



Delphic Elementary School District

Triennial Assessment

Completed 4/29/2022

In accordance with [the 2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

Delphic Elementary School District used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: POLICY: Comparison to a model School Wellness Policy

- See completed WellSAT 3.0 Scorecard (attached).

PART 2: PROCEDURES: Local measurement of compliance with School Wellness Policy

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard (attached) and analyzed using the WellSAT Worksheet 3 (also attached).

PART 3: PROCESS: Analyze the results and revise the policy.

- The results of the WellSAT practice and policy scorecards were analyzed using the WellSAT Worksheet 3 (attached).
- The district updated the policy to meet practices being implemented, California Measure Up standards, Federal Standards and Guidelines, and WellSAT recommendations and standards.
- The revised Wellness Policy was re-analyzed for a new score.

PART 4: PROMOTION: Board approval and promotion of new policy.

- A summary of the assessment process was recorded using the WellSAT Worksheet 4 (attached).
- The new policy will be ratified by the school board and promoted at the next Wellness Committee meeting, on the website, and posted in the cafeteria.



Delphic Elementary
School District

PART 1: POLICY SCORE

*Comparison to a model
School Wellness Policy*

**Analysis was performed using the
WellSAT 3.0 Scorecard.**

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD: PRIOR WELLNESS POLICY



Federal Requirement



Farm to School



CSPAP

Section 1: Nutrition Education		
		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	N/A
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
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	10/14= 71%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	3/7= 42%

Section 2: Standards for USDA Child Nutrition Programs and School Meals		
		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	1
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	1
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.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	Free drinking water is available during meals.	0
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
<i>Subtotal for Section 2</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	10/20= 50%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	3/10= 30%

**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.	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	Regulates food and beverages sold in a la carte.	1
NS4	Regulates food and beverages sold in vending machines.	1
NS5	Regulates food and beverages sold in school stores.	1
NS6	Addresses fundraising with food to be consumed during the school day.	0
NS7	Exemptions for infrequent school-sponsored fundraisers.	1
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	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.	0
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	7/24=29%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	0/12=0%

Section 4: Physical Education 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. Use N/A if no elementary school in district.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
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. Use N/A if no elementary schools in district.	2
 PEPA14	Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
<i>Subtotal for Section 4</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	16/28= 57%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	6/15= 40%

Section 5: Wellness Promotion and Marketing		
		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0
 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.	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).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	1
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, etc.).	1
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	1
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).	0
<i>Subtotal for Section 5</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	11/24= 45%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	2/12= 16%

Section 6: Implementation, Evaluation, and Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	0
 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.	1
 IEC6	Triennial assessment results will be made available to the public and will include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy. 	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.	1
<i>Subtotal for Section 6</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	6/16= 37%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	1/8= 12%

Overall District Policy Score

		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	48%
	Strength Score: Add the strength scores for each of the six sections above and divide this number by 6.	23%



**INSTITUTE FOR
HEALTH RESEARCH
AND POLICY**





Delphic Elementary
School District

PART 2: PRACTICE SCORE
*Local measurement of compliance
with School Wellness Policy*

**Interviews were performed using the
WellSAT-I tool (available upon request).
Scores were recorded using the WellSAT-I
Scorecard.**

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Nutrition Education



Federal Requirement



School-level Item

Section 1: Nutrition Education (NE)			
Interviewees: head of curriculum or health/nutrition teacher, food service director			
Person to be interviewed: Jacob Njaa, Jami Thomas Date of interview: April 28 and 29, 2022			Score
	NE1	Does the school district have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum?	2
	NE2	How would you describe the nutrition education you provide? Are didactic methods used to increase student knowledge? Are skills-based, behavior focused, and interactive/participatory methods used to develop student skills?	2
	NE3	Do all elementary school students receive sequential and comprehensive nutrition education?	2
	NE4	Do all middle school students receive sequential and comprehensive nutrition education?	2
	NE5	Do all high school students receive sequential and comprehensive nutrition education?	N/A
	NE6	Is nutrition education integrated into other subjects beyond health education?	2
	NE7	Is nutrition education linked with the school food environment?	2
	NE8	Does nutrition education address agriculture and the food system?	2

