

**National School District School
District Triennial Assessment
Completed 2023**

In accordance with the USDA Final Rule Requirements of 2017, 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.
4. Report to Public

National School District used the WellSAT Triennial Assessment tools to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: Comparison to Model School Wellness Policy

- WellSAT 3.0 Scorecard

PART 2: Local measurement of compliance with School Wellness Policy

- The Wellness Team reviewed and updated the Wellness Policy, using the WellSAT 3.0 assessment tool. Scores were recorded using the WellSAT-3 Scorecard and analyzed using the Live Well Model School Wellness Policy.

PART 3: Description of the district's progress toward achieving goals described in the policy

- District Action Plan

PART 4: Report to Public

- Results were shared with the public

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax: (833) 256-1665 or (202) 690-7442; or
email: Program.Intake@usda.gov
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National School District Wellness Policy 2023 WellSAT 3.0 Scorecard

Overall District Policy Score	District WellSAT 3.0 (2023)	District WellSAT 3.0 (2018)	County of San Diego WellSAT 3.0 Average
Total Comprehensiveness (out of a possible 100 points)	76	67	77
Total Strength (out of a possible 100 points)	55	40	55

Summary

This **WellSAT 3.0** Scorecard has been prepared for the National School District’s (2023) Local School Wellness Policy (BP 5030) by the Live Well Schools team of the County of San Diego Health and Human Services Agency (HHSA). The WellSAT is a quantitative assessment tool from the UConn Rudd Center used nationally since 2010 to score and help improve a district’s Local School Wellness Policy.

The current 2023 wellness policy markedly improves on the 2018 policy by addressing many of the WellSAT standards that were previously not addressed, resulting in a substantial increase in total comprehensiveness and strength. The National School District continues to demonstrate a commitment to the implementation, evaluation, and communication of the wellness policy.

The sections **Nutrition Standards for Competitive and Other Foods and Beverages & Physical Education and Physical Activity** saw the most improvement, leading to comprehensive scores of 84 & 69 due to the addition of strong language and unique goals specific to nutrition education, USDA Smart Snack standards, physical education, and adequate time for physical activity. This improvement shows the district’s commitment to investing in promoting healthy meals and food options, and physical education and activity in their schools. Language and strength markedly improved throughout the entire wellness policy which is reflected in the total scores. Additionally, the National School District has included health and wellness language not included in the WellSAT but shows the district’s commitment to Health and Wellness Services, Social-Emotional Wellness, and Mental Health as outlined in the **nutrition education and nutrition standards** sections. The addition of these unique goals shows the National School District’s prioritization of the [Whole School, Whole Community, Whole Child \(WSCC\)](#) model which is exceptional.

- Use the Live Well Schools *Model School Wellness Policy* to strengthen your district’s policy.
- Learn what HHSA programs are in – or could be in - your schools by using the [Live Well Schools Map](#).
- Find more than 500 resources on the Live Well Schools [Tools for Schools](#) searchable database.
- Contact [Deirdre Kleske](#) with Live Well Schools for additional information and support.

[National School District (2023)] WellSAT 3.0 Scorecard

How to Interpret the Scores	
Score of: 0	A score of 0 means that the standard was not addressed in the policy.
Score of: 1	A score of 1 means that the standard was addressed vaguely, or it was unclear how the action or regulation will be measured or enforced.
Score of: 2	A score of 2 means that the standard met or exceeded WellSAT expectations. The wellness policy utilized specific language that indicated action or regulation is required and enforced.
	<u>Federal Requirement</u>
	<u>Farm to School Component</u>
	<u>Comprehensive School Physical Activity Programs (CSPAP) Component</u>

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.
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.

