

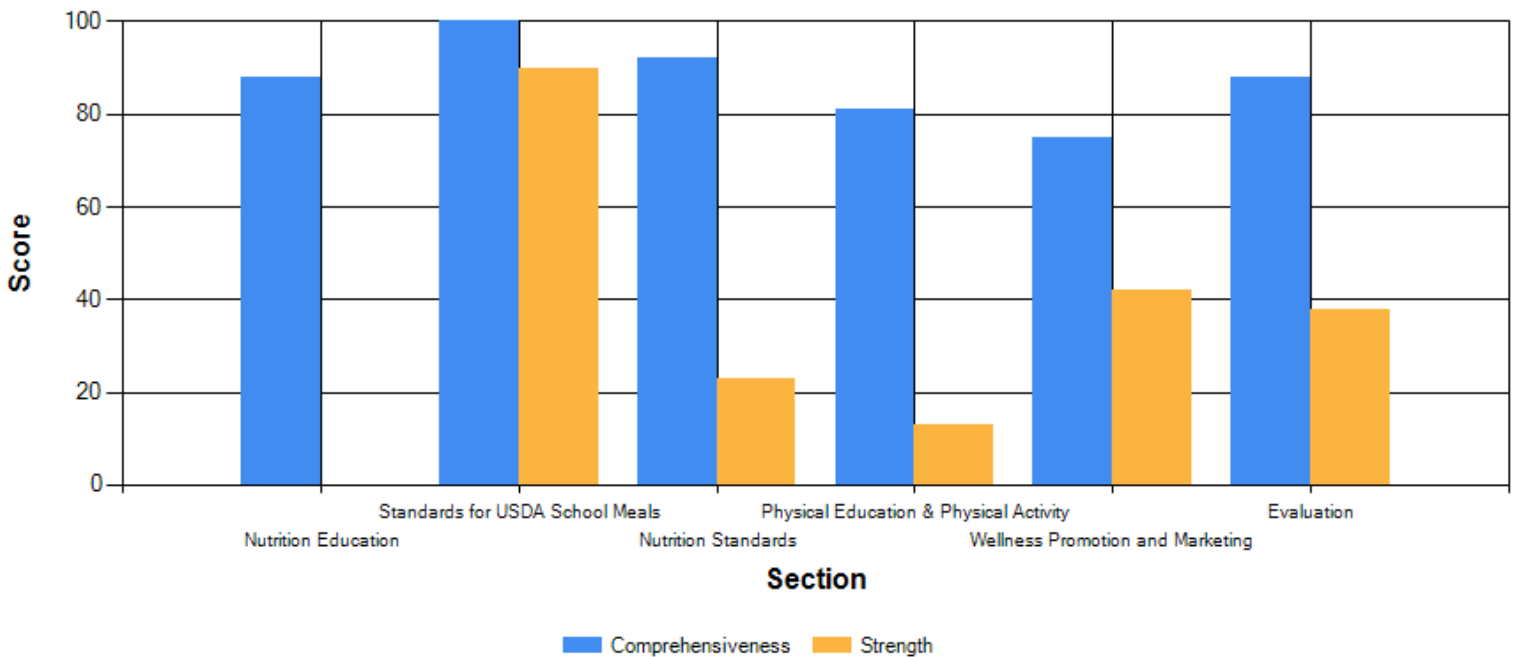
# Your District's Scorecard

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

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


**Version: 3.0**


**Policy Name: West Oso ISD WellSAT 3.0**



## Section 1. Nutrition Education





Rating


Item ID	Description	Rating
NE1		1
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		0
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> 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."	<b>88</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>0</b>

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






Rating

SM1		1
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3		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.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8		2
SM9		2

SM10		2
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	<b>90</b>

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




Rating


NS1		1
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3		1
NS4		1
NS5		1
NS6		1
NS7	Exemptions for infrequent school-sponsored fundraisers.	1
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9		1
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> 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 <b>sold</b> to students <b>after</b> 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.	1

<b>NS13</b>	Addresses availability of free drinking water throughout the school day.	<b>2</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>92</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	<b>23</b>

## Section 4. Physical Education and Physical Activity



Rating

<b>PEPA1</b>		<b>1</b>
<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>1</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>1</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>1</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.	<b>1</b>
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high school students.	<b>1</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>2</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>1</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>2</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>0</b>
<b>PEPA11</b>		<b>1</b>
<b>PEPA12</b>		<b>1</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>1</b>

<b>PEPA14</b>		<b>1</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>0</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>0</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>81</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	<b>13</b>

## Section 5. Wellness Promotion and Marketing

Rating

<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>0</b>
<b>WPM2</b>		<b>2</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>2</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>0</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>1</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>1</b>
<b>WPM7</b>		<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>2</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>0</b>
<b>WPM10</b>	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).	<b>1</b>

<b>WPM11</b>	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).	<b>2</b>
<b>WPM12</b>	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).	<b>1</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>75</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>42</b>

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IEC2</b>		<b>1</b>
<b>IEC3</b>		<b>2</b>
<b>IEC4</b>		<b>1</b>
<b>IEC5</b>		<b>1</b>
<b>IEC6</b>		<b>2</b>
<b>IEC7</b>		<b>1</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>0</b>

<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> 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."	<b>88</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>38</b>

### Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>87</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>34</b>



Federal Requirement



Farm to School



CSPAP