

# Your District's Wellstat Scorecard Completed 10/2015

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.

To review how scores are calculated, click [here](#).

## Policy Name: Grenada

Section 1. Nutrition Education and Wellness Promotion		Rating	Resources for Improving Wellness Policy
NEWP1	Provides nutrition curriculum for each grade level.	2	<a href="#">Centers for Disease Control and Prevention (CDC)--Healthy Eating Curriculum</a> <a href="#">CDC--School Health Education</a> <a href="#">CT Department of Education (CTSDE)</a> <a href="#">Society for Nutrition Education</a> <a href="#">United States Department of Agriculture (USDA)--Nutrition Education</a> <a href="#">USDA-Resources for Educators</a> <a href="#">Colorado Department of Education</a>
NEWP2	Links nutrition education with the school food environment.	2	<a href="#">USDA</a> <a href="#">Wisconsin Department of Public Instruction</a>
NEWP3	Nutrition education teaches skills that are behavior-focused.	2	<a href="#">CDC</a> <a href="#">USDA--Empowering Youth</a> <a href="#">USDA--Mypyramid game</a>
NEWP4	Encourages staff to be role models for healthy behaviors.	2	<a href="#">USDA--Empowering Youth</a> <a href="#">USDA--Professionals</a>
NEWP5	Specifies district using the Centers for Disease Control and Prevention's (CDC) <a href="#">Coordinated School Health Program</a> model or other coordinated/comprehens	1	<a href="#">CDC</a>

ive method.

NEWP6	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent conferences, or events).	2	<a href="#">Project PA</a> <a href="#">USDA</a> <a href="#">Louisiana Department of Education</a>
NEWP7	Specifies marketing to promote healthy choices.	2	<a href="#">California Project Lean (CPL)</a>
NEWP8	Specifies restricting marketing of unhealthful choices.	2	<a href="#">CPL</a> <a href="#">National Policy and Legal Analysis Network (NPLAN)</a>
NEWP9	Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.	2	<a href="#">AFHK</a> <a href="#">USDA</a>
Subtotal for Section 1	Comprehensiveness Score:  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."  Strength Score:  Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	100    89	

Rating

Resources for Improving Wellness Policy

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

US1	Addresses access to and/or promotion of the School Breakfast Program (USDA).	2	<a href="#">USDA</a> <a href="#">AFHK</a>
US2	Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) <a href="#">minimum</a>	2	<a href="#">Institute of Medicine (IOM)</a>

[standards.](#)

US3	Specifies strategies to increase participation in school meal programs.	1	<a href="#">Food research and Action Center (FRAC)</a>
US4	Ensures adequate time to eat.	2	<a href="#">National Food Service Management Institute</a>
US5	Ensures nutrition training for food service director and/or onsite manager (or other person responsible for menu planning).	2	<a href="#">AFHK</a>
US6	Addresses school meal environment.	2	<a href="#">USDA</a>
US7	Nutrition information for school meals (e.g., calories, saturated fat, sugar) is available.	2	<a href="#">USDA</a>

Subtotal for Section 2

Comprehensiveness Score:  
Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."

Strength Score: 86

Count the number of items rated as "2" and divide this number by 7. Multiply by 100.

Rating

Resources for Improving Wellness Policy

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

NS1	Regulates vending machines.	2*	<a href="#">IOM</a> <a href="#">NPLAN</a>
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NS2	Regulates school stores.	2*	<a href="#">IOM</a>
NS3	Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means).	2*	<a href="#">IOM</a>
NS4	Regulates food served at class parties and other school celebrations.	2	<a href="#">AFHK</a>
NS5	Addresses limiting sugar content of foods sold/served outside of USDA meals.	2*	<a href="#">IOM</a>
NS6	Addresses limiting fat content of foods sold/served outside of USDA meals.	2*	<a href="#">IOM</a>
NS7	Addresses limiting sodium content of foods sold/served outside of USDA meals.	2*	<a href="#">IOM</a>
NS8	Addresses limiting calorie content per serving size of foods sold/served outside of USDA meals.	2*	<a href="#">IOM</a>
NS9	Addresses increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) sold/served outside of USDA meals.	2	<a href="#">IOM</a>
NS10	Addresses food not being used as a reward.	2	<a href="#">AFHK</a>

NS11	Addresses limiting sugar content of beverages sold/served outside of USDA meals.  (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).	2*	<a href="#">IOM</a>
NS12	Addresses limiting regular (sugar-sweetened) soda sold/served outside of USDA meals. (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).	2*	<a href="#">IOM</a>
NS13	Addresses limiting fat content of milk sold/served outside of school meals. (If the policy addresses limiting the fat content of foods, do not assume these policies apply to milk).	2*	<a href="#">IOM</a>
NS14	Addresses serving size limits for beverages sold/served outside of school meals.	2*	<a href="#">IOM</a>
NS15	Addresses access to free drinking water.	2	<a href="#">IOM</a>
NS16	Regulates food sold for fundraising at all times (not only during the school day).	1	<a href="#">AFHK--Healthy Fundraisers</a> <a href="#">AFHK--Sweet Deals</a> <a href="#">CLP</a>
Subtotal for Section 3	Comprehensiveness Score:  Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating	100	

is "0."

