



## School Wellness Policy Score Sheet

### McKinleyville Union School District

The following tables include wellness policy statement numbers and item descriptions broken down by section. Please rate the level to which each policy item is addressed in the school wellness policy.

0 = Not mentioned

1 = Weak Statement

2,3,4 = Meets/Exceeds Expectations

<b>Section 1. Nutrition Education and Wellness Promotion</b>		
Rating	#	Item
	NEWP1	Provides nutrition curriculum for each grade level.
	NEWP2	Links nutrition education with the school food environment.
	NEWP3	Nutrition education teaches skills that are behavior focused.
	NEWP4	Encourages staff to be role models for healthy behaviors.
	NEWP5	Specifies district using the Centers for Disease Control and Prevention's (CDC) Coordinated School health program model or other coordinated/comprehensive method.
	NEWP6	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent conferences, or events).
	NEWP7	Specifies marketing to promote healthy choices.
	NEWP8	Specifies restricting marketing of unhealthful choices.
	NEWP9	Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.
<b>Section 2. Standard for USDA Child Nutrition Programs and School Meals</b>		
Rating	#	Item
	US1	Addresses access to and/or promotion of the School Breakfast Program (USDA)
	US2	Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) minimum standards. Note: USDA "school meals" include beverages served with the meal.
	US3	Specifies strategies to increase participation in school meal programs. ("School meal programs" can be assumed to refer to breakfast and/or lunch.)
	US4	Ensures adequate time to eat.
	US5	Ensures nutrition training for food service director and/or onsite manager (or other person responsible for menu planning).
	US6	Addresses school meal environment.
	US7	Nutrition information for school meals (e.g. calories, saturated fat, sugar) is available.
<b>Section 3. Nutrition Standards for Competitive and Other Foods and Beverages</b>		
Rating	#	Item
	NS1	Regulates vending machines.
	NS2	Regulates school stores. Note: If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.
	NS3	Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means).
	NS4	Regulates food served at class parties and other school celebrations.
	NS5	Addresses limiting sugar content of foods sold/served outside of USDA meals.
	NS6	Addresses limiting fat content of foods sold/served outside of USDA meals.
	NS7	Addresses limiting sodium content of foods sold/served outside of USDA meals.
	NS8	Addresses limiting calorie content per serving size of foods sold/served outside of USDA meals.
	NS9	Addresses increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) sold/served outside of USDA meals.
	NS10	Addresses food not being used as a reward.
	NS11	Addresses limiting sugar content of beverages sold/served outside of USDA meals. (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).
	NS12	Addresses limiting regular (sugar-sweetened) soda sold/served outside of USDA meals. (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).

	NS13	Addresses limiting fat content of milk sold/served outside of school meals. (If the policy addresses limiting the fat content of foods, do not assume these policies apply to milk).
	NS14	Addresses serving size limits for beverages sold/served outside of school meals.
	NS15	Addresses access to free drinking water.
	NS16	Regulates food sold for fundraising at all times (not only during the school day).

#### Section 4. Physical Education and Physical Activity

Rating	#	Item
	PEPA1	Addresses written physical education curriculum/program for each grade level.
	PEPA2	Addresses time per week of physical education for elementary school students
	PEPA3	Addresses time per week of physical education for middle school students.
	PEPA4	Addresses time per week of physical education for high school students.
	PEPA5	Addresses teacher-student ratio for physical education
	PEPA6	Addresses adequate equipment and facilities for physical education.
	PEPA7	Addresses qualifications for physical education instructors.
	PEPA8	District provides physical education training for physical education teachers.
	PEPA9	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).
	PEPA10	Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess.
	PEPA11	Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.
	PEPA12	Addresses community use of school facilities for physical activity outside of the school day.
	PEPA13	Addresses not restricting physical activity as punishment.
	PEPA14	Addresses provision of daily recess in elementary school.

#### Section 5. Evaluation

Rating	#	Item
	E1	Establishes a plan for policy implementation.
	E2	Addresses a plan for policy evaluation.
	E3	Addresses providing a progress report to a specific audience.
	E4	Identifies a plan for revising the policy.

**Review scoring information on page 4.**

**Section 1:** Comprehensiveness= (total # of items in Section 1 receiving a "1" or "2" /9) x 100= \_\_\_\_\_

Strength= (total number of items in Section 1 receiving a "2" /9) x 100= \_\_\_\_\_

**Section 2:** Comprehensiveness= (total # of items in Section 2 receiving a "1" or "2" /7) x 100= \_\_\_\_\_

Strength= (total number of items in Section 2 receiving a "2" /7) x 100= \_\_\_\_\_

**Section 3:** Comprehensiveness= (total # of items in Section 3 receiving a "1", "2", "3", or "4" /16) x 100= \_\_\_\_\_

Strength= (total number of items in the Section 3 receiving a "2" "3", or "4" /16) x 100= \_\_\_\_\_

**Section 4:** Comprehensiveness= (total # of items in Section 4 receiving a "1" or "2" /14) x 100= \_\_\_\_\_

Strength= (total number of items in Section 4 receiving a "2" /14) x 100= \_\_\_\_\_

**Section 5:** Comprehensiveness= (total # of items in Section 5 receiving a "1" or "2" /4) x 100= \_\_\_\_\_

Strength= (total number of items in Section 5 receiving a "2" /4) x 100= \_\_\_\_\_

**Total Comprehensiveness=** (total number of items in ALL sections receiving a "1", "2", "3", or "4" /50) x 100= \_\_\_\_\_

**Total Strength=** (total number of items in ALL sections receiving a "2" "3", or "4" /50) x 100= \_\_\_\_\_

## WellSAT: WELLNESS SCHOOL ASSESSMENT TOOL

An abbreviated version of the Comprehensive Coding System to Measure the Quality of School Wellness Policies, developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1

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The WellSAT provides a standard method for the quantitative assessment of school wellness policies. Such policies have been required since 2006 in all school districts participating in the National School Lunch Program. This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies within or among states. It was developed by researchers funded by the Robert Wood Johnson Foundation.

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## How to Rate Policy Statements

School wellness policies are evaluated based on the degree to which they address 50 policy items, which are categorized into five sections. The sections include Nutrition Education and Wellness Promotion, Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Physical Activity, and Evaluation.

For each of the 50 policy items, school wellness policy statements are to be rated “0,” “1,” or “2,” using the definitions below. This evaluation tool lists each policy item followed by an explanation of the item and examples of “1,” “2,” “3,” and “4” statements. Ratings of “3” and “4” apply only to specific questions in Section 3: “Nutrition Standards for Competitive and Other Foods and Beverages”

Rating		Explanation
0	= Not Mentioned	The item is not included in the text of the policy.
1	= Weak Statement	<p>Assign a rating of “1” when the item is mentioned, <u>but</u>:</p> <ul style="list-style-type: none"> <li>The policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i>.</li> <li>Statements are listed as <i>goals, aspirations, suggestions, or recommendations</i>.</li> <li>There are <i>loopholes</i> in the policy that weaken enforcement of the item.</li> <li>The policy mentions a <i>future plan to act</i> without specifying when the plan will be established.</li> </ul> <p>Words often used include: <i>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</i>.</p>
2	= Meets / Exceeds Expectations	<p>Assign a rating of “2” when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because:</p> <ul style="list-style-type: none"> <li>The item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation).</li> <li>Strong language is used to indicate that action or regulation is required, including: <i>shall, will, must, have to, insist, require, all, total, comply and enforce</i>.</li> <li>A district is unable to enforce an item (e.g., teachers role modeling healthy behaviors), but the goal is clearly stated (e.g., “shall encourage teachers to role model healthy behaviors”).</li> </ul>
3	= Meets IOM standard	Assign a rating of “3” when nutrients in foods and or beverages meet IOM standards.
4	= School instituted ban	Assign a rating of “4” when the item ban is mentioned.