TOTAL: 14 OUT OF 14
Comprehensiveness:
100%
Strength: 100%

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Standards for School Meals



Federal Requirement



School-level Item

Section 2: Standards for USDA Child Nutrition Programs and School Meals (SM)			
Interviewees: food service director			
Person to be interviewed: Jacob Njaa, Jami Thomas			Score
Date of interview: April 28 and 29, 2022			
	SM1	Have there been parts of the Healthy Hunger-Free Kids Act (HHFKA) regulations for breakfast or lunch that have been challenging to implement? If yes, are there features of the district's meal program that are not yet in compliance?	2
	SM2	Does the district offer breakfast? If yes, is breakfast offered every day? Is breakfast offered to all students?	2
	SM3	How does your school ensure that children who are receiving free/reduced meals cannot be identified? How confident are you that it is not possible for the students to identify those who qualify for free or reduced lunch? (Score 2 if district provides universal free meals).	2
	SM4	How does the district handle unpaid balances? Follow up questions: How are the student and parents notified? Is the student identified in the cafeteria? Is the student refused a meal, given a different meal, or given the regular meal? (Score 2 if district provides universal free meals).	2
	SM5	How are families provided information about eligibility for free/reduced priced meals?	2
	SM6	Are specific strategies used to increase participation in the school meal programs? If yes, please describe.	2
	SM7	How long are the breakfast (if applicable) and lunch periods? Within that time, how much time do students typically have to sit down and eat their meals.	2
	SM8	Is free (i.e., no cost to students) drinking water available to students during meals (i.e., do not include water for sale). Follow up questions can include: Does the cafeteria have water fountains? Are there a sufficient number of working water fountains? Can students take water back to the table or do they need to drink at the fountain? Do students perceive the water and fountains to be clean and safe?	2
	SM9	What is the frequency and amount of training provided to the food and nutrition staff? Does it meet the USDA Professional standards?	2
	SM10	Addresses purchasing local foods for the school meals program.	2

TOTAL: 20 OUT OF 20. Comprehensiveness: 100%, Strength: 100%

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Nutrition Standards



Federal Requirement



School-level Item

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (NS)			
Interviewees: food service director/school principal			
Person to be interviewed: Jacob Njaa, Jami Thomas Date of interview: April 28 and 29, 2022		Score	
	NS1	Are there any foods that are not part of the school meals (known as competitive foods) that are sold to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	2
	NS2	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day? Can you tell me how you do this?	1
	NS3	Are there competitive foods/beverages sold a la carte in the cafeteria during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	2
	NS4	Are there food or beverage vending machines on school property accessible to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	2
	NS5	Are there food or beverages sold in school stores during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	2
	NS6	Are there food or beverage fundraisers that sell items to be consumed during the school day? If yes, who is in charge of approving in-school fundraising activities? How confident are you that the people conducting fundraisers understand Smart Snacks nutrition standards? How confident are you that items sold in fundraisers meet Smart Snacks standards?	2
	NS7	(Before asking this question look up the state policy on fundraiser exemptions at the bottom of this page: https://www.ihrp.uic.edu/content/research-products-national-wellness-policy-study . If 0 exemptions, item is n/a). Your state [fill in] has adopted an exemption policy that allows for [fill in] school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks. Are you familiar with this state law?	2
	NS8	Are foods or beverages containing caffeine sold at the high school level?	N/A

	NS9	How often do food-based celebrations occur during the school day in elementary schools (e.g., birthday parties, holiday parties)? Does the district have nutrition standards (such as Smart Snacks) that regulate what can be served? How are these regulations communicated? How confident are you that the regulations are followed consistently? If food-based celebrations are not permitted, how confident are you that they do not occur?	2
	NS10	Are foods or beverages served (not sold) to students after the school day on school grounds, including before/after care, clubs, and afterschool programming?	2
	NS11	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before/after care on school grounds, clubs, and after school programming	2
	NS12	Do teachers use food as a reward in the classroom for good student behavior (e.g., giving out candy for a right answer; having a pizza party when students finish a unit).	2
	NS13	Do students have consistent and easy access to water throughout the school day? If yes, how? Follow up questions: Are students are permitted to carry water bottles with them throughout the school day? Are there water fountains or free water filling stations throughout the school? Is bottled water is for sale during the school day?	2

TOTAL: 23 OUT OF 24
 Comprehensiveness:
 95%
 Strength: 91%%

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Physical Education and Physical Activity Section



Federal Requirement



School-level Item

Section 4: Physical Education & Physical Activity (PEPA)			
Interviewees: physical education teacher/head of curriculum			
Person to be interviewed: Jacob Njaa, Jami Thomas Date of interview: April 28 and 29, 2022			Score
	PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	2
	PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2
	PEPA3	How does your physical education program promote a physically active lifestyle?	2
	PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2
	PEPA5	How many minutes per week of PE does each grade in middle school receive?	2
	PEPA6	How many minutes per week of PE does each grade in high school receive?	N/A
	PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0
	PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2
	PEPA9	A PE exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. What percentage of students do you estimate do not take PE each year due to exemptions?	2
	PEPA10	A PE substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports. What percentage of students do you estimate do not take PE each year due to substitutions?	2
	PEPA11	Are there opportunities for families and community members to engage in physical activity at school? If yes, please describe. How frequently does this occur?	1
	PEPA12	Are there opportunities for all students to engage in physical activity before and after school? If yes, please describe. How frequently does this occur?	2

