

# WellSAT-I: Wellness School Assessment Tool for Implementation

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## How to Rate Policy Implementation

This school wellness policy implementation tool (WellsAT-i) measures the degree to which the 50 policy items from the Wellness School Assessment Tool (WellsAT) are implemented. WellsAT-i items are categorized into the four sections (Wellness Promotion, Nutrition, Physical Activity, and Evaluation) using the five sections in the WellsAT: Nutrition Education and Wellness Promotion, Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Physical Activity, and Evaluation.

For each of the 50 WellsAT items, implementation is rated “0”, “1”, or “2”, using the definitions below. For each item on the WellsAT-i we indicate the appropriate informant to interview, followed by the WellsAT item it is paired with, and examples of “0”, “1”, and “2” implementation coding.

Abbreviation	Informant
P	Principal Note: The Assistant Principal can be interviewed in replace of the Principal.
T	Teacher who teaches nutrition education
PET	PE Teacher
FSD	Food Service Director
DWC	District Wellness Committee

Rating		Explanation
<b>0</b>	<b>= Has not been implemented</b>	Assign a rating of “0” when: <ul style="list-style-type: none"> <li>The practice is not in place at all.</li> </ul>
<b>1</b>	<b>= Partial implementation</b>	Assign a rating of “1” when: <ul style="list-style-type: none"> <li>The practice has been partially implemented.</li> </ul>
<b>2</b>	<b>= Fully implemented</b>	Assign a rating of “2” when: <ul style="list-style-type: none"> <li>The practice has been fully implemented.</li> </ul>

## How to Score School Wellness Policy Implementation

The WellSAT-i generates two types of scores: a scope score, which reflects the number of policies fully implemented (i.e., the number of practices with a “2” score); and a mastery score, which reflects the number of policies implemented to any degree (i.e., the number of non-zero practices).

If you wish to measure implementation on only the number of policy items listed in your school wellness policy (i.e., less than 50 policy items) you can generate a locally-grounded score, which reflects the extent to which content areas actually covered in a specific school wellness policy are being implemented.

Score	Explanation
Scope Score by section	Scope is calculated by counting the number of items in each section rated as “1” or “2,” dividing this number by the number of practice items in the section, and multiplying this number by 100.
Mastery Score by section	Mastery is calculated by counting the number of items in each section rated as “2”, dividing this number by the total number of practice items in each section, and multiplying this number by 100.
Total Scope	Total scope is calculated by counting the number of items rates as “1” or “2”, diving this number by the total number of practice items (50) in all five sections, and multiplying this number by 100.
Total Mastery	Total mastery is calculated by counting the number of items rated as “2”, dividing this number by the total number of practice items (50) in all five sections, and multiplying this number by 100.
Locally-Grounded Score by section	Relevance is calculated by counting the number of items in each section and dividing this number by the number of practice items in the section that are ongoing, and multiplying this number by 100.
Total Locally-Grounded Score	Total Relevance is calculated by counting the number of items rated as “1” and “2”, dividing this number by the total number of practice items in all five sections that are ongoing, and multiplying this number by 100.

The example below shows the calculation of sample scores for Section 1.

Section 1. Wellness Promotion		
Item		Rating
1	Have you read your school’s wellness policy?	2
2	Is there a nutrition education curriculum?	1
3	Does the nutrition education link with the school food environment for every grade?	2
4	Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory?	1
5	Are teachers encouraged to be role models exhibiting healthy behaviors?	0
6	How is nutrition education communicated to parents?	2
7	Does marketing promote healthy choices?	1

8	Is marketing restricted on unhealthy choices?		0
9	Does a health advisory committee exist at your school?		2
	Subtotal for Section 1 Wellness Promotion	Scope Score <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>	77
		Mastery Score <i>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</i>	44

Comprehensive Score = Three items are rated as "1" and four items are rated as "2", for a total of 7 items. Seven divided by 9 equals 0.77, multiplied by 100 for a score of 77.

Strength Score = Four items are rated as "2". Four divided by 9 equals 0.44, multiplied by 100 for a score of 44.

**Guidance on Scoring Practice Items not listed in the WellSAT-i**

If you want to assess policy items that are currently in practice that are not included in the 50 items of the WellSAT-i, you can follow the same rating of "0", "1", and "2" for implementation.