**Evaluating Hint:** One method for deciding between a rating of “1” and a “2” is to consider the scenario of a parent approaching a school district’s board of education to discuss an issue. If the policy is ambiguous on how the school should handle the issue at hand, rate the item as “1.” If the written policy gives clear guidance about how to decide whether the school complies with the policy, rate the item as “2.”

**State law** may regulate items in this evaluation tool. State law supersedes the authority of school wellness policies, so unless otherwise indicated, rate items according to the strength of state law when state law exceeds standards in a policy or when state law mentions items not included in a policy. For example, if state law prohibits soda in schools but the policy does not; rate applicable items as if the policy explicitly prohibits soda.

## How to Score School Wellness Policies

The WellSAT will give you two scores: a **comprehensiveness** score, which reflects the extent to which recommended content areas are covered in the policy; and a **strength** score, which describes how strongly the content is stated. Both scores range from 0-100, with lower scores indicating less content and weaker language, and higher scores indicating more content and use of specific and directive language.

Score	Explanation
Comprehensiveness Score by section	Comprehensiveness is calculated by counting the number of items in each section rated as "1" or "2," dividing this number by the number of policy items in the section, and multiplying this number by 100.
Strength Score by section	Strength is calculated by counting the number of items in each section rated as "2," dividing this number by the number of policy items in the section, and multiplying this number by 100.
Total Comprehensiveness	Total comprehensiveness is calculated by counting the number of items rated as "1" or "2," dividing this number by the total number of policy items (50) in all five sections, and multiplying this number by 100.
Total Strength	Total strength is calculated by counting the number of items rated as "2," dividing this number by the total number of policy items (50) in all five sections, and multiplying this number by 100.

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Rating
NEWP1	Nutrition curriculum provided for each grade level.	0
NEWP2	Links nutrition education with the school food environment.	1
NEWP3	Nutrition education teaches skills that are behavior-focused.	2
NEWP4	Encourages staff to be role models for healthy behaviors.	1
NEWP5	Specifies district using Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program (CSHP) model or other coordinated/comprehensive method.	0
NEWP6	Specifies how district will engage parents, students or community to provide information and hear feedback to meet district wellness goals.	0
NEWP7	Specifies marketing to promote healthy choices.	1
NEWP8	Specifies restricting marketing of unhealthful choices..	0
NEWP9	Establishes a health advisory committee or school health council that is ongoing beyond policy development.	2
Subtotal for Section 1 Nutrition Education	Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."</i>	56
	Strength Score <i>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</i>	22

**Comprehensiveness Score** = Three items are rated as "1" and two items are rated as "2," for a total of 5 items. Five divided by 9 equals 0.56, multiplied by 100 for a score of 56.

**Strength Score**= Two items are rated as "2." Two divided by 9 equals 0.22, multiplied by 100 for a score of 22.

In Section 3, item responses may vary if regulations are specific to elementary, middle and high schools. You can assign a score for each grade level. The final score for the item will be the average of the three responses given. Averages should be rounded up. Also in Section 3, several items are scored on a scale of 0-4. Items receiving a rating of "3" or "4" will be considered a rating of "2" for scoring purposes.

**Section 1. Nutrition Education and Wellness Promotion**

#	Item	Rating Guidance
		<p><b>For this item, integrating nutrition education into other subjects beyond health education does NOT qualify for a "1" or "2."</b></p> <p><b>Not mentioned</b></p> <p>0</p> <ul style="list-style-type: none"> <li>• Mentions "standards-based nutrition education" without mentioning curriculum/program.</li> <li>• Addresses a "wellness curriculum" or health education curriculum without including nutrition/healthy eating as part of the curriculum components.</li> </ul>
NEWP1	Provides nutrition curriculum for each grade level.	<p><b>Weak statement</b></p> <p><b>Describes general health curriculum for "K-12" or "all levels," and/or is unclear if each grade will receive nutrition education.</b></p> <p><b>Example:</b></p> <p>1</p> <ul style="list-style-type: none"> <li>• "Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime." (Not clear that nutrition education is actually taught at each grade level.)</li> <li>• "Nutrition and physical activities lessons will be designed for integration into the curriculum and the health education program."</li> </ul>
		<p><b>Meets or Exceeds Expectations</b></p> <p>Clear that district has a nutrition education curriculum in each grade.</p> <p>2</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)."</li> </ul>

NEWP2	Links nutrition education with the school food environment	0	<b>Not mentioned</b>
		1	<b>Vague and/or suggested</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity."</li> </ul>
		2	<b>Requires that nutrition education be integrated into the larger school environment in concrete ways.</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab."</li> </ul>
NEWP3	Nutrition education teaches skills that are behavior-focused.	0	<b>Not mentioned, or only addresses knowledge acquisition</b>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Skill-based nutrition education is suggested.</li> <li>Specific behavioral skills are mentioned, but none are required.</li> <li>Skill-based health education is suggested outside of the nutrition education section of the policy.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>"All students should have the skills necessary to make nutritious food choices."</li> <li>"Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors."</li> </ul>
		2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Skill-based nutrition education is required.</li> <li>Specific skills or activities are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels).</li> </ul> <b>Examples:</b> "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning."  <ul style="list-style-type: none"> <li>"Schools will provide nutrition education lessons that cover topics such as reading a Nutrition facts label."</li> </ul>

**Section 1. Nutrition Education and Wellness Promotion (continued)**

#	Item	Rating Guidance	
NEWP4	Encourages staff to be role models for healthy behaviors.	0	<b>Not mentioned</b>
		1	<b>Suggests that staff should be encouraged to model healthy behavior</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Each school in the district should encourage staff to model..."</li> </ul>
		2	<b>Requires that staff shall be encouraged to model healthy behavior</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life."</li> </ul>
NEWP5	Specifies district using the Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program model or other coordinated/comprehensive method	0	<b>Not mentioned</b>
		1	<b>Mentions that district is considering or working toward use of a coordinated school health model</b>  <b>Example</b> <ul style="list-style-type: none"> <li>• "We will strive toward integrating nutrition into a coordinated school health approach."</li> </ul>
		2	<b>Includes language to institutionalize a coordinated school health model</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Schools will link nutrition education activities with the coordinated school health program."</li> </ul>

