program (i.e.
	Safe Routes to School Program)."
	PEPA17 - Addresses using physical activity as a reward.
N/A	Not applicable
0	Not mentioned
	Suggests that staff is encouraged to use extra physical activity when rewards are used
1 1	
'	Example: "Teachers may use non-food alternatives as rewards. For example, extra recess may
	be provided when time allows."
6	Staff is encouraged to use physical activity as a reward
(2)	
$ \bigcirc $	Example: "Food rewards are prohibited and teachers are provided with a list of alternative ideas.
SPECIAL PROPERTY.	We strongly recommend staff use physical activity as a reward when feasible."
AL/A	PEPA18 - Addresses physical activity not being used as a punishment.
N/A 0	Not applicable
0	Not mentioned
,	Discourages using physical activity as a punishment.
1	Example: "Teachers are discouraged from assigning physical activity as student punishment."
	Prohibits using physical activity as a punishment.
	Frombits using physical activity as a punishment.
	Examples:
	 "Physical activity may not be assigned to students as a consequence of poor behavior or
2	punishment for any reason. (Example: running laps or jogging around a playground)"
	 "Students shall not be required to engage in physical activity as punishment. For
	example, students may not be singled out to run extra laps, or perform other physical
	activities that the entire class is not engaged in, as a behavioral consequence."
L PRODU	PEPA19 - Addresses physical activity not being withheld as a punishment.



N/A	Not applicable
0	Not mentioned
	Discourages withholding physical activity as a punishment
1	Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."
	Prohibits withholding physical activity as a punishment
2	Example: "Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

Section 5: Employee Wellness

	EW1 - Addresses strategies to support employee wellness.		
N/A	Not applicable		
0	Not mentioned		
1	Suggests employee wellness activities		
-	Example: "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."		
2	Specific strategies to support employee wellness are outlined		
	 Examples: "Health and wellness classes will be offered to staff." "Activity programs will be available for staff." "School physical activity equipment will be available for use by staff before or after school to support employee wellness." "Free water and healthy snacks will be available in the staff break room." "Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented in each building to meet the unique wellness needs of school staff." 		
	EW2 - Encourages staff to model healthy eating and physical activity behaviors.		
N/A	Not applicable		
0	Not mentioned		
1	 Either of the following: Suggests district or school administrators encourage staff to model healthy eating and physical activity behaviors Encourages modeling healthy eating OR physical activity, but not both 		
2	Example: "Principals should encourage staff to model healthy eating habits" Requires district or school administrators to encourage staff to model healthy eating AND physical activity behaviors		



Example: "School staff members shall be encouraged to model healthy eating and physical activity behaviors"

Section 6: Integration and Coordination

	IC1 - Addresses the establishment of an ongoing district wellness committee.
N/A	Not applicable
0	Not mentioned
1	Mentions a wellness committee, but it is unclear whether or not it is active
	Example: "The wellness committee met in September of 2012 to develop plans for policy implementation at the school level. School specific implementation plans can be found on each
2	clearly states that the committee is ongoing and regular meetings occur
	Examples:
	"The district's wellness committee meets four times a year."
	"The wellness committee meets quarterly throughout the school year."
IC	2 - Addresses the establishment of an ongoing school building-level wellness committee.
Th	is may also be called a school health team, school health advisory committee, or similar name.
N/A	Not applicable
0	Not mentioned
1	Mentions a school level wellness committee, but it is unclear whether or not it is active.
	Example: "The wellness committee met to develop plans for policy implementation at the school level. School specific implementation plans can be found on each school's website."
2	Clearly states that all schools in the district have a committee that is ongoing and regular meetings.
	Example: "The school wellness committee at each school in the district meets quarterly."



Athens Intermediate School

118 points 95%

WellSAT Policy Questions

Updated: February 25, 2025

Section 1: Federal Requirements		
Section 2: Nutrition Environment and Services		11
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Section 4: Physical Education and Physical Activity		
Section 5: Employee Wellness		
Section 6: Integration and Coordination		

Section 1: Federal Requirements FR1 - Includes goals for nutrition education that are designed to promote student wellness. Federal Rule language states that policies must include "specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness." N/A Not applicable Either no goals for nutrition education are mentioned or policy clearly detracts from requirement 0 Any of the following: Nutrition education goal is implied Policy only repeats the language of the federal wellness requirement regarding nutrition education Policy only mentions "total learning environment" language and no other NE-related language included 1 Examples: "The district is committed to nutrition education" "Includes goals for nutrition education...designed to promote student wellness in a manner that the local education agency deems is appropriate" (no other NE goals stated) "Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices." Clear that there are specific goals for nutrition education.

(2)

Example: "Nutrition lessons are integrated into the curriculum and the health education program."

FR2 - Assures compliance with USDA nutrition standards for relimbursable school meals.

