

Your District's Scorecard

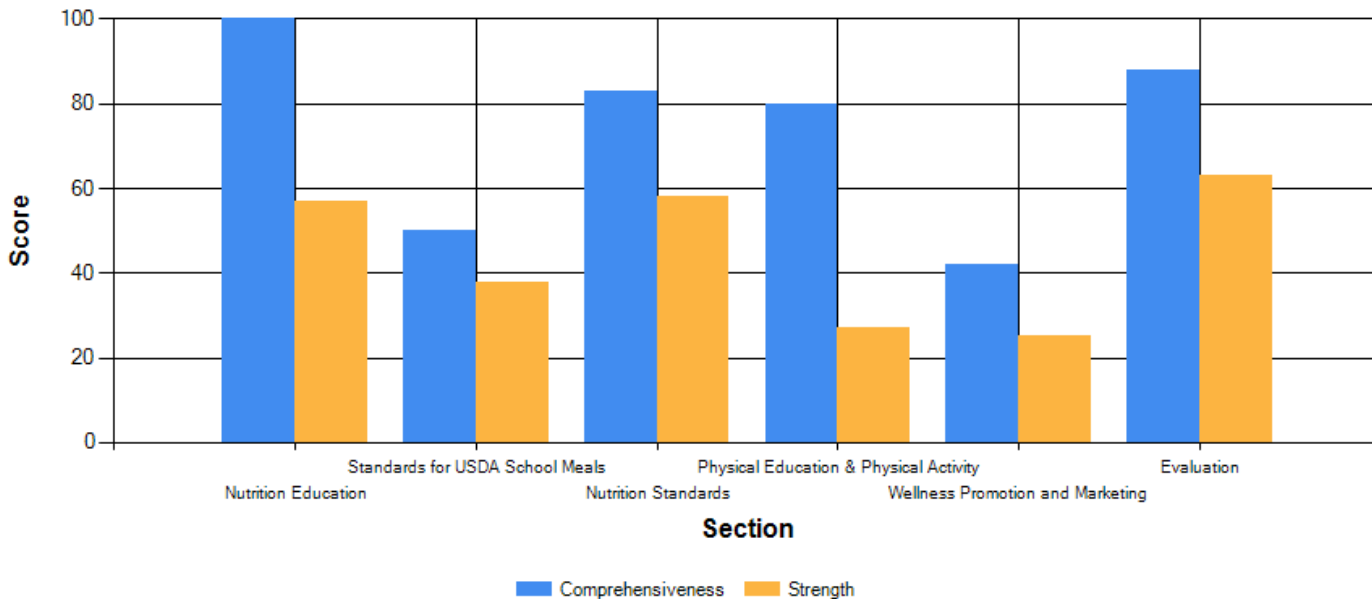
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness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



Section 1. Nutrition Education

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.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
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. Do not count an item if the rating is "0."	57

section). Multiply by 100.

[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.	1
SM2	Addresses access to the USDA School Breakfast Program.	0
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.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
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 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.	38

[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.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2



NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
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.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
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."	83
	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.	58

[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.	2
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.	1
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	1
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.	1
PEPA13	Addresses recess for all elementary school students.	2
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.	1
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."	80
	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.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
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.	2
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	0

	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).	
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.	2
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.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	1
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
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."	88
	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.	63

[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 74
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 45

 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 the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.	<ul style="list-style-type: none"> • Alliance for a Healthier Generation 10-step Checklist • The WellSAT 3.0 School Assessment Tool
Areas of Strength:	<ol style="list-style-type: none"> 1. Nutrition education teaches skill that are behavior focused, interactive, and/or participatory 2. Specifies how families are provided information about determining eligibility for free/reduced priced meals. 3. Links nutrition education with the school food environment
Opportunities for Improvement	<ol style="list-style-type: none"> 1. addresses access to the USDA School Breakfast Program 2. Addresses the amount of “seat time” students have to eat school meals. 3. Addresses purchasing local foods for the school meals program
As a result of the comparison, was new language adopted in the LSWP?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible), Have the changes been approved by the school board?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Component	Description
<p>Describe the next steps for strengthening your LSWP.</p>	<p>Research and price comparison on purchasing local food. Increase local food options.</p>

