

Your District's Scorecard

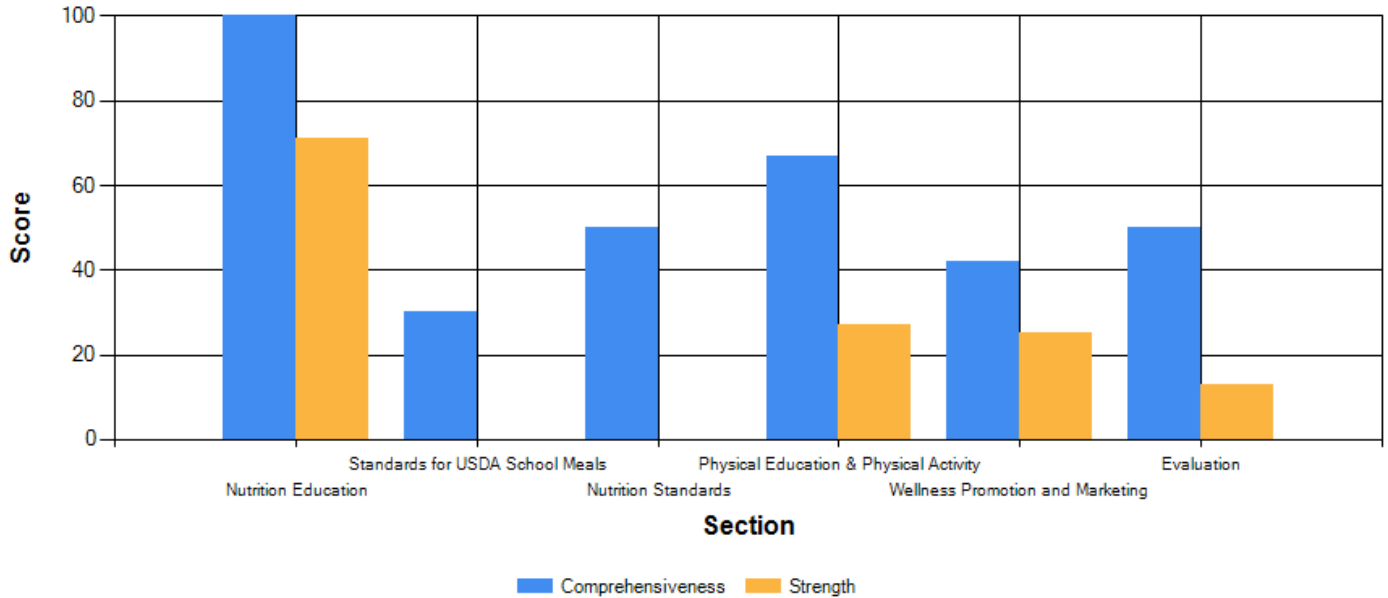
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness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



Section 1. Nutrition Education

Rating






Item ID	Description	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.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
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 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	71

[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.	0
SM2	Addresses access to the USDA School Breakfast Program.	0
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	 Free drinking water is available during meals.	1
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: 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."	30
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	0

[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.	0
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
NS3	 Regulates food and beverages sold in a la carte.	1
NS4	 Regulates food and beverages sold in vending machines.	0
NS5	 Regulates food and beverages sold in school stores.	1
NS6	 Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	1
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
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.	0
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.	0
NS12	Addresses food not being used as a reward.	0
NS13	Addresses availability of free drinking water throughout the school day.	1
Subtotal for Section 3	Comprehensiveness Score: 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."	50
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	0

[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.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0

PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
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.	2
PEPA13	Addresses recess for all elementary school students.	1
PEPA14	 Addresses physical activity breaks during school.	1
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.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	67
	Strength Score: Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100.	27

[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.	0
WPM3	Addresses using physical activity as a reward.	0
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.	1
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).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
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).	0
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).	0
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).	0
Subtotal for Section 5	Comprehensiveness Score: 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."	42
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	25

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	1
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.	1
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.	0
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	0
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0

Subtotal for Section 6	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."	50
	Strength Score: 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 Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 57
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 23

 Federal Requirement
  Farm to School
  CSPAP

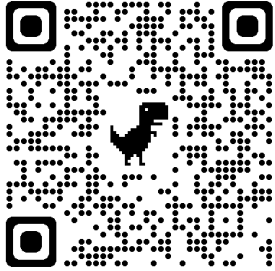
Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool

(make a copy for your own use)