	PEPA13	Is there daily recess for all grades in elementary school? If no, how many days per week is recess offered, and for which grades? How long is recess when it is offered?	2
	PEPA14	Do teachers provide regular physical activity breaks for students in the classroom? If yes, please describe. How frequently do they occur? Do all teachers conduct physical activity breaks with their students?	2
	PEPA15	When school is not in session, do community members use indoor and outdoor school building and grounds facilities? Does the district have a "joint-use" or "shared-use" agreements?	2
	PEPA16	What proportion of students walk or bike to school? How frequently do they do that?	N/A

TOTAL: 25 OUT OF 28
 Comprehensiveness:
 89%
 Strength: 85%

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Wellness Promotion and Marketing



Federal Requirement



School-level Item

Section 5: Wellness Promotion and Marketing			
Interviewees: principal/teacher/food service director			
Person to be interviewed: Jacob Njaa, Jami Thomas			Score
Date of interview: April 28 and 29, 2022			
	WPM1	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? If yes, how does the school encourage this behavior?	2
	WPM2	Are there strategies used by the school to support employee wellness? Please describe.	2
	WPM3	Are teachers encouraged to use physical activity as a reward for students? For example, providing extra recess, taking a walk around the school, or playing an active game in the classroom.	2
	WPM4	Do teachers ever use physical activity as a punishment?	2
	WPM5	Do teachers ever withhold physical activity as a classroom management tool?	2
	WPM6	Are marketing strategies used to promote healthy food and beverage choices in school? If yes, what foods and beverages are promoted, and how is it done?	2
	WPM7	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	2
	WPM8	Is there food or beverage marketing on school property (e.g., signs, scoreboards, or sports equipment)?	2
	WPM9	Is there food or beverage marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials)?	2
	WPM10	Is there food or beverage marketing where food is purchased (e.g., logos on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, or trash and recycling containers)	2
	WPM11	Is there food or beverage 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)?	2
	WPM12	Is there food or beverage marketing through fundraisers and corporate-incentive programs?	2

TOTAL: 24 OUT OF 24
 Comprehensiveness:
 100%
 Strength: 100%

WellSAT-I

Wellness School Assessment Tool – Interview to Match WellSAT 3.0

Wellness Promotion and Marketing



Federal Requirement



School-level Item

Section 6: Implementation, Evaluation, and Communication (IECH)			
Interviewee: district level official/principal			
Person to be interviewed: Jacob Njaa, Jami Thomas			Score
Date of interview: April 28 and 29, 2022			
	IEC1	Is there an active district level wellness committee?	2
	IEC2	Which groups are represented on the district level wellness committee? (check all that apply). Note an individual can represent more than one role. <ul style="list-style-type: none"> • parents • students • school food authority representative • physical education teacher • school health professional (nurse, social worker, school psychologist) • school board member • school administrator • community member 	2
	IEC3	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school? If yes, who are those individuals? How do they ensure compliance?	2
	IEC4	How is the wellness policy made available to the public? Is it available online? How often is the public informed where to find the policy?	2
	IEC5	How does the committee assess implementation of the wellness policy? How often does this assessment occur?	2
	IEC6	What is included in the triennial assessment report to the public? Note: the requirement is to include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy. 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies. 3. A description of the progress made in attaining the goals of the local school wellness policy. 	2
	IEC7	Has the wellness policy been revised based on the triennial assessment?	2
	IEC8	Is there an active school level wellness committee?	2

AVERAGE OF ALL SECTIONS:

Comprehensiveness: 97%

Strength: 96%

TOTAL: 16 OUT OF 16

Comprehensiveness:

100%

Strength: 100%



Delphic Elementary
School District

PART 3: PROCESS

Analyze the results.

Update the policy to meet the California Measure Up standards, Federal Standards and Guidelines, and WellSAT recommendations and standards.