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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>1. Nutrition Education Goal(s)/Nutrition Promotion Goal(s)- only 1 nutrition goal is needed</p>	<p>YES</p>	<p>Goal: To provide nutrition education in the classroom.</p> <p>This goal is achieved through the state and Diocesan Education standards. Each class, K-8, teaches and discusses components of health, targeting nutrition education. Each class discusses food labels, the 5 major food groups, and compares the groups to school provided lunches. The coherent teaching begins in Kindergarten and progresses through 8th grade. Curriculum link under documentation.</p>	<p>Curriculum (samples below) SCI.2.3.j Health - Identify healthy and non-healthy food choices SCI.2.3.k Health - Understand the parts of the food pyramid and classify foods into the 5 major food groups SCI.2.3.l Health - Understand the importance of sleep, nutrition and exercise and record data SCI.2.3.n Health – Understand that humans have two basic parts of their brain, “thinking” and “feeling,” and one can live a healthier life by making good choices with the “thinking” brain</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
2. Physical Activity Goal(s)	YES	<p>Goal: Physical Education Class will provide and promote active lifestyle opportunities.</p> <p>This goal was achieved through offering multiple out of school groups and events:</p> <ul style="list-style-type: none"> • Pumpkin Run • Life Runners • Girls on the Run • Archery (outdoor education walking course) <p>Students from St. John’s participated in the activities listed above</p>	<p>https://www.pumpkinrunlincoln.com 30% participation</p> <p>https://www.liferunners.org 19 Runners</p> <p>https://outdoornebraska.gov/learn/classroom-resources/education-programs/national-archery-in-the-schools/ 36 Participants</p> <p>https://www.gotrnebraska.org 17 Participants</p>
3. Other student wellness Goal(s)		<p>Goal: To provide healthy alternatives for classroom snacks and treats during celebrations.</p> <p>A handbook policy was created outlining permissible snacks and treats that can be brought into school during special occasions, and at the appropriate times outlined by the DHHHS</p>	<p>https://www.stjohnsjets.com/about/forms/policies/413-st-johns-student-family-handbook/file</p>
Other student wellness Goal(s) optional			
Outline the plan for measuring LSWP implementation			

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
<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
Template (make a copy for your own use)**

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Name of Schools)	Partial Compliance (Name of School(s))	Full Compliance (Name of Schools)
Nutrition Education/Promotion Requirements(s)			St. John
Physical Activity Requirement(s)			St. John
Other Student Wellness Requirements(s)			St. John
Federal/State Meal Standards			St. John
Foods Offered but Not Sold Standards			St. John
Food and Beverage Marketing			St. John

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement	<input type="checkbox"/> xYes Active members of the community on team <input type="checkbox"/> No
Public Notification	<input type="checkbox"/> xYes Website and newsletter <input type="checkbox"/> No
Triennial Assessment	<input type="checkbox"/> xYes https://www.stjohnsjets.com/about/lunches <input type="checkbox"/> No

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Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing Your Triennial Summary Results

Triennial Assessment Report to the Public (Public Notification is Required)

The summary should address both 1) any missing requirements from your local wellness policy noted in Step #1 and how you will review your policy to address the missing elements, and 2) a summary of how you met the three goals included in your wellness policy.

Target Audience(s)	Method	Date
Parents/Teachers/Community	School Website	3.6.24
	Parent Newsletter	3.5.24
	Home and School Ass.	3.13.24
Link to the district website to meet the public notification requirement	https://www.stjohnsjets.com/about/lunches	

Example Process to Notify the Public

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, community partners	School Newsletter	5/30/2022
District School Board	Presentation during School Board meeting	6/1/2022
Community Partners	Presentation during District Wellness Committee meeting	5/25/2022
Parents/Caregivers	Presentation during Open House event	5/25/2022