# Your District's Scorecard

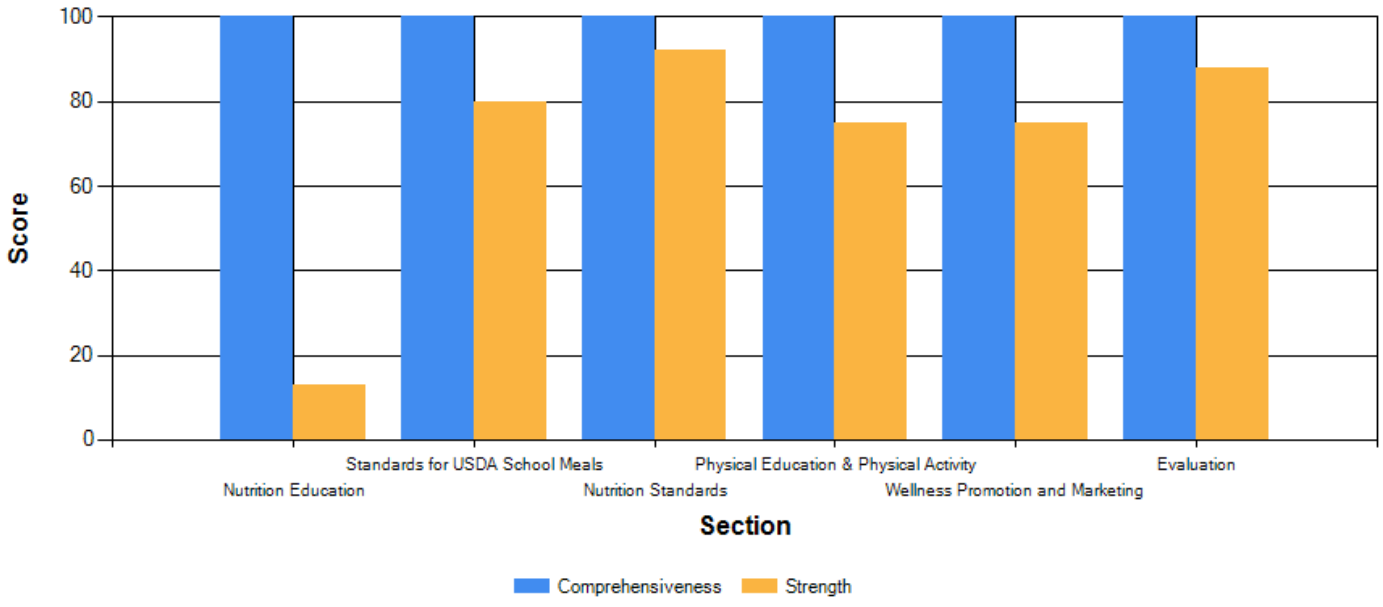
Close window

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

## Version: 3.0

## Policy Name: Rochester SD Assessment




## Section 1. Nutrition Education

| | | Rating |
|---|---|---|
| **NE1** | Includes goals for nutrition education that are designed to promote student wellness. | **2** |
| **NE2** | Nutrition education teaches skills that are behavior focused, interactive, and/or participatory. | **1** |
| **NE3** | All elementary school students receive sequential and comprehensive nutrition education. | **1** |
| **NE4** | All middle school students receive sequential and comprehensive nutrition education. | **1** |
| **NE5** | All high school students receive sequential and comprehensive nutrition education. | **1** |
| **NE6** | Nutrition education is integrated into other subjects beyond health education | **1** |
| **NE7** | Links nutrition education with the school food environment. | **1** |
| **NE8** | Nutrition education addresses agriculture and the food system. | **1** |
| **Subtotal for Section 1** | **Comprehensiveness Score**: Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |

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| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100. | **13** |

Click here for Nutrition Education Resources

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

| | | Rating |
|---|---|---|
| **SM1** | Assures compliance with USDA nutrition standards for reimbursable school meals. | **2** |
| **SM2** | Addresses access to the USDA School Breakfast Program. | **2** |
| **SM3** | District takes steps to protect the privacy of students who qualify for free or reduced priced meals. | **2** |
| **SM4** | Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. | **2** |
| **SM5** | Specifies how families are provided information about determining eligibility for free/reduced priced meals. | **2** |
| **SM6** | Specifies strategies to increase participation in school meal programs. | **1** |
| **SM7** | Addresses the amount of "seat time" students have to eat school meals. | **2** |
| **SM8** | Free drinking water is available during meals. | **2** |
| **SM9** | Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. | **2** |
| **SM10** | Addresses purchasing local foods for the school meals program. | **1** |
| **Subtotal for Section 2** | **Comprehensiveness Score**:<br>Count the number of items rated as "1"or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |
| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100. | **80** |

Click here for School Food Resources

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

| | | Rating |
|---|---|---|
| **NS1** | Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages **sold** to students during the school day. | **2** |