NEWP6	<p>Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent conferences, or events).</p>	0	<p><b>Not mentioned</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Methods are vague.</li> <li>• Specific methods are mentioned, but not required.</li> <li>• Specific methods are mentioned, but it is unclear if the school will engage families.</li> </ul>
		1	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition information and links to relevant resources in the community should be provided to families through newsletters, publications, health fairs, and other channels."</li> <li>• "Feedback from parents should be encouraged through stakeholder meetings."</li> </ul>
		2	<p><b>Meets or Exceeds Expectations</b></p> <ul style="list-style-type: none"> <li>• Clear that the district or schools will engage families, and specific methods are listed. Even if it is unclear that each method listed will be used, as long as engagement is required, rate as "2."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents."</li> <li>• "The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments."</li> <li>• "The food service director will be available to speak with parents during open house."</li> <li>• "Parents will be provided the opportunity to give feedback on wellness goals."</li> </ul>

NEWP7	Specifies marketing to promote healthy choices.	0	<b>Not mentioned</b>
		1	<b>Vague and/or suggested</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection."</li> </ul>
		2	<b>Specific (posters, pricing structures, etc.) and required</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"Schools shall label/mark healthy food items available so students know which are healthy items."</li> <li>"The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices."</li> <li>"Healthy food options will be comparably priced."</li> </ul>

NEWP8	Specifies restricting marketing of unhealthful choices	0	<b>Not mentioned</b>
		1	<b>Weak Statement</b>  Restrictions are suggested or weakened by exceptions such as time, location, or a principal's discretion.  <b>Example:</b> <ul style="list-style-type: none"> <li>"Display and advertising of foods with minimal nutritional value is strongly discouraged on school grounds."</li> </ul>
		2	<b>Required</b>  <b>Examples:</b> <ul style="list-style-type: none"> <li>"Education materials shall be free of brands and illustrations of unhealthful foods."</li> <li>"Soft drink logos are not allowed on school materials or on school property."</li> </ul>

NEWP9		0	<b>Not mentioned</b>
		1	<b>Suggested and/or not clear that the committee will be ongoing</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "A wellness policy committee will be formed in district XYZ."</li> </ul>
		2	<b>Committee is required and clearly ongoing</b>  <b>Examples:</b> <ul style="list-style-type: none"> <li>• "The Nutrition and Physical Activity Advisory Council shall include (stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy."</li> <li>• "The school district will create, strengthen, or work within existing school health councils to develop, monitor, review, and revise nutrition and physical activity policies. The councils will serve as resources to school sites for implementing these policies."</li> </ul>
Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.			

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

#	Item	Rating Guidance	
US1	Addresses access to and/or promotion of the School Breakfast Program (USDA).	0	<p><b>Not mentioned</b></p> <ul style="list-style-type: none"> <li>Informing parents about the School Breakfast Program does NOT qualify for a "1" or "2."</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Promotes a breakfast program without specifying the "School Breakfast Program" (USDA) or CFR Part 220.</li> <li>Encourages or suggests participation in the School Breakfast Program.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"The district shall make every effort to offer school breakfast."</li> <li>"The district shall operate under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Special Milk Program, and Summer Food Service Program)."</li> </ul>
		2	<p><b>Meets or Exceeds Expectations</b></p> <ul style="list-style-type: none"> <li>Includes language to institutionalize the School Breakfast Program (e.g., specific reference to School Breakfast Program or CFR Part 220).</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"All schools will provide breakfast through the USDA School Breakfast Program."</li> </ul>
US2	<p>Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) minimum standards.            Note: USDA "school meals" include beverages served with the meal.</p>	0	<p><b>Note: U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans exceed the minimum standards for the USDA school meals programs.</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Unless defined, ambiguous references to federal or USDA standards/guidelines/requirements (e.g., "federal nutrition standards," "USDA standards," or "USDA guidelines") do NOT qualify for "1" or "2" because it is not clear that these standards refer to anything other than the minimum legal requirements for USDA school meals programs.</li> <li>"Striving to meet" or "should meet" the Dietary</li> </ul>

			<p>Guidelines does not qualify for a 1 or 2.</p> <ul style="list-style-type: none"> <li>Exploring increased use of whole grains or exploring including salads, yogurts and other healthy foods to the meal menu.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested.</li> <li>Specifies meeting the Dietary Guidelines for Americans and no other standards. To receive a "1" for specifying the Dietary Guidelines for Americans, a policy must at least state, "Dietary Guidelines."</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Encourage the consumption and choice of nutrient-dense food, such as whole grains, fruits, and vegetables."</li> <li>"Should assist students to comply with the Dietary Guidelines for Americans."</li> <li>"...all meals will follow the food guide system developed by USDA"</li> <li>"...all foods sold/served on campus will meet USDA Dietary Guidelines" (and no other mention about school meal programs in the policy that would alter the coding for this item)</li> <li>"School meals promote fresh fruits, vegetables, whole grains, and low-fat items"</li> </ul>
		2	<p><b>Meets or Exceeds Expectations</b></p> <ul style="list-style-type: none"> <li>School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free white milk served; at least half of grains are whole grain; eliminates trans fats, using low fat versions of foods or low-fat cooking methods).</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Milk sold as part of the school meals program will be limited to 1%, and skim, with no chocolate milk being served."</li> </ul>

**Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)**

#	Item	Rating Guidance	
US3	Specifies strategies to increase participation in school meal programs. ("School meal programs" can be assumed to refer to breakfast and/or lunch.)	0	<p><b>Not mentioned</b></p> <ul style="list-style-type: none"> <li>Notifying parents of eligibility requirements for free and reduced price meals is a federal requirement and does NOT qualify for "1" or "2."</li> </ul>
		1	<p><b>Mentions vague and/or suggested strategies</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"School meals shall be made attractive to students by appealing to their taste preferences."</li> <li>"Meals shall be appealing..."</li> <li>"...bus schedules should be arranged to facilitate participation in the school breakfast program."</li> <li>"The district has a closed campus policy unless the Principal provides permission for students to leave during the lunch period."</li> <li>"To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."</li> </ul>
		2	<ul style="list-style-type: none"> <li>Requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or "Grab and Go" or "Fun on the Run" promotions.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Students will have the opportunity to provide input on local, cultural, and ethnic favorites."</li> <li>"Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu."</li> <li>"Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast."</li> <li>"Students are prohibited from leaving campus for lunch."</li> </ul>

**Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)**

#	Item	Rating Guidance	
US4	Ensures adequate time to eat.	0	<p><b>Not mentioned</b></p> <p><b>Vague and/or suggests a specific amount of time</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes."</li> <li>"Personnel will schedule enough time so students do not have to spend too much time waiting in line."</li> </ul>
		1	<p><b>Meets or Exceeds Expectations</b></p> <ul style="list-style-type: none"> <li>Requires meal periods to include at least 20 minutes for lunch and, if time for breakfast is mentioned, at least 10 minutes for breakfast.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"After obtaining food, students will have at least 20 minutes to eat lunch."</li> <li>"Students will be provided adequate time (minimum of 20 minutes) to eat lunch."</li> <li>"The school district will provide students with a minimum of 20 minutes to eat their meals."</li> </ul>
US5	Ensures nutrition training for food service director and/or onsite manager (or other person responsible for menu planning).	0	<p><b>Not mentioned or only mention food safety training</b></p>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Vague and/or suggested.</li> <li>Professional development offered, but unclear if nutrition is covered.</li> <li>Training encouraged for food service director only (works off-site)</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"All food service personnel will have adequate training in food service operations." "Professional development training will be offered for all interested faculty and staff."</li> </ul>
		2	<p><b>2 - Nutrition training is specified for onsite manager and/or the food service director.</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff."</li> </ul>