**Section 1. Wellness Promotion**

Informant	Item	WellSAT Item	Rating Guidance	
All	1. Have you read your school's wellness policy?		0	Has not read school wellness policy
			1	Has scanned or partially read the school wellness policy
			②	Has fully read the school wellness policy
Observations/Notes: <i>Policy has been sent to all committee members</i>				

P	2. Is there a nutrition education curriculum? If yes, a. For every grade? b. Is the curriculum its own class or interwoven into other subjects? c. How many hours (or units) of nutrition education do the students receive in every grade?	NEWP1	0	A nutrition education curriculum does not exist for any grade.
			1	One of the following: Nutrition education is taught in only some grades. Nutrition education is taught in every grade but not every year.
			②	Nutrition education curriculum is taught in every grade yearly.
Observations/Notes:				

P	3. Does the nutrition education link with the school food environment for every grade? a. If yes, how (e.g., school gardens, cafeteria learning lab, student nutrition projects)? b. If yes, does the nutrition education apply to all grades in the school?	NEWP2	0	Nutrition education does not link with the school food environment at all.
			①	Nutrition education links with the school food environment only for some grades. Nutrition education links with the school food environment for every grade but not every year.

			2	Nutrition education clearly links with the school food environment in all grades every year.
Observations/Notes: <i>Nutrition education is based on current state and district requirements.</i>				

T	4. Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g., media awareness, menu planning, reading nutrition fact sheets)? a. If yes, please provide examples.	NEWP3	0	Nutrition education does not teach skills that are behavior focused, interactive, and/or participatory.
			1	Nutrition education sometimes involves teaching skills that are behavior focused, interactive, and/or participatory. Example: <ul style="list-style-type: none"> <li>School nurse teachers lecture on carbohydrates but there is no application of the material being taught.</li> </ul>
			②	Nutrition education uniformly teaches skills that are behavior focused, interactive, and/or participatory.
Observations/Notes: <i>Northpoint has a teaching garden that is used to teach students about gardening and eating healthier.</i>				

P	5. Are teachers encouraged to be role models exhibiting healthy behaviors? a. Are staff encouraged to eat the school meals? If yes, how? b. Are staff encouraged to drink water? If yes, how? c. Are staff allowed to drink soda in front of the students?	NEWP4	0	Teachers are not encouraged to be role models exhibiting healthy behaviors.
			1	Principal sporadically encourages teachers to be role models exhibiting healthy behaviors.
			②	The principal continuously encourages teachers to be role models by exhibiting behaviors. Examples: <ul style="list-style-type: none"> <li>Encourages staff to eat the school meals</li> </ul>

	<p>d. Is it possible for staff to sit and eat breakfast and/or lunch from the school meals program with students?</p> <p>e. Are there any exercise clubs available to the staff (e.g., walking club)?</p> <p>f. Do staff have access to the equipment in the gym for physical activity?</p>			<ul style="list-style-type: none"> <li>• Encourages drinking water in front of the students</li> <li>• Does not allow teachers to drink soda in front of the students</li> <li>• Offers exercise clubs to teachers</li> <li>• Allows teachers to have access to the gym for physical activity</li> </ul>
Observations/Notes:				

T	6. How is nutrition education communicated to parents?	NEWP6	0	Nutrition education is not communicated to the parents.
			1	<p>Nutrition education is partially communicated.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Nutrition education is not communicated to parents in every grade.</li> <li>• Nutrition education is communicated in a way that does not reach a majority of parents (e.g., placement of information is in an area with light traffic, information is not available in multiple languages).</li> </ul>
			②	Nutrition education is clearly communicated to the parents through a variety of channels (e.g., newsletters, emails).
Observations/Notes:				

P	7. Does marketing promote healthy choices?	NEWP7	0	No marketing/promotion of healthy choices.
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	a. If yes, how is it done (e.g., posters, menus)? b. If yes, what types of foods and/or beverages are promoted? c. If yes, for both during and outside of school times?		1	Marketing/promotion of healthy choices is done for some grades and not the entire school.
			②	Marketing/promotion is done to promote healthy choices.

Observations/Notes: *There are posters and menus in the classrooms and in the kitchen*

P	8. Is marketing restricted on unhealthy choices? a. If yes, how is it done? b. If yes, for both during and outside of school times?	NEWP8	0	Marketing/promotion of unhealthy food items is not restricted.
			1	Marketing/promotion of unhealthy food items is restricted on some grades and not the entire school.
			②	Marketing/promotion is restricted on unhealthy choices.

Observations/Notes:

P	9. Does a health advisory committee exist at your school? (Note: the group may be called another name such as: school health council or school wellness team) a. If yes, how often does the committee meet? (i.e., weekly, biweekly, monthly, once a semester, as needed, or other) b. If yes, is the objective of the group health and wellness and policy development? c. Who is on the committee?	NEWP9	0	A school health advisory committee does not exist at the school.
			①	A school health advisory committee exists but is not active in policy development and does not meet regularly.
			2	A school health advisory committee meets regularly and works on ongoing policy development.