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| **NS2** | USDA Smart Snack standards are easily accessed in the policy. | **2** |
| **NS3** | Regulates food and beverages sold in a la carte. | **2** |
| **NS4** | Regulates food and beverages sold in vending machines. | **2** |
| **NS5** | Regulates food and beverages sold in school stores. | **2** |
| **NS6** | Addresses fundraising with food to be consumed during the school day. | **2** |
| **NS7** | Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day. | **1** |
| **NS8** | Addresses foods and beverages containing caffeine at the high school level. | **2** |
| **NS9** | Regulates food and beverages **served** at class parties and other school celebrations in elementary schools. | **2** |
| **NS10** | Addresses nutrition standards for all foods and beverages **served** to students **after** the school day, including, before/after care on school grounds, clubs, and after school programming. | **2** |
| **NS11** | Addresses nutrition standards for all foods and beverages **sold** to students **after** the school day, including before/after care on school grounds, clubs, and after school programming. | **2** |
| **NS12** | Addresses food not being used as a reward. | **2** |
| **NS13** | Addresses availability of free drinking water throughout the school day. | **2** |
| **Subtotal for Section 3** | **Comprehensiveness Score**:<br>Count the number of items rated as "1"or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |
| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100. | **92** |

Click here for Nutrition Standards Resources

## Section 4. Physical Education and Physical Activity

| | | Rating |
|---|---|---|
| **PEPA1** | There is a written physical education curriculum for grades K-12. | **2** |
| **PEPA2** | The written physical education curriculum for each grade is aligned with national and/or state physical education standards. | **2** |
| **PEPA3** | Physical education promotes a physically active lifestyle. | **2** |
| **PEPA4** | Addresses time per week of physical education instruction for all elementary school students. | **2** |
| **PEPA5** | Addresses time per week of physical education instruction for all middle school students. | **2** |

| | | |
|---|---|---|
| **PEPA6** | Addresses time per week of physical education instruction for all high school students. | **2** |
| **PEPA7** | Addresses qualifications for physical education teachers for grades K-12. | **2** |
| **PEPA8** | Addresses providing physical education training for physical education teachers. | **2** |
| **PEPA9** | Addresses physical education exemption requirements for all students. | **2** |
| **PEPA10** | Addresses physical education substitution for all students. | **2** |
| **PEPA11** |  Addresses family and community engagement in physical activity opportunities at all schools. | **1** |
| **PEPA12** |  Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. | **1** |
| **PEPA13** | Addresses recess for all elementary school students. | **2** |
| **PEPA14** |  Addresses physical activity breaks during school. | **2** |
| **PEPA15** | Joint or shared-use agreements for physical activity participation at all schools. | **1** |
| **PEPA16** | District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. | **1** |
| **Subtotal for Section 4** | **Comprehensiveness Score**:<br>Count the number of items rated as "1"or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |
| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100. | **75** |

Click here for Resources on Physical Activity in Schools

## Section 5. Wellness Promotion and Marketing

| | | Rating |
|---|---|---|
| **WPM1** | Encourages staff to model healthy eating and physical activity behaviors. | **2** |
| **WPM2** |  Addresses strategies to support employee wellness. | **2** |
| **WPM3** | Addresses using physical activity as a reward. | **2** |
| **WPM4** | Addresses physical activity not being used as a punishment. | **2** |
| **WPM5** | Addresses physical activity not being withheld as a punishment. | **2** |
| **WPM6** | Specifies marketing to promote healthy food and beverage choices. | **2** |

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| **WPM7** | Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. | **1** |
| **WPM8** | Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment). | **2** |
| **WPM9** | Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials). | **2** |
| **WPM10** | Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers). | **1** |
| **WPM11** | Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system). | **1** |
| **WPM12** | Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education). | **2** |
| **Subtotal for Section 5** | **Comprehensiveness Score**:<br>Count the number of items rated as "1"or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |
| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100. | **75** |

Click here for Wellness Promotion and Marketing Resources

## Section 6. Implementation, Evaluation & Communication

| | | Rating |
|---|---|---|
| **IEC1** | Addresses the establishment of an ongoing district wellness committee. | **2** |
| **IEC2** | Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy. | **2** |
| **IEC3** | Identifies the officials responsible for the implementation and compliance of the local wellness policy. | **2** |
| **IEC4** | Addresses making the wellness policy available to the public. | **2** |
| **IEC5** | Addresses the assessment of district implementation of the local wellness policy at least once every three years. | **2** |
| **IEC6** | Triennial assessment results will be made available to the public and will include: | **2** |
| **IEC7** | Addresses a plan for updating policy based on results of the triennial assessment. | **2** |
| **IEC8** | Addresses the establishment of an ongoing school building level wellness committee. | **1** |
| **Subtotal for Section 6** | **Comprehensiveness Score**:<br>Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | **100** |

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| | **Strength Score**:<br>Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100. | 88 |

Click here for Resources for Wellness Policy Development, Implementation and Evaluation

## Overall District Policy Score

| | |
|---|---|
| **Total Comprehensiveness**<br>Add the comprehensiveness scores for each of the six sections above and divide this number by 6. | **District Score**<br>**100** |
| **Total Strength**<br>Add the strength scores for each of the six sections above and divide this number by 6. | **District Score**<br>**71** |

Federal Requirement Farm to School CSPAP