Federal Rule language states that local educational agencies must set "standards and nutrition guidelines for all food and beverages sold to students during the school day" that "are consistent with applicable requirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004



Not applicable als shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture." states that all wellness policies must "provide an assurance that guidelines for reimbursable school

Policy states that school meals will meet or are in compliance with USDA nutrition standards but Not mentioned

does not link to or cite the nutrition standards

Example: "...all foods sold/served on campus will meet USDA nutrition standards for school

Example: "Meals served through the district's food services program shall comply with the USDA standards are included in the policy or a working link to the USDA website is provided

applicable, (working links provided)" requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie

the trakes depart of protect the privacy of students who quality for traces at reducedly

notification of eligibility, provision of meals in the cafeteria, and the point of service." meals, Including notification of the availability of free or reduced-price benefits, certification and child's eligibility status is not disclosed at any point in the process of providing free or reducedpants. The United States Department of Agriculture states "school food authorities must assure mori besteand School Lunch Act puts restrictions on how much information can be shared from

District/school/institution qualifies for community eligibility

Not mentioned

Vague/suggested

"ysw yns ni beititied identified in any way." Example: "The district should take steps to ensure that students qualifying for free or reduced

addition to following relevant regulations) OR district provides universal free school meals District has implemented plans to protect student privacy which include methods used (in

at the cash register." make for school meals, or the food being purchased (meal or a la carte) are given a code to enter Example: "The cafeterias are cashless—all students, regardless of the type of payment they

FR4 - Free drinking water is available during meals.

section 203 of the HHFKA, and in the cafeteria during breakfast meal service." in the place where lunches are served during the meal service, consistent with amendments made by ederal Rule language states that schools "must make potable water available to children at no charge

Not mentioned Not applicable

Drinking water is available, but accessibility is unclear

Examples:

"Drinking water is available in the cafeteria upon request."

"Water should be available in the cafeteria."



Free drinking water is available for self-service in the cafeteria



Examples:

- "Water fountains or water filling stations are available in all cafeterias."
- "Water jugs and cups will be present in the cafeteria and supervisory staff will allow students to access water throughout the meal period."
- "Free water will be available in the cafeteria during meal times."

FR5 - Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available at: https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf.

N/A	Not applicable
0	Not mentioned
	Training suggested, but

Training suggested, but unclear if USDA requirement is met

1 Examples:

- "All food service personnel will have adequate training in food service operations."
- "All food service personnel shall receive pre-service training in food service operations."

It is clear that USDA requirement for training and/or continuing education is being met

Examples:



- "The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours"
- "All school nutrition program directors, managers and staff will meet hiring and annual
 continuing education/training requirements in the USDA Professional Standards for Child
 Nutrition Professionals. These school nutrition personnel will refer to USDA's
 Professional Standards for School Nutrition Standards website to search for training that
 meets their learning needs."

FR6 - Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.

Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency." The school day begins at midnight the night before and goes until 30 minutes after the final bell.

N/A	Not applicable
0	Not mentioned
1	 Vague and/or suggested. Any of the following: Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that document compliance OR specify USDA Smart Snacks OR specify federal requirements. Lists some, but not all standards/implies partial compliance



Examples:

- *All foods sold to students outside of school meals shall meet district nutrition standards do not meet Smart Snacks)
- "All beverages sold must meet Smart Snack nutrition standards."

All foods and beverages sold to students during the school day are required to meet or are in named that imply compliance.

Examples:

- "The district is in compliance with all federal and state nutrition standards for all foods served in schools."
- "Guidelines from USDA's Final Rule: Mutrition Standards for All Food Sold in School atandards apply to a la carte in the cafeteria, in-school stores, and any other venues where food or candy may be sold on school campuses maching the school day, including fundraisers, beginning July 1, 2014."

-effectives food and beverages sold in a la carte.

Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Not mentioned

- Recommended/limited to either of the following:

 A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions
- A la carte nutrition standards are required, but do not meet the level of Smart Snacks

Examples:

- "Food service shall atrive to include some healthy choices (choices listed) for all a la carte food sales."
- "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.
 Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)

Requires either Smart Snacks or competitive food and beverage sales are banned during the and beverages made available" meet Smart Snacks standards, or competitive foods are not and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS3 should be coded as a 2.

Exambles:

"It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."



"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the efficial school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "The sale of F&B is limited to F&B sold through the school meal program." "No competitive foods or beverages may be sold during the school day." FR8 - Regulates food and beverages sold in vending machines. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition 0 programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.) Recommended or limited to either of the following: Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions Vending machine nutrition standards are required, but do not meet the level of Smart Snacks 1 Examples: "Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) Requires either of the following: **Smart Snacks** Competitive food and beverage sales are banned during the school day (or just vending machines) If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, NS4 should be coded as a 2. Examples: "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards." "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." "All vending machines will be turned off during the school day." "No competitive foods or beverages may be sold during the school day." FR9 - Regulates food and beverages sold in school stores. N/A Not applicable Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition 0

programs." (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)

Recommended or limited to either of the following:

- vague, suggested, time- o/location-specific, subject to principal's discretion, or School store regulations or umbrella statement regulating "all (competitive) foods" is
- School store nutrition standards are required, but do not meet the level of Smart Snacks. weakened by other exceptions

Examples:

".eales boot "Food service shall strive to include some healthy choices (choices listed) for all a la carte

Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks) "All foods and beverages sold must meet nutrition standards for fat, sugar, and calories.

Requires either of the following:

- Smart Snacks
- school stores) Competitive food and beverage sales are banned during the school day (or just within

Snacks standards, or competitive foods are not allowed to be sold, NS5 should be coded as a 2. If a policy requires that "all food sold" or "all food and beverages made available" meet Smart

Examples:

2

Snacks) nutrition standards." Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart the school day on any property under the jurisdiction of the district will meet the U.S. "It is the policy of the School District that all foods and beverages sold to students during

midnight prior, to 30 minutes after the end of the official school day) will meet all federal, "All food items served or offered (for sale) to students during the school day (from the

"This district does not allow for the operation of school stores until 30 minutes after the state, and local standards for all nutrient and competitive food guidelines."

"No competitive foods or beverages may be sold during the school day." end of the school day."