Observations/Notes:





**Section 2. Nutrition**

FSD	10. Does your school participate in the School Breakfast Program?	US1	0	The school does not participate in the School Breakfast Program.
			1	One of the following: The school participates in the School Breakfast Program but not every day (e.g., only Monday, Wednesday, and Friday). The school participates in the School Breakfast Program but it is not offered to every student or every grade.
			②	The school participates in the School Breakfast Program every school day.

Observations/Notes:

FSD	11. Are the nutrition standards for breakfast and lunch stricter than the USDA school meal regulations? a. If yes, how so?	US2	0	The nutrition standards for breakfast and lunch are not stricter than the USDA school meal regulations.
			1	The nutrition standards for breakfast and lunch are stricter than the USDA school meal regulations, but the menu does not indicate the stricter standards are being done.
			②	The nutrition standards for breakfast and lunch are stricter than the USDA school meal regulations, and the menu indicates the stricter standards are being done.

				<p>Example:</p> <ul style="list-style-type: none"> <li>• Juice is not offered during lunch.</li> <li>• Flavored milk is not offered during breakfast and/or lunch.</li> <li>• Sweet grains are not</li> </ul>
<p>Observations/Notes: <i>Revolution Foods' meals meet the USDA reimbursement standards for the National School Lunch Program (NSLP). All of our lunches include the five food groups: grain, meat/meat alternate, vegetable (including color sub-groups), fruit, and milk. We design meals to include daily offerings from each food group using minimum portion guidelines per day and per week from the NSLP Food Based Menu Planning requirements. All of our meals fall within the required meal pattern and nutrient ranges for 5 day week service program.</i></p>				

FSD	<p>If yes, from question #10</p> <p>a. Is breakfast promoted?</p> <p>b. If yes, how (e.g., menus, website, orientation, handbooks)?</p> <p>c. Are parents made aware of what is served at breakfast each day?</p> <p>d. If a bus is late in the morning, does your school have a protocol to ensure students receive breakfast that morning?</p>	US3	0	The School Breakfast Program is not promoted.
			1	The School Breakfast Program is promoted only to some grades.
			2	<p>The School Breakfast Program is promoted through a variety of communication channels to the students and parents in every grade.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Offers "grab and go" breakfast.</li> <li>• Offers breakfast in the classroom.</li> <li>• A protocol is followed to ensure students receive breakfast if they arrive late to school.</li> </ul>
<p>Observations/Notes: <i>Breakfast is promoted with the use of menus in the classroom and during the student's initial orientation. School menus are made available to parents upon request. If a school bus is late in the morning, students receive breakfast if it is within breakfast hours.</i></p>				

FSD	<p>12. Does your school participate in the National School Lunch Program?</p> <p>a. If yes, is it promoted?</p> <p>b. How is it promoted (e.g., menus, website, orientation, handbooks)?</p> <p>c. Are parents made aware of what is served at</p>	US3	0	The school does not participate in the National School Lunch Program.
			1	<p>One of the following:</p> <p>The school participates in the National School Lunch Program but not every day (e.g., only Monday, Wednesday, and Friday).</p>

	lunch each day?			The school participates in the National School Lunch Program but it is not offered to all students.
			②	The school participates in the National School Lunch Program every school day and is offered to all students.
Observations/Notes: <i>Yes, menus are available in each classroom and cafeteria. Upon request, parents will receive a copy of the menu for the month.</i>				

P	13. How much time does the school allot students to eat breakfast and lunch?  Note: <a href="#">Each state and/or district may have a policy on how much time is allotted for breakfast and lunch.</a>	US4	0	The school does not allot the students the required time to eat breakfast and lunch.
			1	The principal states students are allotted the required time to eat breakfast and lunch, but the school schedule does not indicate sufficient time.
			②	The school does allot the students the required time to eat breakfast and lunch as indicated by the school schedule.
Observations/Notes: <i>Students are offered up to 30 minutes for breakfast and up to an hour for lunch.</i>				

FSD	14. Is relevant ongoing training offered to the Food Service Director and on site manager or person responsible for menu planning each year?	US5	0	Relevant ongoing training is not offered to the Food Service Director and on site manager or person responsible for menu planning.
			①	Relevant ongoing training is offered to the Food Service Director but not the on site manager, person responsible for menu planning, or staff responsible for meal oversight.