- **The results of the WellSAT practice and policy scorecards were analyzed using the WellSAT Worksheet 3 (attached).**
- **The district updated the policy to meet practices being implemented, California Measure Up standards, Federal Standards and Guidelines, and WellSAT recommendations and standards.**
- **The revised Wellness Policy was re-analyzed using the WellSAT 3.0 tool for a new score (also attached).**

WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- ▶ Describe the items that received a written policy score of 2 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.
NE6	Nutrition education is integrated into other subjects beyond health education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM2	Addresses access to the USDA School Breakfast Program.
SM7	Addresses the amount of "seat time" students have to eat school meals.
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.
	Section 5: Wellness Promotion and Marketing
WPM4	Addresses physical activity not being used as a punishment.
WPM5	Addresses physical activity not being withheld as a punishment.
	Section 6: Implementation, Evaluation & Communication

IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
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SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The Connecticut State Department of Education (CSDE) recommends working with key stakeholders and developing a plan to fully implement the policy as written.

- ▶ Enter the items that received a written policy score of 1 or 2 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS2	USDA Smart Snack standards are easily accessed in the policy.
	Section 4: Physical Education and Physical Activity
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.

SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- ▶ Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
NE1	Includes goals for nutrition education that are designed to promote student wellness.

NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.
NE7	Links nutrition education with the school food environment.
NE8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals
SM6	Specifies strategies to increase participation in school meal programs.
SM8	Free drinking water is available during meals.
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
SM10	Addresses purchasing local foods for the school meals program.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
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.
NS3	Regulates food and beverages sold in a la carte.
NS4	Regulates food and beverages sold in vending machines.
NS5	Regulates food and beverages sold in school stores.
NS6	Addresses fundraising with food to be consumed during the school day.
NS7	Regulates food and beverages sold in school stores.
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.
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.

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.
NS12	Addresses food not being used as a reward.
NS13	Addresses availability of free drinking water throughout the school day.
Section 4: Physical Education and Physical Activity	
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA3	Physical education promotes a physically active lifestyle.
PEPA8	Addresses providing physical education training for physical education teachers.
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA14	Addresses physical activity breaks during school.
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
Section 5: Wellness Promotion and Marketing	
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
WPM2	Addresses strategies to support employee wellness.
WPM3	Addresses using physical activity as a reward.
WPM6	Specifies marketing to promote healthy food and beverage choices.
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
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, etc.).
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).
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).
	Section 6: Implementation, Evaluation & Communication
IEC1	Addresses the establishment of an ongoing district wellness committee.
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.
IEC4	Addresses making the wellness policy available to the public.
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.
IEC6	Triennial assessment results will be made available to the public and will include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.
IEC8	Addresses the establishment of an ongoing school building level wellness committee.

SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- ▶ Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS2	USDA Smart Snack standards are easily accessed in the policy.
	Section 4: Physical Education and Physical Activity
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD: NEW SCORE AFTER WELLNESS POLICY WAS REVISED



Federal Requirement Farm to School CSPAP



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. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	N/A
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.	2
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	14/14 =100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	7/7= 100%



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

		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
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.	2

SM7	Addresses the amount of "seat time" students have to eat school meals.	2
 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.	1
<i>Subtotal for Section 2</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	19/20=95%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	9/10=90%

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.	2
 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.	2
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
 NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	2
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.	2
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.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	24/24=100%

	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	12/12= 100%
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Section 4: Physical Education 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. Use N/A if no elementary school in district.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2

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. Use N/A if no elementary schools in district.	2
PEPA14	Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. <i>[Students do not live w/in walkable distance.]</i>	N/A
<i>Subtotal for Section 4</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	28/28= 100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	14/14= 100%

Section 5: Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
<input type="checkbox"/> WPM2	Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	2
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.	2
<input type="checkbox"/> 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).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
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, etc.).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	2
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).	2
<i>Subtotal for Section 5</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	24/24=100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	12/12=100%

Section 6: Implementation, Evaluation, and Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2
<input type="checkbox"/> 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.	2

<input type="checkbox"/> IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
<input type="checkbox"/> IEC4	Addresses making the wellness policy available to the public.	2
<input type="checkbox"/> IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
<input type="checkbox"/> IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2
<input type="checkbox"/> 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.	2
<i>Subtotal for Section 6</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	16/16=100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	8/8=100%

Overall District Policy Score		
		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	99%
	Strength Score: Add the strength scores for each of the six sections above and divide this number by 6.	98%



Delphic Elementary
School District

PART 4: PROMOTION (AND CELEBRATION!) *Board approval and promotion of new policy.*

- **A summary of the assessment process was recorded using the WellSAT Worksheet 4 (attached).**
- **The new policy will be ratified by the school board and promoted at the next Wellness Committee meeting, on the website, and posted in the cafeteria.**

WORKSHEET 4: SUMMARY OF FINDINGS

This section describes the district's progress toward meeting their wellness goals.