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fundraisers. Item NES9 will capture whether or not those exemptions apply. may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored Smart Snacks applies to food and beverages sold as fundraisers during the school day. State agencies

	Recommended or limited to either of the following: Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location-specific, subject to principal's discretion, or
0	Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)
A/N	Not applicable

Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks. weakened by other exceptions



Example: "Food service shall strive to include some healthy choices (choices listed) for all fundraisers."

Requires either:

- Smart Snacks
- Competitive food and beverage sales are banned during the school day (or just fundraisers)

If a policy requires that "all food sold" or "all food and beverages made available" meet Smart Snacks standards, or competitive foods are not allowed to be sold, FR10 should be coded as a 2.

(2)

Examples:

- "It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards."
- "All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines."
- "There will be no food-related fundraisers held during the school day."
- "No competitive foods or beverages may be sold during the school day."

FR11 - Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.

N/A Not applicable

Not mentioned OR the foods and beverages served are specifically exempted from any district nutrition standards.

Any of the following:

Regulations for class parties are required but weakened (e.g., by allowing one traditional party food.)

Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains).



Examples:

- "The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards.
- "The district will regulate all food and beverages served during classroom activities."
- "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage from a list of Smart Snack allowable items."

No food is served or offered to students during the school day outside of meal times. Birthday parties, holiday parties, and other school celebrations do not include food that doesn't meet federal nutrition standards.

2

Examples:

 "Classroom celebrations will focus on activities, rather than food. No food will be served."



for the day. No food will be brought into the classroom." birthdays by being given special privileges, such as being line leader or teacher's helper "Due to concerns about food safety and foot allergies, children will be recognized on their

beverages that meet Smart Snacks standards. Iz . Hestricts marketing on the school campus during the school day to only those toods and

computer screen savers and/or school-sponsored Internet sites, or announcements on the public containers, etc.; advertisements in school publications, on school radio stations, in-school television, machines, food or beverage cups of containers, food display racks, coolers, trash and recycling educational purposes, or other educational materials (both printed and electronic); exteriors of vending locations, including: signs, scoreboards, sports equipment; curricula, textbooks, websites used for buildings; athletic fields; school buses; and parking lots. Note that marketing can be found in many school-related activities including school buildings and campus; outside and areas adjacent to school or leased by the school district or school. This includes any facilities used during the school day for products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned student health and reduce childhood obesity." School marketing includes the name or depiction of school day of those foods and beverages that meet the nutrition standards under 210.11 and promote Federal Rule language states that schools may only "permit marketing on the school campus during the

FR13 - Addresses how all relevant stakeholders will participate.	
Smart Snacks)	× 3.
sold according to the district's nutrition standards." (district nutrition standards require	
"Marketing on the school campus will be limited to those products that are allowed to be	\cap
 "School-based marketing shall be consistent with Smart Snacks nutrition standards." 	(2)
those items that meet Smart Snacks	
Restricts marketing of foods and beverages on the school campus, during the school day to	
meet Smart Snacks)	
sold according to the district's nutrition standards." (district nutrition standards do not	
 "Marketing on the school campus will be limited to those products that are allowed to be 	
logos/trademarks on school grounds."	
 Food service providers should be sensitive to the nutrition environment when displaying 	Ŀ
Exambles:	
fevel of Smart Snacks	
Vague or suggested or restricts marketing to district nutrition standards that do not rise to the	10
Not mentioned	0
Not applicable	A\N
announcement (PA) system	

opportunity to participate in the development, implementation, and periodic review and update of the health professionals, the school board, school administrators, and the general public are provided an parents, students, representatives of the school food authority, teachers of physical education, school The Federal Rule language states that the policy must include "a description of the manner in which

".yoiloq	wellness	scpoor	local

	3
Not mentioned	0
Not applicable	A\N



Recommends that membership is open to the community, or requires fewer than all listed stakeholders 1 Example: "Students, parents, staff and/or community members are welcome to join the committee." States a plan to actively recruit some or all of the following: Parents, students, PE teachers, school food authority representatives, school health professionals, school board members, administrators, members of the general public. Example: "A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy." FR14 - Identifies the officials responsible for compliance with all components of the local wellness policy in each school. Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy." N/A Not applicable 0 Not mentioned It is suggested, but not required, that a district official be responsible for monitoring school-level compliance Examples: 1 "School principals should periodically update the superintendent on school-level compliance with the district wellness policy." "A district and school contact will be designated with the responsibility to ensure that the schools meet this policy." It is clear that a district official (including the name or position of an individual) will be responsible for ensuring compliance in each school building. Examples: "The assistant superintendent shall be responsible for ensuring that the wellness policy is implemented throughout district schools." "The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance." FR15 - Addresses making the wellness policy available to the public. Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis." N/A Not applicable 0 Not mentioned 1 Either of the following:



Not mentioned	0
Not applicable	A\N
description of the progress made in attaining the goals of the local school wellness policy.	
ch the LEA's local school wellness policy compares to model local school wellness policies; and a	oidw
er the jurisdiction of the LEA are in compliance with the local school wellness policy; the extent to	pun
ien shared with the public, triennial assessment results must include the extent to which schools	ЧМ
will be included.	
tank selflagge bns alidûq ent of eldalisvs žijusen fremssesza jainneint grijkem seszenbbk - 7	Mar T
(WellSAT Practice) or the School Health Index.	
implementation every three years using the Wellness School Assessment Tool - Practice	
Example: "The Advisory Council shall conduct a quantitative assessment of policy	الرح
There is a specific plan to assess implementation compliance at least once every three years.	
within their school."	
Example: "Representatives from each school should track compliance with the district SWP	
46	
• Implementation will be assessed, but less than triennially	•
 It is suggested that policy implementation will be assessed 	
Either of the following:	
Not mentioned	0
Not applicable	A\N
available to the public."	
ssess schools' compliance with the local school wellness policy, and make assessment results	98
deral Rule language states that local educational agencies must "at least once every three years,	рэЧ
ouce every three years.	
seed its you'de seed the bases and the local well as the local wellness policy at least	
to faculty, staff, parents, and students. A copy shall be posted on each school's website."	
Example: "All public schools and public charter schools shall promote their local wellness policy	
	2
school and community on an annual basis at a minimum	
Requires district to post its wellness policy on the website or distribute the wellness policy to the	
available by request."	
Example: "The district will ensure school and community awareness of this policy by making it	
	(1)
The wellness policy is available upon request	1
Vague and/or suggested	
	72 -