**Section 2. Standards for USDA Child Nutrition Programs and School Meals (continued)**

#	Item	Rating Guidance	
US6	Addresses school meal environment.	0	<b>Not mentioned</b>
		1	<b>Vague and/or suggested.</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "...will strive to make the cafeteria a pleasant environment for meals."</li> </ul>
		2	<b>Meets or Exceeds Expectations</b>  Requires specific strategies (ensures adequate space/seating, supervision, a clean, pleasant environment, etc.)  <b>Examples:</b> <ul style="list-style-type: none"> <li>• "Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced."</li> <li>• "Students shall be provided a pleasant environment in which to eat lunch."</li> </ul>
US7	Nutrition information for school meals (e.g., calories, saturated fat, sugar) is available.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Vague and/or suggested.</li> <li>• Only available upon request.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "Will provide nutrition information to parents upon request."</li> </ul>
		2	<b>Specific and required</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Will share and publicize information about the nutritional content of meals with students and parents."</li> </ul>

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

**Note:** This section relates to sale or service of foods outside USDA school meals. Do not count provisions in the USDA school meals section of the policy for items in this section. If a school wellness policy contains a statement regulating “all foods” at school, and it is unclear from the context of the policy whether the statement applies to competitive foods or USDA school meals, apply the statement to this section (Nutrition Standards for Competitive and Other Foods and Beverages) and to section 2 (Standards for USDA Child Nutrition Programs and School Meals).

- Some policies regulate foods “served” at school, while others only regulate foods “sold” at school. The distinction between “served” and “sold” is that “served” includes both foods that are “sold” and foods that are distributed without cost, such as foods served at birthday parties. Most items in this section refer to foods sold, but some refer to the broader category of foods served.
- For a policy to receive a minimum default rating for mentioning U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) [Dietary Guidelines for Americans](#), the policy must state “Dietary Guidelines.”
- A regulation with a time exception is one that only applies during certain hours (e.g., when class is in session or during lunch).
- A regulation with a location exception is one that only applies to certain places or grade levels (e.g., in cafeteria or middle school).

**Note:** Item responses may vary if regulations are specific to elementary, middle and high schools. You can assign a score for each grade level. The final score for the item will be the average of the three responses given, rounded up.

#	Item	N/A	Our school district does not have this grade level
NS1	Regulates vending machines	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of vending machine regulations or no umbrella statement regulating "all foods", "competitive foods" or "foods served outside USDA meals".</li> <li>• Only mention efforts to minimize sale of Foods of Minimal Nutritional Value.</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Vending machine regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate vending machines or "all (competitive) foods."</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value in vending machines).</li> <li>• Mentions only state guidelines regulating vending machine sales (and does not clarify what the state guideline is).</li> <li>• Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda).</li> <li>• Mentions regulating food and beverages in vending machines without specifying guidelines or mentions plans to create guidelines.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Vending machines shall include items which are</li> </ul>

			<p>healthful."</p> <ul style="list-style-type: none"> <li>• "Vending machines shall be unplugged during lunch hour."</li> <li>• "Vending machine sales are in accordance with the state Public School Nutrition Policy."</li> <li>• "Food and beverage sales in vending machines will support healthy eating."</li> <li>• "All food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "A minimum of 75% of food and beverages sold in vending machines must meet district nutrition standards."</li> <li>• "A minimum of 20% of snacks in vending machines, school stores, concession, and a la carte will be considered healthy snack offerings."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> <li>• "The district shall monitor all food and beverages sold or served to students."</li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of ALL items sold (e.g., regulating maximum calorie, sugar, and saturated fat content of ALL items sold);</li> <li>• Provide a specific and restricted list of food items allowed to be sold in vending machines or at all times (e.g., limiting vending to only water, fruits, vegetables, whole grains, and nuts);</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in vending machines or at all times.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Foods sold through vending machines shall be limited to water, 100% juice, and fresh fruits and/or vegetables.</li> <li>• All items sold through vending machines shall contain no more 35% of total calories from fat and sugars and no trans fats.</li> </ul>

		3	<p><b>Bans vending machines or bans all competitive foods</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• The sale of food and beverages is limited to those sold through the school meal program.</li> <li>• Vending machines are prohibited on school grounds.</li> </ul>
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**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS2	<p style="text-align: center;">. Regulates school stores.            Note: If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.</p>	N/A	<p><b>Note: If policy regulates "all foods" or "competitive foods," rate according to the strength of that statement.</b></p> <p><b>Our school district does not have this grade level</b></p>
		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• No mention of school store regulations or no umbrella statement regulating "all foods", "competitive foods" or "foods served outside USDA meals".</li> <li>• Efforts to minimize sale of Foods of Minimal Nutritional Value</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• School store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate school stores or "all (competitive) foods."</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value in school stores).</li> <li>• Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda).</li> <li>• Language such as: "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)."</li> <li>• Any language such as "...should strive to sell healthy food and beverages in school stores."</li> </ul>

		<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "...ensure some healthy options are sold at school stores."</li> <li>• "Sales of food and beverages in school stores must comply with state Public School Nutrition Policy."</li> <li>• "...school stores shall strive to include healthy choices for sale..."</li> <li>• "All food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "...50% of food and beverages sold in stores must meet the district nutrition standards."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		<p><b>2</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item sold (e.g., regulating maximum calorie, sugar, and saturated fat content of ALL items sold).</li> <li>• Provide a specific and restricted list of food items allowed to be sold in school stores or at all times (e.g., limiting food sales to only water, fruits, vegetables, whole grains, and nuts).</li> <li>• Provide a comprehensive list of prohibited unhealthy foods (e.g., baked goods, sweetened beverages, and candy) in school stores or at all times.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Foods sold through school stores shall be limited to water, 100% juice, and fresh fruits and/or vegetables.</li> <li>• All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.</li> </ul>
		<p><b>3</b></p> <p><b>Bans food/beverage sales in school stores or there is a competitive food ban</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• The sale of food and beverages is limited to those sold</li> </ul>