SECTION 1: RECOGNIZING STRONG POLICIES AND ALIGNED PRACTICES

The district demonstrated success in meeting and exceeding all of its wellness goals in every section of the WellSAT except for Nutrition Standards. In Nutrition Education, the wellness policy was strong in integrating in subjects beyond health education and this was followed with practices such as science hikes addressing heart rate. Section 2's standards for USDA School Meals addressed seat time and reimbursable meals.

Physical Education and Physical Activity had the strongest written policies that were being implemented. SPARK physical education curriculum is implemented and all students take PE. Families and the community have had opportunities to engage in physical activity such as giant bowling. Little League uses the school grounds for baseball and the local water board uses the building for meetings. Students are able to play on school grounds before school and an after school program implements both structured and free play. During school, each grade receives the required minutes for PE and at recess, both adults and students use the track and are encouraged to "move your bodies" instead of looking at screens. Physical activity was also addressed in the Wellness Promotion section. Physical activity is not allowed to be used or withheld as a punishment, and this was verified to be the practice in the interviews.

Finally, the wellness policy identified the officials responsible for the implementation and compliance of the wellness policy. Due to the nature and complexity of the Triennial Assessment, Delphic decided to hire a Registered Dietitian who is familiar with their school meals to assist with conducting the Triennial Assessment, to conduct interviews, and to provide an independent assessment and wellness policy guidance based on current research and guidelines.



SECTION 2: CREATING A PRACTICE IMPLEMENTATION PLAN

to ensure full compliance with all elements of the LSWP.

The process of scoring the Wellness Policy against standards of excellence and best practices using WellSAT-3.0 tool revealed that the wellness policy needed additional revisions. The policy had recently been revised but the revised one still received an average Comprehensiveness score of 37% and an average Strength score of 23%. Many of the federal guidelines were mentioned, but the language was weak. In addition, the policy did not address areas of physical activity and Farm to School practices that are recommended, but not required.

The WellSAT-I interviews revealed that the school is implementing many of the recommended physical education and Farm to School recommendations despite not mentioning them in the Wellness Policy. Delphic is particularly strong in practice but weak in policy on encouraging and modeling healthy behaviors and actions. Examples include not using food as a reward, having fresh drinking water available at all times, and not offering or selling foods to students before, during, or after school that compete with meals served in the breakfast and lunch afterschool snack programs.

Therefore, Delphic's implementation plan was first and foremost to update the Wellness Policy once again with the goal of achieving a significantly higher score. This is specifically addressed in the next section, "Section 3: Update Policies." After updating the wellness policy, the WellSAT 3.0 would be conducted to ensure that the policy was both strong and comprehensive. This policy would be taken to the board for approval by May 31, 2022, made public online on the website, posted in the cafeteria, and discussed at the next Wellness Committee meeting for promotion and awareness and for input by all parties.



SECTION 3: UPDATE POLICIES

With the results of the WellSAT 3.0 and WellSAT-I, it became clear that the Wellness Policy had room to grow in order to be aligned with the values and practices being implemented at Delphic Elementary. The Wellness Policy scored a 48% Comprehensiveness score. In comparison, the practice Comprehensiveness score was 97%. The policy strength score was 23% but the practice score was 96%.

The latest version of the Wellness Policy added specific language regarding Smart Snacks and food and physical activities being used as rewards and punishments. It added policy on PE exemptions and substitutions to match current practice, and strengthened the marketing language.

To strengthen items, vague words such as "should," "suggest," and "encourage" were replaced with "shall," "will," and "must."

After revising, the wellness policy was given a new score for the WellSAT 3.0. The overall Comprehensiveness Score increased 51 points to 99%. The overall Strength score increased to 98%. The new policy will be approved by the board in May, 2022.

SECTION 4: OPPORTUNITIES FOR GROWTH

There are some practices that Delphic was implementing prior to Covid that they are planning to bring back but have not yet. One thing is the school carnival which provides an opportunity for families to engage in physical activities and games with students, teachers, and staff. Another area of growth is training. Though teacher and staff training is made available, it is not being utilized to its potential. Also, Covid has been challenging. Staff has additional tasks to perform since Covid and it has significantly impacted teachers, administrators, and students both physically and mentally. Routines have been disrupted. Delphic looks forward to returning to routines and traditions that lightened the load of responsibilities pre-Covid. In the meantime, reaching out for additional support and to bring in expert professionals and guest speakers in areas such as health and wellness have been successful.

Date: 4/29/2022

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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