Includes a statement making it clear that all three elements listed above will be included in the

Example: "A triennial progress report with information about each school's wellness related

activities will be shared with the entire school community."

Specifies inclusion of some, but not all, triennial progress report elements



triennial progress report

	Example: "The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals."
	R18 - Addresses a plan for updating policy based on results of the triennial assessment.
Fed	leral Rule language states that districts must "make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment."
N/A	Not applicable
0	Not mentioned
1	Plans for updating policy are implied, but not certain, OR timing is unclear.
	Example: "The district wellness committee will revise the policy as needed"
	The need for policy revisions is assessed and completed at specified intervals.
(2)	Example: "Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly."

Section 2: Nutrition Environment and Services

	NES1 - Addresses access to the USDA School Breakfast Program,
N/A	Not applicable
0	Not mentioned
1	Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name
	Examples:
	"The district shall make every effort to offer school breakfast."
	 "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."
(2)	Includes language to institutionalize the School Breakfast Program (e.g., specific reference to USDA, School Breakfast Program or CFR Part 220).
	Example: "All schools will provide breakfast through the USDA School Breakfast Program."
NES	- Addresses how to handle feeding children with unpaid meal balances without stign at later.
N/A	Not applicable
0	Not mentioned
1	Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma
0	Example: "Schools should avoid stigmatizing students who are unable to pay for their meal."
(2)	Requires that students with unpaid balances are given the regular reimbursable meal and not stigmatized OR district provides universal free school meals
	Examples:



unless students are allowed to purchase lunch to be consumed during meetings"	
 "Tutoring, club or organizational meetings will not be scheduled during the lunch period 	
breakfast."	
"Morning bus routes will be scheduled to allow students to arrive at school in time to eat	
being introduced on the menu."	
"Shall provide periodic food promotions to encourage taste testing of healthy new foods	25.00
favorites."	
 "Students will have the opportunity to provide input on local, cultural, and ethnic 	
Examples:	
Go" or Breakfast in the Classroom	Printer of the Control of the Contro
promotional mailings or events, altered bus schedules, student input on the menu, "Grab and	1
requiring that all high school students have a scheduled lunch period, prohibiting students from	4
Requires specific strategies, such as limiting access to competitive foods in the cafeteria,	
encourage participation in school meal programs."	
To the extent possible, school and transportation schedules shall be designed to	744
preferences."	362
"School meals shall be made attractive to students by appealing to their taste	-9090
Examples:	- 97430 OHA
Mentions vague and/or suggested strategies	L
Not mentioned	0
Not applicable	A
MESQ-Specifies shategies to increase participation in school meal programm	
beginning of the school year. The application is also available on the district website."	100
Example: "Applications for free/reduced priced meals are sent home to all families at the	
Clear procedure for providing information is in place	(2)
completed by"	
Example: "Parents should be informed that the application is available online and should be	
	760
Vague/suggested bestead	上編
Not mentioned	Q
District qualifies for community eligibility	A)
free/reduced price meaks	
tof ytilldigile gainimieteb fuods golfamiôfni bebivorg era seilims) won seificags + 52.10	181.0
the child is eligible for free or reduced price meals."	
Schools will reach out to the family of a child with an unpaid balance to assess whether	-
balance."	100-2
Schools will not throw away a student's meal because the student has an unpaid	273.0
has money to pay or owes money."	
Schools must serve students a reimbursable meal, regardless of whether the student	100
serving line, or sending home clearly marked notices that they have an unpaid balance."	
announcing their names, using hand stamps to identify them, making them use a different	
"It is prohibited for students with unpaid balances to be shamed in any way, including by	298
	- NEGAN



	Here II and II a
	"The district discourages consumption of competitive foods in place of school meals by limiting a propositive food debains a decided to the competitive foods."
	limiting competitive food choices during mealtimes in the cafeteria."
	"Snack foods may not be purchased during meals." NESS Specifies mailtering to promote the little food and become a least to the little food
N/A	NES5 - Specifies marketing to promote healthy food and beverage choices. Not applicable
0	Not applicable Not mentioned
-	
1	Vague or suggested
	Example: "Marketing strategies, such as tests tests and signeds in the sefetoric, should be used.
	Example: "Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school."
12)	Required
10	- Indiana
	Example: "The healthiest choices, such as salads and fruit, will be prominently displayed in the
	cafeterias to encourage students to make healthy choices."
	NESS - Addresses the amount of "seat time" students have to eat school meals.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggests a specific amount of time
	Examples:
	 "Schools are encouraged to permit all full-day students a daily lunch period of not less
	than 20 minutes."
	"Personnel will schedule enough time so students do not have to spend too much time
	waiting in line."
	 "Schools are required to provide all full day students a daily lunch period of not less than
	20 minutes." (not clear how much of that time is "seat time")
(2)	Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and
	at least 20 minutes of "seat time" for lunch
	Francisco HASS was to the state of the state
	Example: "After obtaining food, students will have at least 20 minutes to eat lunch."
Duran	NES7-Addresses purchasing local foods for the school meals program.
	rement is one of the three components of the Farm to School program. Procurement is defined as
	al foods that are purchased, promoted, and served in schools. More information about the USDA
N/A	Farm to School program is available at: https://www.fns.usda.gov/farmtoschool/farm-school
0	Not applicable Not mentioned
1	
'	Mentions vague and/or suggested strategies
3	Examples:
	 "Schools are encouraged to make available locally grown produce available."
	 "Schools are encouraged to make available localty grown produce available. "Schools are encouraged to source fresh fruits and vegetables from local farmers where
0	practicable."
[2]	Local foods will be purchased and promoted
	Examples:



".eineteria." engaged in sustainable practices whenever possible and these foods will be promoted in "School meals will include fresh, locally-grown foods in school meals from farms

"Cafeteria will regularly provide taste tests for locally grown products."

Not applicable TESS - USDA Smart Snack standards are easily accessed in the polic

Not mentioned

USDA Smart Snacks are mentioned without a link to the full regulation

of standards are provided) beverages sold to students on school campus during the school day." (no link or full description Example: "The District will follow the Smart Snacks in School standards for all food and

The complete Smart Snack standards are included in the policy or an active web link is provided

steels buut beteenoge-lookbe theuperful tot anoitemex3 - 62314

allowed. However, your school district may adopt policy language that limits this number further or Smart Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers of infrequent school-sponsored fundraisers during which foods and beverages sold do not have to meet Mider Smart Snacks, your state may have adopted an exemption policy that allows for a certain number

If you live in a state with no exemptions, select M/A. If you do not know if your state allows exemptions, prohibits exempt fundraisers.

contact the state agency that oversees Child Mutrition.

yot mentioned Not applicable

beverages sold do not have to meet the Smart Snacks nutrition standards. Some number of exemptions for infrequent fundraisers are allowed during which foods and

allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be through district-sponsored fundraisers, unless an exemption applies. Each school will be Example: "Smart Snacks nutrition standards apply to all foods and beverages sold to students

Zero fundraiser exemptions are allowed:

Example: "All fundraisers held during the school day must meet Smart Snacks. There are no

Jevel looks rigid ent to eniettee grinternoe segeraved bne shoot sesserable - ut 23/ ".anoitqmexe

allowed to sell caffeinated beverages. foods and beverages containing caffeine in elementary and middle schools. However, high schools are Use M/A if no high school in district. As of 2014, USDA Smart Snacks standards prohibit the sale of

District does not have high schools

Not mentioned

Recommends or suggests high schools not sell foods or beverages with caffeine.

high school students (e.g. coffee from the school store)." Example: "High school principals are encouraged to limit the sale of beverages with caffeine to



Either of the following: Prohibits the sale of foods or beverages containing caffeine (with the 2 exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day; or requires high schools to follow the stricter Smart Snack beverage standards for middle schools. Examples: "USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools." "Beverages containing caffeine will not be sold on the high school campus." "Only water, milk, and 100% juice shall be sold to students during the school day." NES11 - Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming. N/A There is no aftercare or other activities after school for students. Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Example: "Only healthy snacks will be served to students in after school programs." Requires that all foods and beverages served to students in aftercare, whether run by the school 2 or an outside party (e.g., YMCA), will meet federal nutrition standards. Example: "Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program." NES12 - Addresses nutrition standards for all foods and beverages SOLD to students after the achool day, including aftercare on school grounds, clubs, and after-school programming, N/A | Not applicable Not mentioned Nutrition standards are implied OR do not specifically meet federal CACFP or Smart Snack standards. Examples: "Only healthy snacks will be sold to children participating in on-site programs after school ends." "Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium." Requires that all foods and beverages sold to students in aftercare, whether run by the school or 2 an outside party (e.g., YMCA), will meet federal nutrition standards. Examples: "Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards." "All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day." NES13 - Addresses food not being used as a reward. Not applicable N/A



Not applicable	A/N
MET - Tuttition education teaches skills that are behavior focused, interactive, and/or participatory.	
Section 3: Nutrition Education	56.4
 "Students will be provided free access to drinking water throughout the school day." "Students are allowed to bring in bottled water from home." 	
school building."	
school day." • "Drinking water fountains will be made available to students and staff throughout the	
Examples: Students and staff will have access to free, safe, and fresh drinking water throughout the	
Free water is always available.	(2)
drinking fountains or vending machines." "Schools are encouraged to provide drinking fountains throughout the school campus."	
 Examples: "Water should be accessible during hours of school operation through choices such as 	150/42
Availability of free water is suggested or encouraged.	L
Not applicable Not mentioned or only mentions water availability where meals are served.	A
MEETA - Addresses availability of the attinking water throughout the school days	480
performances."	1-1
 "Schools will not use food or beverages as rewards for academic, classroom, or sports 	100
The use of food or candy as a classroom reward in any school is prohibited."	- 1
achievement or desirable behavior."	[3]
 "Food rewards or incentives shall not be used in classrooms to encourage student 	
Prohibition of food as a reward with the exception of Individualized Academic Plans (IAP) or Individualized Education Plans (IEP) should be rated "2."	
Prohibits teachers or staff from using food as a reward.	(2)
• "Food should not be used as a reward."	3
will encourage non-food alternatives as rewards."	
Examples: • "strongly discourage the use of food/beverages as a reward or punishment." •	-
Discourages food as a reward.	
hanning a self self self self self self self self	1,000