Section 1. Nutrition Education		2023 Rating	2018 Rating
NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1	N/A
NE5	All high school students receive sequential and comprehensive nutrition education.	1	N/A
NE6	Nutrition education is integrated into other subjects beyond health education	2	2
NE7	Links nutrition education with the school food environment.	1	2
NE8	 Nutrition education addresses agriculture and the food system.	2	2
WellsAT 3.0		100	100
Subtotal for Section 1		50	67

Section 2. Standards for USDA Child Nutrition Programs and School Meals		2023 Rating	2018 Rating
SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2	2
SM2	Addresses access to the USDA School Breakfast Program.	2	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	N/A	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	N/A	2
SM6	Specifies strategies to increase participation in school meal programs.	2	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2	2
SM8	 Free drinking water is available during meals.	2	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1	0
SM10	 Addresses purchasing local foods for the school meals program.	0	0
Comprehensiveness Score:		78	70

WellsAT 3.0 Subtotal for Section 2	Strength Score:	67	60
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Section 3. Nutrition Standards for Competitive and Other Foods and Beverages		2023 Rating	2018 Rating
NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages red to students during the school day.	2	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	2	0
NS3	 Regulates food and beverages sold in a la carte.	N/A	0
NS4	 Regulates food and beverages sold in vending machines.	2	0
NS5	 Regulates food and beverages sold in school stores.	2	0
NS6	 Addresses fundraising with food to be consumed during the school day.	2	0
NS7	Exemptions for infrequent school-sponsored fundraisers.	2	0
NS8	Addresses foods and beverages containing caffeine at the high school level.	N/A	N/A
NS9	 Regulates food and beverages red at class parties and other school celebrations in elementary schools.	2	1
NS10	Addresses nutrition standards for all foods and beverages red to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1	1
NS11	Addresses nutrition standards for all foods and beverages red to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2	1
NS12	Addresses food not being used as a reward.	2	1
NS13	Addresses availability of free drinking water throughout the school day.	2	0
WellsAT 3.0		Strength Score:	50
Subtotal for Section 3		77	0

Section 4. Physical Education and Physical Activity		2023 Rating	2018 Rating
PEPA1	✗ There is a written physical education curriculum for grades K-12.	2	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2	0
PEPA3	Physical education promotes a physically active lifestyle.	2	0
PEPA4	Addresses time per week of physical education instruction for all elementary school students. (150 minutes per week)	1	2
PEPA5	Addresses time per week of physical education instruction for all middle school students. (225 minutes per week)	N/A	N/A
PEPA6	Addresses time per week of physical education instruction for all high school students. (225 minutes per week)	N/A	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0	0
PEPA8	Addresses providing physical education training for physical education teachers.	0	0
PEPA9	Addresses physical education exemption requirements for all students.	2	0
PEPA10	Addresses physical education substitution for all students.	0	2
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2	1
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2	1
PEPA13	Addresses recess for all elementary school students.	2	2
PEPA14	Addresses physical activity breaks during school.	1	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2	0
WellSAT 3.0		69	43
Subtotal for Section 4		56	21

Section 5. Wellness Promotion and Marketing			2023 Rating	2018 Rating
WPM1		Encourages staff to model healthy eating and physical activity behaviors.	0	0
WPM2	✗	CSPAP Addresses strategies to support employee wellness.	1	1
WPM3		Addresses using physical activity as a reward.	0	1
WPM4		Addresses physical activity not being used as a punishment.	2	2
WPM5		Addresses physical activity not being withheld as a punishment.	2	2
WPM6		Specifies marketing to promote healthy food and beverage choices.	2	1
WPM7	🚫	Federal Requirement Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2	2
WPM8		Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0	2
WPM9		Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0	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).	2	2
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	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, such as Box Tops for Education).	1	2
WellSAT 3.0			58	92
Subtotal for Section 5			42	67

Section 6. Implementation, Evaluation & Communication			2023 Rating	2018 Rating
IEC1		Addresses the establishment of an ongoing district wellness committee.	2	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.	2	1
IEC3		Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1	2
IEC4		Addresses making the wellness policy available to the public.	2	0
IEC5		Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2	1
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 compared to model local school wellness policies; 3. A description of the progress made in attain the goals of the local school wellness policy.	0	0
IEC7		Addresses a plan for updating policy based on results of the triennial assessment.	1	0
IEC8		Addresses the establishment of an ongoing school building level wellness committee.	0	0
WellsAT 3.0			75	92
Subtotal for Section 6			50	67