			2	Relevant ongoing training is offered to the Food Service Director and on site manager, person responsible for menu planning, or staff responsible for meal oversight.
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Observations/Notes:

FSD	15. Does the cafeteria have adequate seating space? Are students supervised during their meal period? Is the cafeteria a pleasant eating environment?	US6	0	The cafeteria does not have adequate seating, the students are not supervised during meal periods, and the cafeteria is an unpleasant eating environment.
			1	The cafeteria has one or more of the following but not all: <ul style="list-style-type: none"> <li>• Adequate seating</li> <li>• Supervision of students during all meal periods</li> <li>• Pleasant eating environment</li> </ul>
			②	The cafeteria does have adequate seating, the students are supervised during meal periods, and the cafeteria is a pleasant eating environment.

Observations/Notes: *The cafeteria has adequate seating however, due to the mental health needs of our students, meals are picked up in the cafeteria and brought to the classrooms.*

FSD	16. Is the nutritional content of meals made available to students and parents? a. If yes, through what methods is this information communicated (e.g., website, menu is sent home)?	US7	0	The nutritional content of the school meals is not made available to all students and parents.
			1	One of the following: <ul style="list-style-type: none"> <li>• The nutritional content of the school meals is made available to students or parents but not both.</li> </ul>

				<ul style="list-style-type: none"> <li>The nutritional content of the school meals is made available to some students and parents.</li> <li>The nutritional content of the school meals is made available to students and/or parents but the information is not in multiple languages.</li> </ul>
			②	The nutritional content of the school meals is made available to students and parents.
<p>Observations/Notes: <i>The nutritional content of the school meals are available upon request. Revolution Foods also provides the allergen and carbohydrate reports each month.</i></p>				

FSD	<p>17. Are there vending machine(s) in the school or anywhere on the school campus that students have access to? (Note: This does not refer to vending machine(s) accessible to staff only.)</p> <p>a. If yes, who operates it/them?</p> <p>b. If yes, who receives the money from the vending machine purchases?</p> <p>c. If yes, are there any restrictions on the types of food and/or beverages that are sold in the vending machine?</p> <p>d. If yes, what types of food and/or beverages are sold in the vending machines?</p> <p>e. Do students have access to vending machines before, during, or after school?</p>	NS1	0	Vending machines are on the school campus and carry unhealthy foods and/or beverages.
			1	Vending machines are on the school campus and consist of healthy and unhealthy foods and/or beverages.
			②	<p>One of the following:</p> <ul style="list-style-type: none"> <li>No vending machines on the school campus.</li> <li>Vending machines only carry healthy foods and/or beverages.</li> </ul>
<p>Observations/Notes:</p>				

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FSD	<p>18. Is there a school store that sells food and/or beverages to the students?</p> <p>a. If yes, who runs the school store?</p> <p>b. If yes, where is it located?</p> <p>c. If yes, what hours during the school day is it open?</p> <p>d. If yes, are there any restrictions on the types of food and/or beverages sold in the school store?</p>	NS2	0	The school store sells unhealthy foods and/or beverages.
			1	The school store sells healthy and unhealthy foods and/or beverages.
			②	<p>One of the following:</p> <ul style="list-style-type: none"> <li>The school store does not sell foods and beverages.</li> <li>The school store sells only healthy foods and/or beverages.</li> </ul>
Observations/Notes:				

FSD	<p>19. Does your school have an a la carte line in the cafeteria?</p>	NS3	0	The a la carte line sells only unhealthy foods and/or beverages.
			1	The a la carte line sells unhealthy and healthy foods and/or beverages.
			②	<p>One of the following:</p> <ul style="list-style-type: none"> <li>The school does not have an a la carte line in the cafeteria.</li> <li>The a la carte line only offers healthy foods and/or beverages.</li> </ul>
Observations/Notes:				

P	<p>20. Do food celebrations (e.g., birthday parties, holiday parties) occur during the school day?</p> <p>a. If yes, are any foods and beverages restricted?</p> <p>b. If yes, do celebrations occur in every grade?</p> <p>c. If yes, how often do the celebrations occur?</p> <p>d. Does the school prohibit scheduling of more than one party per class per month?</p>	NS4	0	Food celebrations occur at the school without any restrictions.
			1	<p>Food celebrations are allowed at the school but with restriction(s).</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Food celebrations cannot occur before 2 pm.</li> <li>• Soda is not allowed to be brought for food celebrations.</li> <li>• Only one food celebration can occur per month per grade.</li> </ul>
			2	Food celebrations are not allowed at the school and do not occur.
<p>Observations/Notes: Celebrations occur without a focus on food. Focus is on the child, their interests and accolades from peers.</p>				

FSD	<p>21. Do foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% total calories/weight from sugar?</p>	NS5	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>• Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain more than 35% total calories/weight from sugar.</li> <li>• Food Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% total calories/weight from sugar but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.</li> </ul>
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			1	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% total calories/weight from sugar, but it is indicated through some of the observations of the school store, all vending machines, and/or school menu(s) including a la carte items.
			2	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% total calories/weight from sugar, and this is indicated through all observations of the school store, all vending machines, and school menu(s) including a la carte items.
Observations/Notes: N/A				