0

Not mentioned

Nutrition education for development of behavioral skills is suggested. Specific skills are 1 mentioned but none are required Skills based nutrition education is suggested outside the NE section of the policy. Examples: "All students should have the skills necessary to make nutritious food choices." "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors." Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels). Examples: "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning." "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label." "Nutrition education will provide the knowledge and skills necessary to promote health." NE2 - All elementary school students receive sequential and comprehensive nutrition education. N/A District does not have elementary schools OR this assessment is not for an elementary school. 0 Not mentioned Suggested. It is unclear if all elementary school students will receive nutrition education. 1 Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all elementary students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." NE3 - All middle school students receive sequential and comprehensive nutrition education. District does not have middle schools OR this assessment is not for a middle school. N/A Not mentioned Suggested. It is unclear if all middle school students will receive nutrition education. 1 Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program." Required. It is clear that all middle school students will receive sequential and comprehensive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)." "NEA - All high school students receive sequential and comprehensive nutrition education, District does not have high schools OR this assessment is not for a high school. N/A 0 Not mentioned Suggested. It is unclear if all high school students will receive nutrition education.



Not applicable	A/N
MEX - Nuthition education addresses agriculture and the food system.	
school gardens and use the cafeteria as a learning lab."	
Example: "The nutrition education program shall work with the school meal program to develop	
ways	0
	/_
Requires that nutrition education be integrated into the larger school environment in concrete	(2)
to good nutrition and regular physical activity."	
school goals to positively influence a student's understanding, beliefs, and habits as they relate	
Example: "The entire school environment, not just the classroom, shall be aligned with healthy	
Vague and/or suggested	ı,
Not mentioned	0,7
Not applicable	A\N
ME6 - Links nutrition education with the food environment.	
"Mutrition education is integrated into cooking lessons."	
 "Nutrition education will be integrated into the broader curriculum, where appropriate." 	200
 "Mutrition education will be integrated into mathematics classes." 	5 3
Examples:	
	0
requires that nutrition education be integrated into other adoless.	(z)
appropriate." Requires that nutrition education be integrated into other subjects	(6)
	333
Instructional staff are encouraged to integrate nutritional themes into daily lessons when	ejit-
and include information about nutrition, exercise, and/or healthy choices that"	S SS
school day in a number of different instructional settings. Instruction shall be integrated	
nutrition education and engaging in nutrition promotion for all grade levels throughout the	50
Staff shall teach, encourage, and support healthy eating by students by providing	
will encourage teachers to integrate nutrition education into the broader curriculum."	3
Examples:	
	. 83
Not mentioned Vague or suggested	L-fe
Not applicable	A\N
	AVIA
MEB - Mutrition education is integrated into other subjects beyond health education.	
curriculum and taught at every grade level (K-12)."	4
Example: "Mutrition topics shall be integrated within the comprehensive health education	10
nutrition education.	1
Required. It is clear that all high school students will receive sequential and comprehensive	(2)
education program."	
Example: "Nutrition lessons will be designed for integration into the curriculum and the health	
	133



0

Vague and/or suggested

Not mentioned

Example: "School gardens and nutrition instruction are encouraged as part of the academic curriculum."

Statement that students will receive education about agriculture and the food system through specific activities

Examples:

"Each school will establish a garden club."

"The nutrition education curriculum will use the school garden as a teaching tool."

"Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals."

Section 4: Physical Education and Physical Activity

	PEPA1 - There is a written physical education curriculum for grades K-12,
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices."
(2)	Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students"). Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."
PEP,	12 - The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
	Example: "The physical education curriculum should follow existing standards."
(2)	Required. School district requires the written physical education curriculum to be aligned with state and/or national physical education standards.
	Example: "The physical education curriculum for grades K-12 will be aligned with established state physical education standards."
	PEPA3 - Physical education promotes a physically active lifestyle.
N/A	Not applicable A second and a second a second and a second a second and a second and a second and a second and a second an
0	Not mentioned



for all middle school students through the entire school year.	(5)
Required. Clear that school district requires 225 minutes/week of physical education instruction	
hundred instructional minutes per week of physical education:"	
• "All students in grades one through eight are required to complete an average of one	
 "Middle schools should provide 225 minutes per week of physical education instruction." 	222
Examples:	<u> </u>
Vague and/or suggested OR requires less than 225 minutes/week of physical education	
Not mentioned	0
District does not have middle schools OR this assessment is not for a middle school.	A\N
ts - Addresses time per week of prysical education instruction for all middle senod students.	
education instruction throughout the school year."	
Example: "All elementary school students shall receive 150 minutes per week of physical	
	2
elementary school students through the entire school year	C
Required. School district requires 150 minutes/week of physical education instruction for all	
hundred instructional minutes per week of physical education."	- 77
"All students in grades one through eight are required to complete an average of one	
instruction."	
 "Elementary schools should provide 150 minutes per week of physical education 	
Examples:	
Vague and/or suggested OR requires less than 150 minutes/week of physical education	-
Not mentioned	0
District does not have elementary schools OR this assessment is not for an elementary school.	A\N
suepnis .	
That Addresses time per week of physical education instruction for all elementary school	
lifelong physical fitness."	
 Shall provide all students physical education that teaches them the skills needed for 	1
 "Physical education shall focus on personal fitness." 	- 0
 "Schools will provide physical education that fosters lifelong habits of physical activity." 	
Examples:	
	(2)
• Focuses on self-assessment through a "Fitnessgram" or "Activity gram"	
Requires schools to follow NASPE standards **Continuity grown*** **Continuity grown**** **Continuity grown**** **Continuity grown*** **Continuity grown** **Continuity grown*** **Continuity grown*** **Continuity grown*** **Continuity grown*** **Continuity grown*** **Continuity grown** **Continuity grown**	
Requires physical education to teach lifetime activities	
Required. Any of the following:	
Example: "Physical education programs should promote an active lifestyle"	
l l	
	19
Suggests that physical education programs focus on self-assessment	
Suggests NASPE standards	l.
	ı