		<p>through the school meal program.</p> <ul style="list-style-type: none"> <li>District XYZ does not allow food/beverages to be sold at school stores.</li> </ul>
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**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS3	Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means).	N/A	<p>Note: If policy regulates "all foods" or "competitive foods," rate according to the strength of that statement. If the policy addresses food and/or beverage sold by food service program /child nutrition programs, etc., but the policy is silent on a la carte, give credit for a la carte.</p> <hr/> <p><b>Our school district does not have this grade level</b></p>
		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of a la carte regulations or no umbrella statement regulating "all foods", "competitive foods" or "foods served outside USDA meals".</li> <li>Efforts to minimize sale of Foods of Minimal Nutrition Value</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>A la carte regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, or weakened by exceptions such as a time, location, or a principal's discretion.</li> <li>The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate food service a la carte or "all (competitive) foods."</li> <li>Restrictions only apply to a percentage of food and/or beverage items or a limited set of items (e.g., fat content and soda, for example).</li> <li>Language such as: "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally-regulated child nutrition programs (i.e., a la carte, vending, student stores, etc.)."</li> <li>Language such as: "...should strive to sell healthy a la carte food and beverages.</li> <li>Mentions regulating a la carte/all food and beverages without specifying guidelines or mentions plans to create guidelines.</li> </ul>

			<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "All food and beverages sold will strive to support the district's healthy eating guidelines."</li> <li>• "Food service shall strive to include some healthy choices for all a la carte food sales" (and lists them).</li> <li>• "The sale of food items during the school day shall be restricted to those items in categories of food that meet minimal nutritional value."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "...50% of a la carte food and beverage items must meet district nutrition standards."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of ALL a la carte items sold (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold).</li> <li>• Provide a specific and restricted list of food items allowed to be sold a la carte or at all times (e.g., limiting food sales to only fruits, vegetables, and whole grains).</li> <li>• Provide a comprehensive list of prohibited unhealthy foods (e.g., baked goods, sweetened beverages, and candy) a la carte or at all times.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• A la carte food and beverage sales shall be limited to water, 100% juice, and fresh fruits or vegetables.</li> </ul> <p>All items sold through school stores shall contain no more 35% of total calories from fat and sugars and no trans fats.</p>
		3	<p><b>Bans a la carte food sales or there is a competitive food ban</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• The sale of food and beverage is limited to those sold through the school meal program.</li> <li>• District XYZ does not allow a la carte food/beverage sales.</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS4	Regulates food served at class parties and other school celebrations.	N/A	<b>Our school district does not have this grade level</b>
		0	<b>Not mentioned</b>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulation for class parties or umbrella statement regulating "all (competitive) foods" served at school is vague, suggested, or weakened by exceptions such as time, location, or a principal's discretion.</li> <li>• The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate class parties or "all (competitive) foods served."</li> <li>• Regulations only apply to a very limited group of foods (e.g., prohibiting Foods of Minimal Nutritional Value at all times).</li> <li>• Regulations for class parties are required but weakened (e.g., by allowing one traditional party food).</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "District encourages healthy snacks at parties."</li> <li>• "Celebrations involving food during the school day shall be at the discretion of the school principal."</li> <li>• "The school food environment (including celebrations) on balance and over time should be consistent with healthy food guidelines."</li> <li>• "...permits only one birthday party per month."</li> <li>• "The district shall provide parents with a list of foods that meet the Board's snack standards for healthy celebrations/parties, rewards, and fundraising activities" (and no other mention of celebrations/parties included in the policy)</li> <li>• "The district should regulate all food and beverages sold/served as part of classroom activities."</li> <li>• "Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following: fresh fruits and vegetables, water, 100% fruit juice or milk"</li> <li>• "Classroom parties, celebrations, etc. shall be limited to one snack and one beverage (100% juice, water, or milk)."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods"</li> </ul>

			<p>offered by the district's nutrition services department or contracted vendors."</p>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Regulate nutritional quality of each individual item served/distributed/available at class parties (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items).</li> <li>• Provide a specific and restricted list of food items allowed to be served/distributed/available at class parties or at all times (e.g., limiting to fruits and whole grains).</li> <li>• Prohibit a comprehensive list of unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being served/distributed/available at class parties/celebrations or at all times.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Foods and beverages served at school celebrations must meet the District's Nutritional Standards," (and standards are defined).</li> </ul>
		3	<p><b>No Food Allowed at Class Celebrations or there is a competitive food ban</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Classroom celebrations will focus on activities, rather than food. No food will be served."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS5	Addresses limiting sugar content of foods sold/served outside of USDA meals.	N/A	<b>our school district does not have this grade level</b>
		0	<b>Not mentioned</b> <ul style="list-style-type: none"> <li>• If policy specifies Dietary Guidelines for Americans and no other standards, rate as "0." A policy that just regulates or limits candy does NOT qualify for a rating of "1" or "2."</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Limit is not quantified.</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>• Restrictions on sugar only apply to a percentage of food item.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• "Dry snacks sold at the K-8 level shall follow District Nutrition Standards minimizing the content of sugar."</li> <li>• "Prohibits foods listing sugar, corn syrup, or other caloric sweeteners as the first ingredient."</li> <li>• "Schools shall discourage consumption of sugary foods."</li> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale of foods high in...added sugars."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all F&amp;B sold or served to students."</li> <li>• "...50% of food items sold must prohibit sugar as the first ingredient"</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors.."</li> </ul>
		2	<b>Quantified and required limit of &gt;35% of total calories/total weight from sugar</b> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Food sold outside the school meal program must contain no more than 40% of total calories/total weight from sugar."</li> </ul>
		3	<b>Meets Institute of Medicine standard: ≤ 35%</b>

			<p><b>of total calories/weight from sugar</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"K-12 school food service, school store, and school vending machines sale of individual snack items per package shall include no more than 35% total calories/weight from sugar."</li> </ul>
		4	<b>Competitive food ban</b>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS6	Addresses limiting fat content of foods sold/served outside of USDA meals.	N/A	<b>Our school district does not have this grade level or does not have vending, school store, etc.</b>
		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Indicates that schools shall "strive" to/"should" meet the Dietary Guidelines.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"...must include items that meet the 2005 Dietary Guidelines for Americans."</li> </ul>

		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified.</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>• Specifies the 2005 Dietary Guidelines for Americans and no other standards (applies to all food items).</li> <li>• Restrictions on fat content only apply to a percentage of food items.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "All food and beverages available to students at school are recommended to be food items low in fat."</li> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "...50% of food items must contain no more than 40% of total calories from fat."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Quantified and required limit but &gt; 35% total calories from fat</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Food and beverages sold outside the school meal program must contain no more than 40% of total calories/weight from fat."</li> <li>• "No individual food item can exceed 8 grams of fat per serving."</li> </ul>

		3	<p><b>Meets Institute of Medicine standard: ≤ 35% of total calories from fat</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams maximum per serving with the exception of nuts."</li> </ul>
		4	<p><b>Competitive food ban</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS7	Addresses limiting sodium content of foods sold/served outside of USDA meals.	N/A	<b>Our school district does not have this grade level</b>
		0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Indicates that schools shall "strive" to meet or "should" meet the USDA Dietary Guidelines.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "...must include items that meet the 2005 Dietary Guidelines for Americans."</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Limit is not quantified.</li> <li>• Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exception.</li> <li>• Specifies the 2005 Dietary Guidelines for Americans and no other standards (applies to all food items).</li> <li>• Restrictions on sodium only apply to a percentage of food items.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Foods to avoid—consume only occasionally: high sodium foods (luncheon meats, cheeses, salty popcorn, pickles)."</li> <li>• "The district will encourage students to make nutritious food choices and will ensure that...schools regulate the sale or serving of foods high in fat, sodium, or added sugars."</li> <li>• "...50% of food items must contain no more than 600mg of sodium."</li> <li>• "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's nutrition services department or contracted vendors."</li> </ul>
		2	<p><b>Quantified and required limit but is &gt; 200 mg/portion</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "A snack food item sold individually shall contain no more than 240 mg of sodium per serving."</li> </ul>