FSD	22. Do foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% of calories from fat and 9 grams maximum per serving with the exception of nuts?	NS6	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director foods sold outside of the school meals program and inside the school store and vending machines contain more than 35% of calories from fat and 9 grams maximum per serving with the exception of nuts.</li> <li>Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain more than 35% of calories from fat and 9 grams maximum per serving with the exception of nuts, but this is not indicated</li> </ul>
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				through observations in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.
			1	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% of calories from fat and 9 grams maximum per serving with the exception of nuts, and this is indicated through some of the observations of the school store, all vending machines, and school menu(s) including a la carte items.
			2	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 35% of calories from fat and 9 grams maximum per serving with the exception of nuts, and this is indicated through all of the observations of the school store, all vending machines, and school menu(s) including a la carte items.

Observations/Notes: N/A

FSD	23. Do foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 mg of sodium per serving?	NS7	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain more than 200 mg of sodium per serving.</li> <li>Food Service Director states foods sold outside of the school meals program and</li> </ul>
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				inside the school store and vending machines contain more than 200 mg of sodium per serving, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.
			1	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 mg of sodium per serving, and this is indicated through some of the observations of the school store, all vending machines, and school menu(s) including a la carte items.
			2	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 mg of sodium per serving, and this is indicated through all of the observations of the school store, all vending machines, and school menu(s) including a la carte items.

Observations/Notes: *N/A*

FSD	24. Do foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 calories per package?	NS8	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states foods sold outside of the school meals program and insides the school store and vending machine contain more than 200 calories per package.</li> <li>Food Service Director states foods sold outside of the school meals program and</li> </ul>
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				inside the school store and vending machines contain more than 200 calories per package, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.
			1	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 calories per package, but this is indicated through some observations of the school store, all vending machines, and school menu(s) including a la carte items.
			2	Food Service Director states foods sold outside of the school meals program and inside the school store and vending machines contain no more than 200 calories per package, and this is indicated through all observations of the school store, all vending machines, and school menu(s) including a la carte items.

Observations/Notes: *N/A*

FSD	25. Do foods sold outside of the school meals program and inside the school store and vending machines contain unprocessed foods or at least half of the grains are whole grains?	NS9	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states foods sold outside of the school meals program and inside the school store and vending machine contain processed foods and &lt;50% of the grains are whole grain.</li> <li>Food Service Director states foods sold</li> </ul>
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				outside of the school meals program and inside school store and vending machines contain unprocessed foods and at least half of the grains are whole grains, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.
			1	Food Service Director states foods sold outside of the school meals program and inside school store and vending machines contain unprocessed foods and at least half of the grains are whole grains, but this is indicated in some observations of the school store, all vending machines, and school menu(s) including a la carte items.
			2	Food Service Director states foods sold outside of the school meals program and inside school store and vending machines contain unprocessed foods and at least half of the grains are whole grains, and this is indicated through all observations of the school store, all vending machines, and school menu(s) including a la carte items.
Observations/Notes: N/A				

P	26. Do staff use food and/or beverages as a reward for academic performance or good behavior?	NS10	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>The principal allows food and/or beverages as a reward for academic performance or good behavior without any restrictions.</li> <li>The principal does not allow food and/or beverages as a reward for academic</li> </ul>
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				performance or good behavior, but the staff does not follow this rule.
			1	The principal allows food and/or beverages as a reward for academic performance or good behavior without some restrictions. Example: <ul style="list-style-type: none"> <li>Only healthy foods and/or beverages can be used as a reward.</li> </ul>
			②	The principal does not allow the use of food and/or beverages as a reward for academic performance or good behavior.
Observations/Notes: <i>This is a policy.</i>				

FSD	27. Are beverages other than water, 100% fruit or vegetable juice, and flavored milk with no more than 22 g total sugar per 8 oz, prohibited?	NS11	0	One of the following: <ul style="list-style-type: none"> <li>Food Service Director states beverages other than water, 100% fruit or vegetable juice, and flavored milk with more than 22 g total sugar per 8 oz are sold.</li> <li>Food Service Director states beverages other than water, 100% fruit or vegetable juice, and flavored milk with no more than 22 g total sugar per 8 oz are prohibited, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.</li> </ul>
			1	One of the following: <ul style="list-style-type: none"> <li>Food Service Director states some of the following beverages are prohibited: water, 100% fruit or vegetable juice, and flavored</li> </ul>

