

WELLSAT2.0 SCORECARD RECOMMENDATIONS

Balsz Elementary School District

Date | 6/1/2018

General Comments

The Balsz Elementary School District Local Wellness Policy is rather comprehensive in coverage, especially in **Nutrition Education, where the scores for comprehensiveness and strength are both 100** (the highest possible scores). The section most needing improvement is *Physical Education and Physical Activity*.

Implementing any of the recommendations below will improve the policy and **enhance compliance with state and federal regulations**. Also, communicating the policy to school staff can translate into clear, actionable guidance for health and wellness programming.

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

- Adding an **accurate web link** to the USDA nutrition standards for reimbursable meals will increase clarity and transparency.
- If feasible, we recommend adding language regarding:
 - Methods for providing students and parents with **meal nutrition information**.
 - Family access to information about **free or reduced price meals**, and privacy protections for these students.
 - Allowing **at least 20 minutes for school lunch** after being seated.
 - Scheduling **recess before lunch** in elementary schools.
 - **Annual training for food service staff** on the USDA's professional standards.

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

- Adding an **accurate web link** to the USDA Smart Snack Guidelines or Arizona Nutrition Standards will increase clarity and transparency.
- We recommend adding language regarding specific policy guidelines (e.g., Smart Snacks) for competitive foods and drinks offered during the **extended school day**, classroom *celebrations*, and *all fundraisers*.

Section 4. Physical Education and Physical Activity

- Adding language regarding a **written, standards-based PE curriculum** under *Physical Activity Goals* would strengthen the policy.
- The National Association for Sport and Physical Education to recommend **150 minutes/week of instructional PE** for elementary students and **225 minutes/week** for middle schoolers. *To the extent possible, LWPs should consider these*

recommendations; if the recommended minutes are not feasible, adding the actual minutes/week of PE that the district requires would enhance the policy.

- Where feasible, we recommend adding language to:
 - Add a **maximum student-teacher ratio** for PE classes, and specify any **PE teacher qualifications**.
 - Offer PE training to PE teachers **and physical activity training** to all teachers.
 - **Minimize PE waivers/exemptions/substitutions**.
 - **Engage staff, families, and communities** in physical activity at schools.

Section 5. Wellness Promotion and Marketing

- The policy would be improved with the addition of a **section for Wellness Promotion and Marketing** that:
 - **Encourages staff to model healthy eating and physical activity behaviors** and/or discourage unhealthy behaviors in specific ways (e.g., teachers bring water, only, in classrooms for drinking).
 - Encourages using **physical activity as a reward**.
 - **Restricts the marketing of all foods and beverages that do not meet the USDA Smart Snacks guidelines** (e.g., on vending machines, in textbooks, on computers). ***** The state and USDA now require this. *****

Section 6. Implementation, Evaluation & Communication

- We recommend language that ensures a **wellness committee with community-wide representation from active recruitment**, per the USDA's Final Rule.
- ***** The ADE and USDA now require ***** a best-practice plan for triennial Policy review/revision that includes **comparison against a model policy (e.g., this WellSAT assessment)**.
- Any **methods used to engage the general public, including families**, in school wellness, the wellness committees, accessing the wellness policy, and other methods for communicating with the public (e.g., via website or email) should be noted here.