



# WellSAT Scorecard

You can read the WellSAT scorecard for Healthy Start Academy on the pages that follow. This report contains details of how we scored on each item and section of the assessment. It also notes resources that will help us improve our school's wellness policy.

SCORING: 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, the report includes a small selection, rather than a comprehensive listing. Read more about how WellSAT is scored at [wellsat.org/score\\_calculations](http://wellsat.org/score_calculations).

For more information about the HSA Scorecard, please contact us at 919-956-5599.

You can learn more about WellSat in the short article below.

## WHAT IS THE

# Wellness School Assessment Tool?

**WellSAT: 2.0**  
Wellness School Assessment Tool



In passing the Child Nutrition and WIC (Women, Infants and Children program) Reauthorization Act of 2004, Congress mandated that all school districts participating in federal school meal programs create and implement school wellness policies by July 2006. In 2010, the Healthy, Hunger-Free Kids Act strengthened local wellness policy requirements and added requirements for public participation, transparency and implementation. These policies must address nutrition education, nutrition

standards for foods sold, and physical activity, and must include measures for evaluating the policy's effectiveness.

The Wellness School Assessment Tool allows users to assess the quality of their school's wellness policy and be provided with personalized guidance and resources for making improvements, based on the assessment.

Learn more at [wellsat.org](http://wellsat.org)

<b>SECTION 1. NUTRITION EDUCATION</b>		<b>RATING</b>
NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	1
NE2	All elementary school students receive nutrition education.	2
NE3	All middle school students receive nutrition education.	2
NE5	Links nutrition education with the school food environment.	2
NE6	Nutrition education teaches skills that are behavior-focused.	2
NE7	Nutrition education is sequential and comprehensive in scope	2
Subtotal for Section 1	<b>Comprehensiveness Score:</b> <i>Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if the rating is "0."</i>	<b>100</b>
	<b>Strength Score:</b> <i>Count the number of items rated as "2" and divide this number by 6. Multiply by 100.</i>	<b>83</b>
<b>SECTION 2. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS</b>		<b>RATING</b>
SM1	Addresses access to the USDA School Breakfast Program.	2
SM2	Addresses compliance with USDA nutrition standards for reimbursable meals.	2
SM3	School meals meet standards that are more stringent than those required by the USDA.	2
SM4	District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals.	2
SM5	USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy)	1
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses students leaving school during lunch periods.	0
SM8	Ensures adequate time to eat.	2

SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses school meal environment.	2
SM11	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	1
SM12	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1
SM13	Recess (when offered) is scheduled before lunch in elementary schools.	0
SM14	Free drinking water is available during meals	2
Subtotal for Section 2	<b>Comprehensiveness Score:</b> <i>Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."</i>	<b>79</b>
	<b>Strength Score:</b> <i>Count the number of items rated as "2" and divide this number by 14. Multiply by 100.</i>	<b>57</b>
<b>SECTION 3. NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES</b>		<b>RATING</b>
NS1	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as <a href="#">Smart Snacks</a> )	2
NS2	Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs)	2
NS3	Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	0
NS4	Regulates food served during classroom parties and celebrations in elementary schools.	2
NS5	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as <a href="#">Smart Snacks</a> )	0
NS6	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	0

NS9	USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy)	1
NS10	Addresses availability of free drinking water throughout the school day.	2
NS11	Regulates food sold for fundraising at all times (not only during the school day).	1
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> <i>Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."</i>	<b>67</b>
	<b>Strength Score:</b> <i>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</i>	<b>44</b>
<b>SECTION 4. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY</b>		<b>RATING</b>
PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards.	2
PEPA3	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA4	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses teacher-student ratio for physical education classes.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	District provides physical education training for physical education teachers.	2
PEPA9	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	0
PEPA10	Addresses physical education exemptions for K-12 students.	0
PEPA11	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	0
PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. Click <a href="#">here</a> for information on CSPAP.	0
PEPA13	District addresses active transport for all K-12 students.	0