

Your District's Scorecard

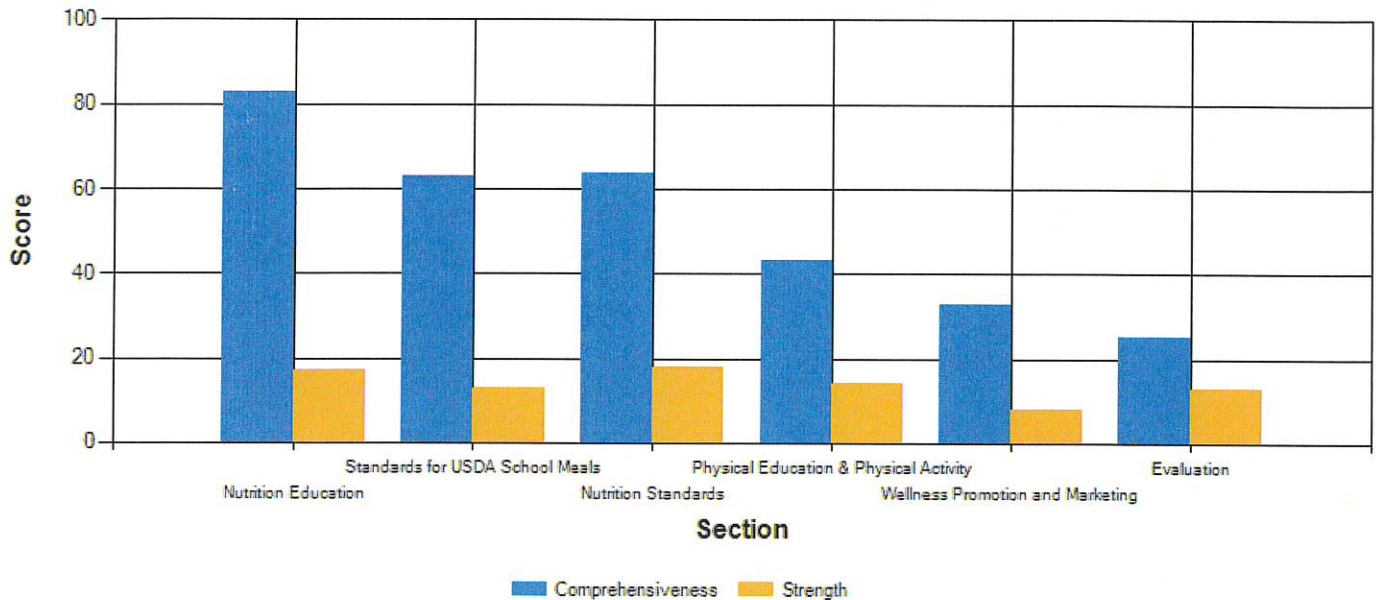
[Close window](#)

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: Zion Lutheran - Plainview



Section 1. Nutrition Education




Rating

Item ID	Description	Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	0
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6 (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 6 (the number of items in this section). Multiply by 100.	17

[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.	1
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.	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.	1
SM8	 Free drinking water is available during meals.	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."	63
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	13

[Click here for School Food Resources](#)

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

Rating




NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	0
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
NS3	 Regulates food and beverages sold in a la carte.	0
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	0


NS6	 Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	1
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
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.	1
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 11 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	64
	Strength Score: Count the number of items rated as "2" and divide this number by 11 (the number of items in this section). Multiply by 100.	18

[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.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	0
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	1

PEPA14	 Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 14 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	43
	Strength Score: Count the number of items rated as "2" and divide this number by 14 (the number of items in this section). Multiply by 100.	14

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	1
WPM6	Specifies marketing to promote healthy food and beverage choices.	0
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	1
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."	33







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.