				<p>milk with no more than 22 g total sugar per 8 oz, and this is indicated in observations of the school store, all vending machines, and school menu(s) including a la carte items.</p> <ul style="list-style-type: none"> <li>Food Service Director states the following beverages are prohibited: water, 100% fruit or vegetable juice, and flavored milk with no more than 22 g total sugar per 8 oz, and this is indicated in some of the observations of the school store, all vending machines, and school menu(s) including a la carte items.</li> </ul>
			2	<p>Food Service Director states beverages other than water, 100% fruit or vegetable juice, and flavored milk with no more than 22 g total sugar per 8 oz are prohibited, and this is indicated in all of the observations of the school store, all vending machines, and school menu(s) including a la carte items.</p>
Observations/Notes: N/A				

FSD	28. Are beverages with added caloric sweeteners prohibited?	NS12	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states beverages with added caloric sweeteners are sold.</li> <li>Food Service Director states beverages with added caloric sweeteners are prohibited, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.</li> </ul>
			1	Food Service Director states beverages with added

				caloric sweeteners are prohibited, but this is indicated in some observations of the school store, all vending machines, and school menu(s) including a la carte items.
			②	Food Service Director states beverages with added caloric sweeteners are prohibited, and this is indicated in all observations of the school store, all vending machines, and school menu(s) including a la carte items.
Observations/Notes:				

FSD	29. Are milk beverages other than low-fat (1%) or non-fat/skim milk prohibited?	NS13	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>• Food Service Director states milk beverages other than low-fat (1%) or non-fat/skim milk are sold.</li> <li>• Food Service Director states milk beverages other than low-fat (1%) or non-fat/skim milk are prohibited, but this is not indicated in any of the following observations of the school store, all vending machines, and school menu(s) including a la carte items.</li> </ul>
			1	Food Service Director states milk beverages other than low-fat (1%) or non-fat/skim milk are prohibited, but this is indicated in some observations of the school store, all vending machines, and school menu(s) including a la carte items.
			②	Food Service Director states milk beverages other than low-fat (1%) or non-fat/skim milk are prohibited, and this is indicated in all observations of the school store, all vending machines, and school

				menu(s) including a la carte items.
<p>Observations/Notes: <i>Letters have been sent to parents however, we cannot restrict students from drinking beverages sent from home. We believe it is not culturally sensitive to set limits on food and drinks based on western thinking.</i></p>				

FSD	<p>30. Are the Institute of Medicine’s beverages recommendations followed? (must meet all standards:          water any size AND          8 oz/serving for milk AND          Elementary and middle school-Juice: 4 oz/serving for 100% juice;          High school-Juice: 8 oz serving for 100% juice.)</p>	NS14	0	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states IOM beverage recommendations are not met.</li> <li>Food Service Director states IOM beverage recommendations are met, but this is not indicated in any of the following observations of the school store, all vending machines, and school.</li> </ul>
			1	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Food Service Director states IOM beverage recommendations are partially met (e.g., serves 6 oz/serving for 100% juice but complies with other recommendations), and this is indicated in observations of the school store, all vending machines, and school.</li> <li>Food Service Director states IOM beverage recommendations are met, but this is indicated in only some observations of the school store, all vending machines, and school.</li> </ul>
			②	<p>Food Service Director states IOM beverage recommendations are fully met, and this is indicated in all observations of the school store, all vending machines, and school.</p>

Observations/Notes:



FSD	<p>31. Is water available during breakfast? If yes, how is it made available?</p> <p>a. Is water available during lunch? If yes, how is it made available?</p> <p>b. Is water available throughout the day outside of meal times?</p> <p>d. Are students allowed to carry water bottles with them?</p>	NS15	0	Students are not permitted access to water during the school day.
			1	<p>Students have limited access to water during the school day.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Water is available only at certain times throughout the school day (e.g., only during meal times).</li> <li>• Students are denied access to water as a punishment.</li> </ul>
			②	Students have access to water throughout the school day, and this is observed at any time during the school day.

Observations/Notes:

P	<p>32. Does the school participate in any types of fundraisers that involve selling food and/or beverages?</p> <p>If yes:</p> <p>a. Who's in charge of approving all fundraising activities?</p> <p>c. Do any fundraisers occur during mealtimes?</p> <p>d. Is the use of food and beverages as fundraisers prohibited?</p> <p>e. Is the use of food and beverages in fundraising restricted in some other way?</p> <p>f. Does the school encourage promotion of</p>	NS16	0	The school permits food and beverage fundraisers without any restrictions.
			1	The school permits food and beverage fundraisers with some restrictions (e.g., no candy fundraisers are permitted but cookie fundraisers are allowed).
			②	<p>The principal does not permit any food and beverage fundraisers, and staff who conduct fundraisers state no food and/or beverages are permitted.</p> <p>Exception for food fundraisers is the selling of fruits and vegetables.</p>

	physical activity during or as fundraisers (e.g., walk-a-thons) g. Does the District provide a list of approved non-food or healthy food fundraising activities?			
Observations/Notes:				