Strength Score: 94

Count the number of items rated as "2" and divide this number by 16. Multiply by 100.

\*Congratulations! Your policy is very strong in this area. Your district either meets Institute of Medicine standards or has a complete ban on competitive foods. Well done!

Section 4. Physical Education and Physical Activity		Rating	Resources for Improving Wellness Policy
PEPA1	Addresses written physical education curriculum/program for each grade level.	1	<a href="#">National Association for Sport and Physical Education (NASPE)--Standards</a> <a href="#">NASPE--Teaching Tools</a> <a href="#">CDC</a>
PEPA2	Addresses time per week of physical education for elementary school students.	2	<a href="#">NASPE--Teaching Tools</a> <a href="#">NASPE--Class Length</a> <a href="#">NASPE--Appropriate Practices</a> <a href="#">Robert Wood Johnson Foundation (RWJF)</a>
PEPA3	Addresses time per week of physical education for middle school students.	2	<a href="#">NASPE--Teaching Tools</a> <a href="#">NASPE--Class Length</a> <a href="#">NASPE--Appropriate Practices</a> <a href="#">RWJF</a>
PEPA5	Addresses teacher-student ratio for physical education.	0	<a href="#">NASPE--Teaching Tools</a> <a href="#">NASPE--Appropriate Practices</a> <a href="#">NASPE--Large Class</a>
PEPA6	Addresses adequate equipment and facilities for physical education.	1	<a href="#">NASPE--Appropriate Practices</a> <a href="#">NASPE--Facilities</a> <a href="#">NASPE--Teaching Tools</a>
PEPA7	Addresses qualifications for physical education	1	<a href="#">NASPE</a> <a href="#">RWJF</a>

instructors.

PEPA8	District provides physical education training for physical education teachers.	1	<a href="#">NASPE--PA for Professionals</a> <a href="#">NASPE--Workshops</a>
PEPA9	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).	1	<a href="#">NASPE</a>
PEPA10	Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess.	1	<a href="#">NASPE--Integrated PA</a> <a href="#">NASPE--Comprehensive PA</a> <a href="#">RWJF</a>
PEPA11	Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.	1	<a href="#">NASPE--After-School</a> <a href="#">NASPE--Comprehensive PA</a> <a href="#">NASPE--Teaching Tools</a> <a href="#">NASPE--Co-Curricular PA</a> <a href="#">AFHK</a> <a href="#">After School Physical Activity Website</a>
PEPA12	Addresses community use of school facilities for physical activity outside of the school day.	1	<a href="#">NPLAN</a> <a href="#">Joint Use.org</a> <a href="#">RWJF</a>
PEPA13	Addresses not restricting physical activity as punishment.	2	<a href="#">NASPE</a>
PEPA14	Addresses provision of daily recess in elementary school.	2	<a href="#">NASPE</a> <a href="#">RWJF--NASBE Guide</a> <a href="#">RWJF--Recess</a> <a href="#">Sports4Kids</a> <a href="#">UNC School of Education</a> <a href="#">International Play Association</a> <a href="#">American Academy of Pediatrics</a>

Subtotal for            Comprehensiveness Score:    92

Section 4

Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."

Strength Score:        31

Count the number of items rated as "2" and divide this number by 13. Multiply by 100.

		Rating	Resources for Improving Wellness Policy
Section 5. Evaluation			

E1	Establishes a plan for policy implementation.	1	<a href="#">AFHK</a> <a href="#">USDA</a>
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E2	Addresses a plan for policy evaluation.	2	<a href="#">AFHK</a> <a href="#">USDA</a>
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E3	Addresses providing a progress report to a specific audience.	1	<a href="#">AFHK</a> <a href="#">USDA</a>
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E4	Identifies a plan for revising the policy.	2	<a href="#">AFHK</a> <a href="#">USDA</a>
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Subtotal for            Comprehensiveness Score:    100

Section 5

Count the number of items rated as "1" or "2" and divide this number by 4. Multiply by 100. Do not count an item if the rating is "0."

Strength Score:        50

Count the number of items rated as "2" and divide this number by 4.



Multiply by 100.

**Overall District Policy Score**

**Total Comprehensiveness**

**District Score**

Add the comprehensiveness scores for each of the seven sections above and divide this number by 5.

**98**

**Total Strength**

**District Score**

Add the strength scores for each of the seven sections above and divide this number by 5.

**70**