Component	Description
Select Tool used for model LSWP comparison: If another tool was used, list it here.	<ol style="list-style-type: none"> 1. Alliance for a Healthier Generation 10-step Checklist 2. The WellSAT 3.0 School Assessment Tool
Areas of Strength:	<ol style="list-style-type: none"> 1. Promoting and encouraging physical activity 2. 3.
Opportunities for Improvement	<ol style="list-style-type: none"> 1. emphasizing healthy snacks and meals 2. more meetings as a wellness team to improve wellness policy 3. Encouraging Employee Wellness
As a result of the comparison, was new language adopted in the LSWP?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No – We will be meeting more often during the 2023-2024 school year to adopt a new wellness policy.
If yes, briefly describe what was adopted (include page numbers for new language if possible), Have the changes been approved by the school board?	<p>Once we have new language to adopt we will take it to the school board to be approved.</p> <input type="checkbox"/> Yes <input type="checkbox"/> No

Component	Description
Describe the next steps for strengthening your LSWP.	We will be meeting more often to adopt a new wellness policy that better aligns with standards.

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Discussion/Notes:

Step #2: Progress in Reaching LSWP Goals Template

(make a copy for your own use)

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<p>You are required to identify at least 3 goals as part of USDA wellness policy requirements, 1) nutrition, 2) physical activity, and 3) other student wellness goals.</p>			
<p>Nutrition Education Goal(s)/Nutrition Promotion Goal(s)- only 1 nutrition goal is needed: Provided water for students throughout the day</p>	<p>Yes</p>	<p>Drinking fountains were accessible to all students. Students were given breaks and opportunities to access the drinking fountains and to fill water bottles.</p>	<p>In 2020, a new building project added a new water refill station and drinking fountains. Water bottles were added to the school supply list. In 2023, a fundraiser allocated funding to replace a broken drinking fountain.</p>
<p>Physical Activity Goal(s): All students will engage in physical activity and physical breaks throughout the day.</p>	<p>Yes</p>	<p>Students were provided with physical education classes, recesses, walk breaks, and brain breaks each school day.</p>	<p>School Schedule shows allocated time throughout the day for each grade level.</p>
<p>Other student wellness Goal(s) Healthy food alternatives are offered during onsite athletic contests.</p>	<p>Partially</p>	<p>Fruit and water bottles are sold at the concession stand. Water is available at the drinking fountains.</p>	<p>Fruit was available at tournaments, but not all home contests.</p>
<p>Other student wellness Goal(s) optional</p>			

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Outline the plan for measuring LSWP implementation			
<ol style="list-style-type: none"> 1. Who 2. What 3. How 4. By When 			

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Step #3- Extent of Compliance for All Schools with the LSWP

(Make a copy for your use)

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)			St. John, Battle Creek
Physical Activity Goal(s)			St. John, Battle Creek
Other Student Wellness Goal(s)		St. John, Battle Creek	
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance			
<u>Federal/State Meal Standards</u>		Primarily met through Battle Creek Public Schools Hot Lunch Program.	
Foods Offered but Not Sold Standards		Primarily met through Battle Creek Public Schools Hot Lunch Program.	
Food and Beverage Marketing <u>(SMART Snacks regulations)</u>			Not Applicable. Food is not exchanged at St. John.

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement- how was the public included in LWP development?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input type="checkbox"/> Yes

District LSWP Components	For the components below, indicate whether the district is in compliance.
	<input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

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Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing your Success- You have accomplished a lot!

Triennial Assessment Report to the Public (make a copy for your own use)

Step #1- Post results of the wellness policy assessment

Step #2-Post results on progress made in meeting your 3 district wellness policy goals at BOTH:

- 1) **District**
- 2) **Each building**

Identify steps taken to meet unmet goal or policy elements that are not currently met and how you will update Wellness policy goals (likely from 2017) if needed.

Document how you updating the public below

Example) of updaing the public

Target Audience(s)	Method	Date
Wellness Committee	Met in summer	6-7-23
Parents, guardians, teachers, community partners	Posted wellness policy and triennial assessment to the school website.	6-7-23

When updating the public, include a link to your wellness policy with an email for the contact the public can ask questions of.

[Wellness Policy & 2023 Triennial Assessment on our website](#)

Post to one of your district's main pages so patrons can easily see your updates, consider posting pictures of students and staff participating in activities that support your wellness policy goals. To return to the Triennial Assessment overview document, [click this link](#)