		3	<b>Meets Institute of Medicine standard: ≤ 200 mg/portion for snacks</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"A snack food item sold individually shall contain no more than 200 mg of sodium per serving."</li> </ul>
		4	<b>Competitive food ban</b>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS8	Addresses limiting calorie content per serving size of foods sold/served outside of USDA meals.	N/A	<b>Our school district does not have this grade level</b>
		0	<b>Not mentioned</b>  If policy specifies the current Dietary Guidelines for Americans and no other standards, rate as a "0." Limiting calories from fat, sugar, or any other group of nutrients does not qualify for a rating of "1" or "2." Provisions related to limiting "additional caloric sweeteners" also do not qualify for a rating of "1" or "2."
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>Limit is not quantified.</li> <li>Limit is suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>Restrictions only apply to a percentage of food items.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>"Foods sold outside of the National School Lunch Program shall contain a reasonable number of calories per package."</li> <li>"...50% of food items must contain no more than 300 calories/serving."</li> </ul>
		2	<b>Quantified and required limit but &gt; 200 calories/per serving</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"Individually sold snack items shall not exceed 240 calories per package."</li> </ul>

		3	<b>Meets Institute of Medicine standard: ≤ 200 calories/serving</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Individually sold snack items shall not exceed 200 calories per package."</li> </ul>
		4	<b>Competitive food ban</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS9	Addresses increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) sold/served outside of USDA meals.	N/A	<b>our school district does not have this grade level</b>
		0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned</li> <li>• Mentions only dried fruit, fruit juice, fruit roll-ups, etc.</li> <li>• Indicates that schools shall "strive" to meet or "should" meet the USDA Dietary Guidelines.</li> <li>• Reference to whole grains, fresh fruits, etc., only relative to school meals.</li> <li>• Mentions only high-fiber items.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• "...must include items that meet the 2005 Dietary Guidelines for Americans."</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Encourages offering/consumption of whole grains, unprocessed foods, or fresh produce.</li> <li>• Farm-to-School program is suggested.</li> <li>• Specifies the current Dietary Guidelines for Americans and no other standards.</li> <li>• List of food items includes fruits/vegetables that may include but are not limited to a list of items including non-fresh fruits/vegetables (e.g., dried/canned fruits/vegetables).</li> </ul> <b>Examples:</b>

			<ul style="list-style-type: none"> <li>"Schools are encouraged to make available locally grown produce to students for all school meals and food items sold outside of the reimbursable school meal program." "Schools are encouraged to source fresh fruits and vegetables from local farmers where practical."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Definitively offering whole grains, unprocessed foods, or fresh produce</li> <li>Farm to School program is required or definitively in place</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"At least half of the grains served will be whole grains."</li> <li>"Only brown rice shall be served."</li> <li>"Produce from area farms shall be sold/served at all locations where food and beverages are sold/served."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

NS10	Addresses food not being used as a reward.	N/A	<b>Our school district does not have this grade level</b>
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned</li> <li>Encourages the use of healthy food as a reward.</li> <li>Discourages using unhealthy food as a reward (e.g., donuts, Foods of Minimal Nutritional Value, etc.).</li> <li>Use of food as a reward in instructional programs shall require superintendent approval.</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>"The district will provide teachers with guidelines on the use of food as a reward without specifying guidelines."</li> <li>"Staff is encouraged to limit the use of non-nutritious food as a reward/incentives and to promote nutritious options."</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Discourages food as a reward</li> <li>Only allows healthy food as a reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"...strongly discourage the use of food/beverages as a</li> </ul>

			<p>reward or punishment."</p> <ul style="list-style-type: none"> <li>"...will encourage non-food alternatives as rewards."</li> <li>"Only healthy foods will be used as a reward."</li> <li>"Food should not be used as a reward."</li> <li>"Schools are encouraged to not use food or beverages that do not meet the nutrition standards for food and beverages sold individually as rewards."</li> <li>"Teachers shall not use food as a reward, especially those that do not meet the nutrition standards."</li> </ul>
		2	<p><b>Prohibits food as a reward.</b></p> <p>Prohibition of food as a reward with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP) still qualifies for a rating of "2."</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior."</li> <li>"The use of food or candy as a classroom reward for any school is prohibited."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS11	Addresses limiting sugar content of beverages sold/served outside of USDA meals. (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).	N/A	<b>Our school district does not have this grade level</b>
		0	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Indicates that competitive beverages "should include" specific beverage items.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Competitive beverages should include milk, water, and 100% juice."</li> </ul>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Limit is not quantified/specific.</li> <li>Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>Restriction only applies to a percentage of beverages.</li> <li>Indicates that competitive beverages "must/shall include" specific beverage items (which includes 100% juice).</li> </ul> <p><b>Examples:</b></p>

			<ul style="list-style-type: none"> <li>• "...discourages sugar-laden beverages."</li> <li>• "...50% of beverages must contain no caloric sweeteners."</li> <li>• "The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> <li>• "50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks."</li> </ul>
		2	<p><b>Limit is quantified/specific, but beverages other than water, 100% juice and milk are allowed.</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Beverages sold outside the school meal program must contain no more than 40% of total calories/total weight from sugar."</li> <li>• Sweetened teas, sports drinks, juice drinks and other beverages may not contain more than 66 calories per 8 oz serving.</li> <li>• Flavored milk may contain no more than 4 g of sugar per oz.</li> <li>• "...shall prohibit soda and allow only water and beverages that are at least 50% juice."</li> </ul>
		3	<p><b>Meets Institute of Medicine Standard: Prohibits beverages other than water, 100% fruit or vegetable juice, and flavored milk with no more than 22g total sugar per 8 oz.</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Beverages with added sugars are not allowed."</li> <li>• "Only water and 100% juice will be allowed at school."</li> <li>• "Prohibits the sale of beverages with additional caloric sweeteners."</li> </ul>
		4	<p><b>Competitive food ban</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS12	Addresses limiting regular (sugar-sweetened) soda sold/served outside of USDA meals. (If the policy specifies guidelines for limiting added sugar in food, do not assume these guidelines apply to beverages).	N/A	<b>Our school district does not have this grade level</b>
		0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Only prohibits Foods of Minimal Nutritional Value during meal times, or indicates that they should not be used as a source of revenue for the food service program.</li> <li>• Encourages minimizing Foods of Minimal Nutritional Value on school campuses.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The food service program shall strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of Foods of Minimal Nutritional Value."</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Regular soda is limited but not prohibited.</li> <li>• Prohibition of regular soda is suggested, time- or location-specific, or overridden by principal's discretion.</li> <li>• Restriction only applies to a percentage of beverages.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• "If available, food and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables."</li> <li>• "At least 50% of beverages must be 100% juice, milk, water, and electrolyte replacement drinks."</li> </ul>
		2	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Regular soda is prohibited.</li> <li>• Foods of Minimal Nutritional Value are prohibited at all times on school grounds (the definition of Foods of Minimal Nutritional Value includes soda).</li> <li>• Soda is prohibited except for use by the school nurse.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "Soda will not be available on school grounds."</li> </ul>
		3	<b>Meets Institute of Medicine Standard: Beverages with added caloric sweeteners</b>

