

# 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.

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

## Policy Name: Mountain View School District Wellness Policy Assessment

### Section 1. Nutrition Education and Wellness Promotion

		Rating	Resources for Improving Wellness Policy
NEWP1	Provides nutrition curriculum for each grade level.	1	Centers for Disease Control and Prevention (CDC)--Healthy Eating Curriculum CDC--School Health Education CT Department of Education (CTSDE) Society for Nutrition Education United States Department of Agriculture (USDA)--Nutrition Education USDA-Resources for Educators Colorado Department of Education
NEWP2	Links nutrition education with the school food environment.	0	USDA Wisconsin Department of Public Instruction
NEWP3	Nutrition education teaches skills that are behavior-focused.	1	CDC USDA--Empowering Youth USDA--Mypyramid game
NEWP4	Encourages staff to be role models for healthy behaviors.	2	USDA--Empowering Youth USDA--Professionals
NEWP5	Specifies district using the Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program model or other coordinated/comprehensive method.	0	CDC
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).	1	Project PA USDA Louisiana Department of Education
NEWP7	Specifies marketing to promote healthy choices.	1	California Project Lean (CPL)
NEWP8	Specifies restricting marketing of unhealthful choices.	0	CPL National Policy and Legal Analysis Network (NPLAN)

<b>NEWP9</b>	Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.	2	AFHK USDA
<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 9. Multiply by 100. Do not count an item if the rating is "0."	67	
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	22	

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

Rating Resources for Improving Wellness Policy

<b>US1</b>	Addresses access to and/or promotion of the School Breakfast Program (USDA).	2	USDA AFHK
<b>US2</b>	Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) minimum standards.	1	Institute of Medicine (IOM)
<b>US3</b>	Specifies strategies to increase participation in school meal programs.	0	Food research and Action Center (FRAC)
<b>US4</b>	Ensures adequate time to eat.	2	National Food Service Management Institute
<b>US5</b>	Ensures nutrition training for food service director and/or onsite manager (or other person responsible for menu planning).	2	AFHK
<b>US6</b>	Addresses school meal environment.	2	USDA
<b>US7</b>	Nutrition information for school meals (e.g., calories, saturated fat, sugar) is available.	1	USDA
<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 7. Multiply by 100. Do not count an item if the rating is "0."	86	
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	57	

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

		Rating	Resources for Improving Wellness Policy
NS1	Regulates vending machines.	2*	IOM NPLAN
NS2	Regulates school stores.	0	IOM
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	IOM
NS4	Regulates food served at class parties and other school celebrations.	2	AFHK
NS5	Addresses limiting sugar content of foods sold/served outside of USDA meals.	2*	IOM
NS6	Addresses limiting fat content of foods sold/served outside of USDA meals.	2*	IOM
NS7	Addresses limiting sodium content of foods sold/served outside of USDA meals.	2*	IOM
NS8	Addresses limiting calorie content per serving size of foods sold/served outside of USDA meals.	2*	IOM
NS9	Addresses increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) sold/served outside of USDA meals.	2	IOM
NS10	Addresses food not being used as a reward.	2	AFHK
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*	IOM
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*	IOM
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*	IOM

NS14	Addresses serving size limits for beverages sold/served outside of school meals.	2*	IOM
NS15	Addresses access to free drinking water.	2	IOM
NS16	Regulates food sold for fundraising at all times (not only during the school day).	1	AFHK--Healthy Fundraisers AFHK--Sweet Deals CLP
Subtotal for Section 3	<b>Comprehensiveness Score:</b> 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 is "0."	94	
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	88	

\*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

		Rating	Resources for Improving Wellness Policy
PEPA1	Addresses written physical education curriculum/program for each grade level.	1	National Association for Sport and Physical Education (NASPE)--Standards NASPE--Teaching Tools CDC
PEPA2	Addresses time per week of physical education for elementary school students.	1	NASPE--Teaching Tools NASPE--Class Length NASPE--Appropriate Practices Robert Wood Johnson Foundation (RWJF)
PEPA3	Addresses time per week of physical education for middle school students.	1	NASPE--Teaching Tools NASPE--Class Length NASPE--Appropriate Practices RWJF
PEPA4	Addresses time per week of physical education for high school students.	1	NASPE--Teaching Tools NASPE--Class Length NASPE--Appropriate Practices RWJF

PEPA5	Addresses teacher-student ratio for physical education.	2	NASPE--Teaching Tools NASPE--Appropriate Practices NASPE--Large Class
PEPA6	Addresses adequate equipment and facilities for physical education.	2	NASPE--Appropriate Practices NASPE--Facilities NASPE--Teaching Tools
PEPA7	Addresses qualifications for physical education instructors.	2	NASPE RWJF
PEPA8	District provides physical education training for physical education teachers.	2	NASPE--PA for Professionals NASPE--Workshops
PEPA9	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).	0	NASPE
PEPA10	Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess.	2	NASPE--Integrated PA NASPE--Comprehensive PA RWJF
PEPA11	Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.	2	NASPE--After-School NASPE--Comprehensive PA NASPE--Teaching Tools NASPE--Co-Curricular PA AFHK After School Physical Activity Website
PEPA12	Addresses community use of school facilities for physical activity outside of the school day.	2	NPLAN Joint Use.org RWJF
PEPA13	Addresses not restricting physical activity as punishment.	2	NASPE
PEPA14	Addresses provision of daily recess in elementary school.	2	NASPE RWJF--NASBE Guide RWJF--Recess Sports4Kids UNC School of Education International Play Association American Academy of Pediatrics

			NASBE
<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 14. Multiply by 100. Do not count an item if the rating is "0."	93	
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	64	

**Section 5. Evaluation**

Rating Resources for Improving Wellness Policy

<b>E1</b>	Establishes a plan for policy implementation.	1	AFHK USDA
<b>E2</b>	Addresses a plan for policy evaluation.	2	AFHK USDA
<b>E3</b>	Addresses providing a progress report to a specific audience.	2	AFHK USDA
<b>E4</b>	Identifies a plan for revising the policy.	2	AFHK USDA
<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 4. Multiply by 100. Do not count an item if the rating is "0."	100	
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 4. Multiply by 100.	75	

**Overall District Policy Score**

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the seven sections above and divide this number by 5.	<b>District Score</b> <b>88</b>
<b>Total Strength</b> Add the strength scores for each of the seven sections above and divide this number by 5.	<b>District Score</b> <b>61</b>