Section 3. Physical Activity				
PET	33. Is there a formal written PE curriculum for every grade?	PEPA1	0	There is no formal written PE curriculum at the school.
			1	There is a formal written PE curriculum at the school for some grades.
			②	There is a formal written PE curriculum at the school for every grade.
Observations/Notes:				

PET	34. How many minutes of PE does each grade in elementary school receive?  Note: <a href="#">NASPE recommends that schools provide 150 minutes of instructional physical education for elementary school children.</a>	PEPA2	0	All elementary students do not receive the required minutes of PE each week.
			1	One of the following: <ul style="list-style-type: none"> <li>Elementary students do receive the required minutes of PE each week, but this is not indicated on the school schedule.</li> <li>The school schedule indicates some elementary school grades receive the required minutes of PE each week.</li> </ul>
			2	All elementary students do receive the required

				minutes of PE each week, and this is indicated on the school schedule.
Observations/Notes: N/A				

PET	35. How many minutes of PE does each grade in middle school receive?  Note: <a href="#">NASPE recommends that schools provide 225 minutes of instructional physical education for middle school students per week for the entire school year.</a>	PEPA3	0	All middle school students do not receive the required minutes of PE each week.
			1	One of the following: <ul style="list-style-type: none"> <li>Middle school students do receive the required minutes of PE each week, but this is not indicated on the school schedule.</li> <li>The school schedule indicates some middle school grades receive the required minutes of PE each week.</li> </ul>
			2	All middle school students do receive the required minutes of PE each week, and this is indicated on the school schedule.
Observations/Notes: <i>Students receive 120 minutes of physical education per week. State requirements are that students receive 400 minutes per 10 school days.</i>				

PET	36. How many minutes of PE does each grade in high school receive?  Note: <a href="#">NASPE recommends that schools provide 225 minutes of instructional physical education for high school students per week for the entire school year.</a>	PEPA4	0	All high school students do not receive the required minutes of PE each week.
			1	One of the following: <ul style="list-style-type: none"> <li>High school students do receive the required minutes of PE each week, but this is not indicated on the school schedule.</li> <li>The school schedule indicates some high school grades receive the required minutes of</li> </ul>

				PE each week.
			2	All high school students do receive the required minutes of PE each week, and this is indicated on the school schedule.
Observations/Notes: <i>Students receive 120 minutes of physical education per week. State requirements are that students receive 400 minutes per 10 school days.</i>				

PET	37. In PE, what is the student-teacher ratio for each grade? a. Is the student-teacher ratio for PE different than other classes in the corresponding grade?	PEPA5	0	The student-teacher ratio in physical education classes is not the same ratio as other classes.
			1	
			②	The student-teacher ratio in physical education classes is the same ratio as other classes.
Observations/Notes:				

PET	38. Do the play areas and facilities equipment meet NASPE standards?	PEPA6	①	The play areas and facilities equipment do not meet NASPE standards.
			1	
			2	The play areas and facilities equipment do meet NASPE standards.
Observations/Notes:				

P	39. What are the qualifications for a PE teacher?	PEPA7	0	None of the school's PE teacher(s) are not qualified, not licensed, and do not follow NASPE standards.
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	a. Do PE teachers have to be licensed? b. Do PE teachers have to follow NASPE standards?		1	Some of the school's PE teacher(s) are not qualified, not licensed, and do not follow NASPE standards.
			2	All of the school's PE teacher(s) are qualified, licensed, and follow NASPE standards.

Observations/Notes: *As a non public school our requirements for Physical Education teachers do not match those of typical schools. Our P.E. teachers are certified providers who have a specialization in Recreational Therapy.*

PET	40. For PE teachers, is relevant ongoing training offered every year? a. If yes, what kind?	PEPA8	0	Relevant, ongoing training is not offered every year for PE teachers.
			1	Relevant, ongoing training is offered some years for PE teachers.
			②	Relevant, ongoing training is offered every year for PE teachers.