			<p><b>are prohibited</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "Only milk, water, and 100% juice will be available at school."</li> <li>• "Approved beverages: milk, milk products, 100% juice, and water."</li> </ul>
		4	<p><b>Competitive food ban</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive food and beverages may not be sold on school campuses during the school day."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS13	Addresses limiting fat content of milk sold/served outside of school meals. (If the policy addresses limiting the fat content of foods, do not assume these policies apply to milk).	N/A	<b>Our school district does not have this grade level</b>
		0	<p><b>Not mentioned</b></p> <ul style="list-style-type: none"> <li>• Mentioning nonfat or low-fat dairy products/foods does not qualify for a rating of "1" or "2." If policy explicitly allows whole milk, code as a "0."</li> </ul>
		1	<p><b>Full-fat milk is prohibited, but only reduced-fat (2%) milk is available.</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Schools shall provide reduced-fat milk where beverages are sold."</li> </ul>
		2	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>• Full-fat milk is prohibited, but reduced-fat (2%) and low-fat (1%) or skim milk are available.</li> <li>• Policy mentions that non-fat/skim, low-fat (1%), are "offered," or "provided" without specifying "only."</li> <li>• Limiting milk to only low-fat (1%) or non-fat/skim is specified but suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• "In high school, reduced fat, low-fat or skim milk may</li> </ul>

			<p>be sold."</p> <ul style="list-style-type: none"> <li>• "Schools shall offer fat-free milk where beverages are sold."</li> <li>• "At least 50% of beverage selections shall be 100% fruit juice, low fat or fat-free milk, and unflavored or unsweetened water."</li> </ul>
		3	<p><b>Meets Institute of Medicine standard: only low-fat (1%) or non-fat/skim milk is allowed</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "District schools will sell only low-fat milk."</li> </ul>
		4	<p><b>Competitive food ban</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Competitive foods and beverages may not be sold on school campuses during the school day."</li> </ul>

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance	
NS14	Addresses serving size limits for beverages sold/served outside of school meals.	N/A	<b>Our school district does not have this grade level</b>
		0	<b>Not mentioned</b> <ul style="list-style-type: none"> <li>If policy specifies the 2005 Dietary Guidelines for Americans and no other standards, rate as a 0.</li> </ul>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Limit for drinks other than water is greater than 12 ounces.</li> <li>Limit is suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>"All beverages other than water and milk shall be 12 oz. or less."</li> <li>"The district shall consider sugar content, fat content, portion size, and lack of nutrients in all food and beverages sold or served to students."</li> </ul>
		2	<b>Limit for drinks other than water is &gt; Institute of Medicine standards, but no more than 12 ounces/serving</b> <b>Example:</b> <ul style="list-style-type: none"> <li>"Juice will be served to elementary school students in 6-ounce containers."</li> </ul>
		3	<b>Meets Institute of Medicine standards (must meet ALL standards to be rated as a "3"):</b> <ul style="list-style-type: none"> <li>Water any size; AND</li> <li>8 oz./serving for milk (including flavored milk); AND</li> <li>Elementary and middle school- Juice: 4 oz./serving for 100% juice;</li> <li>High school- Juice: 8 oz./serving for 100% juice.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>"District schools will follow the Institute of Medicine's recommendations for beverage serving sizes."</li> </ul>
		4	<b>Competitive food ban</b>

		<p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• “Competitive foods and beverages may not be sold on school campuses during the school day.”</li> </ul>
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**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance
NS15	Addresses access to free drinking water.	N/A
		0
		1
		2

**Our school district does not have this grade level**

**Any of the following:**

- Not mentioned.
- Policy only addresses the sale of bottled water.
- Providing access to drinking water/fountains only during meal periods/in the cafeteria.
- Allowing students to bring in bottled water from home.
- Only addresses water available in the context of physical education/physical activity.

**Examples:**

- "Schools should ensure that students have access to appropriate hydration and are encouraged to make use of it during physical activity."
- "Students will have access to a drinking fountain during meals."

**Availability of free water is suggested or encouraged**

**Examples:**

- "Water shall be accessible during hours of school operation through choices such as drinking fountains or vending machines."
- "Schools are encouraged to provide drinking fountains throughout the school campus."

**Free water is always available**

**Example:**

- "Students and staff will have access to free, safe, and fresh drinking water throughout the school day."
- "Drinking water fountains will be made available to students and staff throughout the school building."
- "Students will be provided access to drinking water throughout the day."

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages (continued)**

#	Item	Rating Guidance
NS16	Regulates food sold for fundraising at all times (not only during the school day).	<p>N/A</p> <p>Note: Must specifically address "fundraising" for a rating of a "1" or "2." Regulating "all foods" during "the school day" or "at all times on school grounds" does NOT qualify for a rating of "1" or "2" because fundraising can occur off school grounds (e.g., catalogue orders for candy or cookie sales).</p> <hr/> <p><b>Our school district does not have this grade level</b></p>
		<p>0</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>No mention of nutrition standards for food sold for fundraising.</li> <li>Strives to/should meet the 2005 Dietary Guidelines for Americans.</li> <li>Mentions regulating food and beverages sold for fundraising/all food and beverages without specifying guidelines,</li> <li>Mentions plans to establish guidelines for school-sponsored fundraising that involves selling food without mentioning guidelines, healthy food, etc.</li> </ul>
		<p>1</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulations of food sold for fundraising are vague, suggested, time- or location-specific, subject to principal's discretion, or weakened by other exceptions.</li> <li>The 2005 Dietary Guidelines for Americans and no other standards are mentioned to regulate food sold for fundraising.</li> <li>Regulations of food sold for fundraising only apply to a limited group of foods (e.g. prohibiting Foods of Minimal Nutrition Value) or a percentage of items sold.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"...strongly encouraging the use of only non-food items to raise funds."</li> <li>"...requiring administrative approval for all fundraisers."</li> <li>"The district shall provide parents with a list of foods that meet the Board's snack standards for healthy celebrations/parties, rewards, and fundraising activities" (and no other language related to fundraising is included in the policy).</li> <li>"Fundraising activities will strive to support healthy eating and wellness."</li> </ul>
		<p>2</p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Regulate nutritional quality of each individual item sold</li> </ul>

			<p>for fundraising (e.g., regulating maximum calorie, sugar, or saturated fat content of ALL items sold).</p> <ul style="list-style-type: none"><li>• Provide a specific and restricted list of food items allowed to be sold for fundraising (e.g., limiting sales to water, fruits, vegetables, whole grains, and nuts).</li><li>• Provide a comprehensive list of prohibited unhealthy foods (e.g., baked goods, sweetened beverages, and candy) from being sold for fundraising.</li><li>• Prohibits the sale of food for fundraising.</li></ul> <p><b>Example:</b></p> <ul style="list-style-type: none"><li>• "Foods purchased to raise funds must also meet the District's Nutrition Standards" – and standards are defined.</li></ul>
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## Section 4. Physical Education and Physical Activity

Many states list National Association for Sport & Physical Education (NASPE) standards. Only rate a "2" for items with NASPE defaults if district actually requires schools to follow NASPE standards, and it is clear from the context of the statement that NASPE standards apply to those items. If NASPE standards are suggested, rate as "1."