8

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

Section 6. Implementation, Evaluation & 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.	0
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	0
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	0
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	25
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	13

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 52
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 14



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
<p>Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.</p>	<div style="border: 1px solid #0056b3; padding: 5px;"> <ul style="list-style-type: none"> Alliance for a Healthier Generation 10-step Checklist The WellSAT 3.0 School Assessment Tool </div>
<p>Areas of Strength:</p>	<p>1. Policy is in place and was approved by the school board.</p> <p>2. Provide students with opportunities for physical activities and movement throughout the day.</p> <p>3. Student participation in hot lunch program provided by Plainview Public School.</p>
<p>Opportunities for Improvement</p>	<p>1. SWP members not identified within the policy.</p> <p>2. Wellness team needs to meet on a regular basis to improve our Wellness Policy.</p> <p>3. Clarification of Nutrition Standards is SWP.</p>
<p>As a result of the comparison, was new language adopted in the LSWP?</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p>
<p>If yes, briefly describe what was adopted (include page numbers for new language if possible),</p>	<p><input type="checkbox"/> Yes</p>

Component	Description
<p>Have the changes been approved by the school board?</p>	<p><input type="checkbox"/> No - SWP will be worked on over the summer months and presented for approval at the August 2024 School Board meeting.</p>
<p>Describe the next steps for strengthening your LSWP.</p>	<p>Updating our Wellness Policy and then meeting on a regular basis for continual evaluation of our SWP.</p>

[Return to triennial assessment document](#)



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><i>USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u></i></p>			
<p>1. Nutrition Education Goal(s)- Message of making healthy choices will be consistent throughout school.</p>	Partially	Signage displayed in school cafeteria. Will display additional signage throughout the school at the start of the 2024-2025 school year.	Photo attached.
<p>2. Physical Activity Goal(s)- Students will be given opportunities for physical activity during the school day through PE classes and recess periods.</p>	Yes	Students in grades K-6 have 15 minutes of PE Mon-Fri and 30 minutes of recess Mon-Fri.	Class schedules attached.
<p>3. Other student wellness Goal(s) - Lunch periods will be scheduled near the</p>	Yes	Lunch is served at noon and upon arriving in the cafeteria, students have at least 25 minutes to eat lunch.	Class schedules are attached.

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
middle of the school day with adequate time for the students to eat.			
Additional Goal(s) Add more rows as needed			

[To return to the overview document, click this link](#), Questions, contact:
jessie.coffey@nebraska.gov

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

(Make a copy for your use)

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)		1	
Physical Activity Goal(s)		1	
Other Student Wellness Goal(s)		1	
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance			
<u>Federal/State Meal Standards</u> are Met			1
Foods Offered but Not Sold to Students Standards			1
Food and Beverage Marketing (<u>SMART Snacks regulations</u> - ala carte and vending, food sales during the school day)			NA - food and beverages are not sold at Zion

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement- how was the public included in LWP development? (parents, community members, etc.)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input checked="" type="checkbox"/> Yes - School website and school newsletter <input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input checked="" type="checkbox"/> Yes - https://zionlutheranplainview.org/school <input type="checkbox"/> No

[To return to the overview document, click this link](#) Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing Your Success

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

(make a copy for your own use)

Part #1- Post results of the wellness policy assessment

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

- 1) District
- 2) Each building

Identify steps taken to meet unmet goals or policy elements and how you will update Wellness policy goals (likely from 2017) to reflect current programs and practices.

Document how you will update the public below, and provide the link(s) to public updates of the triennial assessment results- *provide links to your documentation*

Example) Updating the Public

Target Audience(s)	Method	Date
School Board	Monthly Meeting	June 18, 2024
Students/Parents	School Newsletter	April 25, 2024
Community	Church Bulletin	April 28, 2024
Link to the district website to meet public notification requirement	https://zionlutheranplainview.org/school	

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

When updating the public, include a link to your wellness policy and an email contact the public can ask questions. **Post a summary to one of your district's main pages so patrons can easily see your updates, consider including pictures of students and staff participating in wellness activities** To return to the Triennial Assessment overview document, [click this link](#)