Observations/Notes:

PET	41. Are waivers for physical education allowed? a. If yes, in what instances? b. Specifically, do other physical activities substitute for PE?	PEPA9	0	Waivers for physical education class are explicitly allowed, and students may substitute other physical activities for physical education class.
			1	One of the following: <ul style="list-style-type: none"> <li>• Waivers for physical education class are explicitly allowed, but students cannot substitute other physical activities for physical education class.</li> <li>• Waivers for physical education class are explicitly allowed, but students can substitute other physical activities for physical education class.</li> </ul>

			2	Waivers for physical education class are not allowed, and students are prohibited from substituting other physical activities for physical education class.
Observations/Notes: N/A				

P	42. Are regular physical activity breaks provided for every grade in elementary? a. Does this occur daily for all grades in elementary? b. What do the breaks consist of?	PEPA10	0	Regular physical activity breaks do not occur for every grade in elementary.
			1	One of the following: <ul style="list-style-type: none"> <li>Daily, regular physical activity breaks do occur some grades in elementary as indicated by the school schedule.</li> <li>Regular physical activity breaks do occur for every grade in elementary, but they are not daily as indicated by the school schedule.</li> </ul>
			2	Daily, regular physical activity breaks do occur for every grade in elementary as indicated by the school schedule.
Observations/Notes: N/A				

P	43. Is there structured physical activity outside of recess and PE? a. If yes, does it occur before or after school in the following: a. Clubs b. Intramurals	PEPA11	0	Structured physical activity breaks outside of recess and PE does not occur before and after school for every grade.
			1	Structured physical activity breaks outside of recess and PE does occur before or after school for some grades as indicated by the schedule of available

	c. Interscholastic activities d. Other			programs.
	b. If yes, is this offered to all grades?		②	Structured physical activity breaks outside of recess and PE does occur before and after school for every grade as indicated by the schedule of available programs.
Observations/Notes: <i>Northpoint school has students in grades 6-12 with activities held throughout the year for all students (i.e. Kobe Bryant walk). There are also intramurals that are designated for the older wing students.</i>				

P	44. Does the community use school facilities outside of school times?	PEPA12	①	The community does not use school facilities outside of school times.
			1	
			2	The community uses school facilities outside of school times.
Observations/Notes:				

PET	45. Is physical activity ever used as punishment (e.g., making a student run laps, do push-ups)? Is physical activity ever withheld as punishment (e.g., taking away recess or ending PE class early)?	PEPA13	0	Physical activity is used as a punishment.
			1	Physical activity is sometimes used as a punishment (e.g., students are denied recess but never given laps to run as punishment).
			②	Physical activity is never used as a punishment in both forms-making students do additional physical activity and students are never denied any form of physical activity.
Observations/Notes:				

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P	<p>46. Is there daily recess for every grade in elementary school?</p> <p>a. If no, how many days/week is recess?</p> <p>b. How long is recess?</p> <p>c. Is recess structured?</p>	PEPA14	0	Daily recess does not occur for every grade in elementary.
			1	<p>One of the following:</p> <ul style="list-style-type: none"> <li>Daily recess occurs for some grades in elementary as indicated by the school schedule.</li> <li>Every grade in elementary receives recess a few days each week as indicated by the school schedule.</li> </ul>
			2	Daily recess does occur for every grade in elementary as indicated by the school schedule.

Observations/Notes: N/A

**Section 4. Evaluation**

DWC	<p>47. Is there a plan for implementation of the school wellness policy?</p> <p>If yes:</p> <p>a. Is this a written plan?</p> <p>Note: If there is a written plan, ask for a copy.</p>	E1	0	There is not a written plan for implementation of the school wellness policy.
			1	There is a written plan for implementation of the school wellness policy, but it is not executed.
			②	There is a written plan for implementation of the school wellness policy, and it is followed.

Observations/Notes:



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DWC	<p>48. Is the school wellness policy evaluated every year? If yes:</p> <p>a. What specific outcomes are evaluated (e.g., student fitness test, number of classes/workshops held, meal participation rates, fiscal impact, student learning, School Health Index, WellSAT)?</p> <p>b. How are the outcomes measured?</p>	E2	0	The school wellness policy is not evaluated every year.
			1	Some outcomes of the school wellness policy are not evaluated every year.
			②	The school wellness policy is evaluated measuring specific outcomes every year.
Observations/Notes:				

DWC	<p>49. Is a school wellness policy progress report written every year? If yes,</p> <p>a. Is it distributed to all schools within the district?</p> <p>Note: If there is a written progress report, ask for a copy.</p>	E3	0	A progress report is not completed every year on the school wellness policy.
			1	A progress report is completed every year on the school wellness policy, but it is not distributed to all of the schools in the district.
			②	A progress report is completed every year on the school wellness policy and distributed to all the schools within the district.
Observations/Notes:				

DWC	50. Is the school wellness policy revised every year?	E4	0	The school wellness policy has never been revised.
			①	The school wellness policy is revised some years.

	If yes, a. What is the process for revision?		2	The school wellness policy is revised every year.
Observations/Notes:				