	To the state of th
	Example: "All middle school students shall receive 225 minutes per week of physical education
DE	instruction throughout the school year."
N/A	A6 - Addresses time per week of physical education instruction for all high school students.
0	District does not have high schools OR this assessment is not for a high school. Not mentioned
	The state of the s
1	Vague and/or suggested OR requires less than 225 minutes/week of physical education
	Example: "High schools should provide 225 minutes per week of physical education instruction."
	Required. Clear that school district requires 225 minutes/week of physical education instruction for all high school students through the entire school year
(2)	Example: "All high school students shall receive 225 minutes per week of physical education
SUSPENIES STEELS	Instruction throughout the school year."
	PEPA7 - Addresses qualifications for physical education teachers for grades K-12
N/A	Not applicable
0	Not mentioned
1	Vague and/or suggested
	Example: "Physical education should be taught by a licensed teacher."
	Required
(2)	
	Example: "Physical education for grades K-12 is required to be taught by a certified/licensed
STEELS CALES	teacher who is endorsed to teach physical education."
RESPONSE SERVICE .	EDAS Address of the A
N/A	EPA8 - Addresses providing physical education training for physical education teachers.
N/A	EPA8 - Addresses providing physical education training for physical education teachers. Not applicable
N/A 0	EPA8 - Addresses providing physical education training for physical education teachers. Not applicable Not mentioned
0	EPA8 - Addresses providing physical education training for physical education teachers. Not applicable
N/A	EPA8 - Addresses providing physical education training for physical education teachers. Not applicable Not mentioned Vague and/or suggested
0 0	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for
0	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development."
0	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for
0 0	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content.
0 0	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with appual."
1	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity."
1 2	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers."
1 2	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPAS - Addresses physical education exemption requirements for all students.
1 2 An ex	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPA9 - Addresses physical education exemption requirements for all students. Remption is when students are permitted to not take PE because of enrollment in other courses.
1 2 An ex	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPAS - Addresses physical education exemption requirements för all students. Semption is when students are permitted to not take PE because of enrollment in other courses chas math, science or vocational training. This does not include exemptions due to disability,
An exsue	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPA9 - Addresses physical education exemption requirements for all students. Remption is when students are permitted to not take PE because of enrollment in other courses that math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable
An ex suc	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPA9 - Addresses physical education exemption requirements for all students. Remption is when students are permitted to not take PE because of enrollment in other courses chas math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable Not mentioned
An exsue	Not applicable Not mentioned Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content. Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers." PEPA9 - Addresses physical education exemption requirements for all students. Remption is when students are permitted to not take PE because of enrollment in other courses that math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. Not applicable



Not mentioned	0
Not applicable	A/N
intramural, interscholastic opportunities.	
PATE - Addresses before and after school physical activity forall students including clubs,	14
".sgrinetings."	
that address family and community engagement in physical activity, and provide a wide-variety	
Example: "All schools are required to develop comprehensive school physical activity programs	(52)
	\mathcal{L}
Required	
community members."	
Example: "Physical activity opportunities should be provided at the school for families and	- L
mazaaggna ta mun angna	
Vague and/or suggested	
Not mentioned	0
Not applicable	A\N
Schools (Sinity Sing continued by Schools, in proposes county of the	19.1
Example: "I nere win be no substitutions arowed for the physical activity opportunities at all	
Example: "There will be no substitutions allowed for the physical education time requirement."	α
school or community activities for physical education class time or credit.	15/
Required. Clear that school district prohibits students from being exempt from PE for other	
activities for physical education class time or credit in place of required physical education."	
Example: "The school district discourages students from substituting other school or community in the school of community is a second of community in the school of community in the school of community is a second of community	
Wighting 10 loods and to anithitited to most atrachists as a series of its to the terminal of	L.
courses or training.	
Vague and/or suggested. School district discourages exemptions from PE due to taking other	
"Joods"	
Example: JROTC may be substituted for the 1/2 credit of PE required to graduate from high	0
Not mentioned or allows exemptions	3
Not applicable	A/N
physical activity such as JORTC or other school sports.	
ubstitution is when students are permitted to not take PE because they are engaged in another	e A
PEPA 10 - Addresses physical education substitution of a tudents.	
time or credit."	
Example: "Schools may not allow students to be exempt for required physical education class	(z)
courses or vocational training	
physical education program." Required. Clear that school district prohibits students from being exempt from PE for other	
required physical education." "Unless otherwise exempted, all students will be required to engage in the District's	
 The school district discourages students from taking driver's education in place of 	



Vague and/or suggested

Example: "Students should have the opportunity to be physically active before and after school." Required. Provision of physical activity classes, clubs, or interscholastic activities is required. Examples: "Schools shall provide physical activity opportunities for all students before and after school in all elementary, middle and high schools." "Physical activity clubs and intramurals shall be available during before and after-school hours." PEPA13 - Addresses recess for all elementary school students. District does not have elementary schools OR this assessment is not for an elementary school. N/A Not mentioned Either of the following: School district suggests that recess be provided for all elementary school students. 1 School district requires recess without including a required amount of minutes each day. Example: "Schools should provide students with opportunities for play when weather permits." Required. Addresses at least 20 minutes of daily recess for all elementary school students Examples: 2 "Schools shall provide at least 20 minutes of active daily recess to all elementary school students." "All schools are required to schedule 20 minutes of recess daily for every class in the school master schedule." PEPA14 - Addresses physical activity breaks during school. N/A Not applicable Not mentioned Vague and/or suggested. School district suggests physical activity breaks. 1 Example: "Teachers should provide students with physical activity breaks." Required. School district requires that all K-12 school students be provided with daily physical activity breaks during the school day. Examples: "Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily." "Schools must schedule a twenty minute mid-morning break each day to provide all students with physical activity opportunities." PEPA15 - Joint or shared-use agreements for physical activity participation at all schools. N/A Not applicable 0 Not mentioned Vague or suggested. District encourages schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity 1 programming.



NEW PROPERTY.	
	PEPA19 - Addresses physical activity not being withheld as a punishment.
	activities that the entire class is not engaged in, as a behavioral consequence."
	example, students may not be singled out to run extra laps, or perform other physical
	 "Students shall not be required to engage in physical activity as punishment. For
	punishment for any reason. (Example: running laps or jogging around a playground)"
2	 "Physical activity may not be assigned to students as a consequence of poor behavior or
	Examples:
	Prohibits using physical activity as a punishment.
	Example: "Teachers are discouraged from assigning physical activity as student punishment."
L	"themdaining thebuta as viivitae legisydd agigaigan grost boacsuccaib asc aschee Til calament
•	DISCOULABES USING PHYSICAL ACTIVITY AS A PARISON OF THE PARISON OF
	Discourages using physical activity as a punishment.
0	Not mentioned
A۱	Not applicable
	PEPATS - Addresses physical activity not being used as a punishment.
	We strongly recommend staff use physical activity as a reward when feasible."
/_	Example: "Food rewards are prohibited and teachers are provided with a list of alternative ideas
,	Staff is encouraged to use physical activity as a reward
	be provided when time allows."
	Example: "Teachers may use non-food alternatives as rewards. For example, extra recess may
L	
	Suggests that staff is encouraged to use extra physical activity when rewards are used
0	Not mentioned
A/I	Not applicable
	PEPA17 - Addresses using physical activity as alteward.
being the best	Safe Routes to School Program."
	support active transport to school to implement a comprehensive active transport program (i.e.
/z	Example: "Each school shall partner with local government and community-based agencies to
	Of seingabe based-vigitummon has trammy and differential lieds leader design
	Required. Clear that school district requires school to develop an active transport program.
	Example: "Schools should promote walking and biking to school."
ı	" loodos et brilling pro privilent et en et
	Vague and/or suggested
0	Not mentioned
A	Not applicable
	within walkable/bikeable distance.
Vacie	Bi District addresses active transport (Safe Routes to School for all K-12 students who live
	provide expanded physical activity opportunities for all students and community members."
	Example: "All schools will develop joint-use agreements with community partners in order to
/	of John di Storting Affaire and deliverage and their in the contract of the co
(2	
(2	school facilities and school use of community facilities for physical activity programming.
(2	Required. District requires schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity programming.
(2	



N/A	Not applicable
0	Not mentioned
	Discourages withholding physical activity as a punishment
1	Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."
(2)	Prohibits withholding physical activity as a punishment Example: "Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

Section 5: Employee Wellness

	EW1 - Addresses strategies to support employee wallness.
N/A	Not applicable
0	Not mentioned
1	Suggests employee wellness activities
	Example: "The district desires to provide a comprehensive program promoting healthy eating an PA for district students and staff."
(2)	Specific strategies to support employee wellness are outlined
	Examples:
	"Health and wellness classes will be offered to staff."
	 "Activity programs will be available for staff."
	 "School physical activity equipment will be available for use by staff before or after school to support employee wellness."
	"Free water and healthy snacks will be available in the staff break room."
	 "Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented in each building to meet the unique wellness needs of school staff."
	EW2 - Encourages staff to model healthy eating and physical activity behaviors.
N/A	Not applicable
0	Not mentioned /
1	Either of the following:
	 Suggests district or school administrators encourage staff to model healthy eating and physical activity behaviors
	 Encourages modeling healthy eating OR physical activity, but not both
	Example: "Principals should encourage staff to model healthy eating habits"
2	Requires district or school administrators to encourage staff to model healthy eating AND physical activity behaviors



Example: "School staff members shall be encouraged to model healthy eating and physical

activity behaviors"

Section 6: Integration and Coordination

meetings.	,
Clearly states that all schools in the district have a committee that is ongoing and regular	(
Example: "The wellness committee met to develop plans for policy implementation at the school level. School specific implementation plans can be found on each school's website."	
Mentions a school level wellness committee, but it is unclear whether or not it is active.	
Not mentioned	(
Not applicable	A
s may also be called a school health team, school health advisory committee, or similar name.	ļЧI
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 The wellness committee meets quarterly throughout the school year." 	14
Clearly states that the committee is ongoing and regular meetings occur Examples: The district's wellness committee meets four times a year." The district's wellness committee meets four times a year."	G
school's website."	- 4
implementation at the school level. School specific implementation plans can be found on each	
Example: "The wellness committee met in September of 2012 to develop plans for policy	100
Mentions a wellness committee, but it is unclear whether or not it is active	
Not mentioned	
Not applicable	A
ici - Addresses the establishment of an ongoing district wellness committee.	
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Example: "The school wellness committee at each school in the district meets quarterly."

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COOPY JOEIL