#	Item	Rating Guidance
PEPA1	Addresses written physical education curriculum/program for each grade level.	<p><b>0</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Physical education is included in the health education curriculum.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Division health education curriculum standards and guidelines address both nutrition and physical education."</li> </ul>
		<p><b>1</b></p> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Unclear if each grade has a physical education curriculum/program.</li> <li>A curriculum is identified but limited to only some grade levels.</li> <li>Addresses minimum amount of time for physical education but does not mention curriculum/program.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Physical education will be provided in K-8" (in a district that extends beyond grade 8).</li> </ul>
		<p><b>2</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Clear that district has a written physical education curriculum/program for each grade (e.g., policy describes a general physical education curriculum/program for "K-12," "all levels," or "all students").</li> <li>Clear that written physical education program is provided for "K-12," "all levels" or "all grades," and mentions time requirements (without using the word "curriculum").</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The Physical Education Committee will submit for approval a K-12 comprehensive curriculum/program. All students in grades 1-5 will be scheduled for physical education instruction in accordance with state law. All students in grades 6-8 and 9-11 shall participate in the instructional program of physical education. Physical education in grade 12 is an elective."</li> </ul>

PEPA2	Addresses time per week of physical education for elementary school students.	N/A	<b>My district does not have an elementary school</b>
		0	<b>Not mentioned</b>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 150 minutes/week.</li> <li>Specifies total amount of physical education, but it is less than 150 minutes/week.</li> <li>Suggests that schools follow NASPE standards.</li> <li>Specifies number of classes per week without duration.</li> <li>Time is specified for overall physical activity that specifically includes physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools will use NASPE standards as a guide when planning physical education classes."</li> </ul>
2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 150 minutes/week or more of physical education.</li> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Students shall receive 150 minutes per week of physical education instruction, per NASPE guidelines."</li> </ul>		

PEPA3	Addresses time per week of physical education for middle school students.	N/A	<b>My district does not have a middle school</b>
		0	<b>Not mentioned</b>
		1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week.</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week.</li> <li>Suggests that schools follow NASPE standards.</li> <li>Specifies number of classes per week without duration.</li> <li>Time is specified for overall physical activity that specifically includes physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools will make an effort to plan classes so that students may participate in physical education daily."</li> </ul>
2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical</li> </ul>		

		<p>education.</p> <ul style="list-style-type: none"> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The school district requires that all middle and high school students receive 225 minutes of physical education instruction per week."</li> </ul>
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**Section 4. Physical Education and Physical Activity(continued)**

#	Item	Rating Guidance								
PEPA4	Addresses time per week of physical education for high school students.	<table border="1"> <tr> <td style="background-color: #c6e0b4;">N/A</td> <td style="background-color: #c6e0b4;"><b>My district does not have a high school</b></td> </tr> <tr> <td style="background-color: #c6e0b4;">0</td> <td style="background-color: #c6e0b4;"><b>Not mentioned</b></td> </tr> <tr> <td style="background-color: #c6e0b4;">1</td> <td style="background-color: #c6e0b4;"> <p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week.</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week.</li> <li>Suggests that schools follow NASPE standards.</li> <li>Specifies number of classes per week without duration.</li> <li>Time is specified for overall physical activity that specifically includes physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Every effort will be made to make physical education available to students daily."</li> </ul> </td> </tr> <tr> <td style="background-color: #c6e0b4;">2</td> <td style="background-color: #c6e0b4;"> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education.</li> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"District schools will follow NASPE standards when scheduling physical education classes for all students."</li> </ul> </td> </tr> </table>	N/A	<b>My district does not have a high school</b>	0	<b>Not mentioned</b>	1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week.</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week.</li> <li>Suggests that schools follow NASPE standards.</li> <li>Specifies number of classes per week without duration.</li> <li>Time is specified for overall physical activity that specifically includes physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Every effort will be made to make physical education available to students daily."</li> </ul>	2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education.</li> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"District schools will follow NASPE standards when scheduling physical education classes for all students."</li> </ul>
N/A	<b>My district does not have a high school</b>									
0	<b>Not mentioned</b>									
1	<p><b>Any of the following:</b></p> <ul style="list-style-type: none"> <li>Suggests but does not require 225 minutes/week.</li> <li>Specifies total amount of physical education, but it is less than 225 minutes/week.</li> <li>Suggests that schools follow NASPE standards.</li> <li>Specifies number of classes per week without duration.</li> <li>Time is specified for overall physical activity that specifically includes physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Every effort will be made to make physical education available to students daily."</li> </ul>									
2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires 225 minutes/week or more of physical education.</li> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"District schools will follow NASPE standards when scheduling physical education classes for all students."</li> </ul>									

PEPA5	Addresses teacher-student ratio for physical education.	0	<b>Not mentioned</b>
		1	<b>Vague and/or suggested</b>  <b>Examples:</b> <ul style="list-style-type: none"> <li>• "For physical education classes, the district shall staff those classes to provide for student safety and maximize student participation."</li> <li>• "Physical education classes will have student/teacher ratios similar to those used in other classes."</li> <li>• "Physical education class size is consistent with the requirement of good instruction and standing."</li> </ul>
		2	<b>Specific and required</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "Physical education classes will have the same student/teacher ratios used in other classes."</li> </ul>
PEPA6	Addresses adequate equipment and facilities for physical education.	0	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Generic statements about safe environment/facilities that do not mention physical education or indicative of equipment used for physical education.</li> <li>• Suggests that schools follow "national physical education standards or nationally recognized guidelines for physical education and physical activity" without mentioning NASPE standards.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "Creating a positive environment for PA – all schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students."</li> </ul>
		1	<b>Any of the following:</b> <ul style="list-style-type: none"> <li>• Suggested or encouraged.</li> <li>• Mentions NASPE standards OR the standards of American Alliance for Health, Physical Education, Recreation and Dance. (This Alliance embeds NASPE.)</li> <li>• Requires schools to follow "national physical education standards or nationally recognized guidelines for physical education and physical activity" without mentioning NASPE standards.</li> <li>• Indicates that play areas, facilities, and equipment used for physical activity shall meet accepted standards.</li> </ul>

			<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Pursuant to district XYZ, physical education is required to be offered to all pupils; therefore, schools are required to provide adequate facilities and instructional resources for the institution."</li> </ul>
		2	<p><b>Ensures that equipment and facilities specifically used for physical education are adequate</b></p> <p>NASPE standards do not qualify for a rating of a "2."</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards."</li> </ul>

#### Section 4. Physical Education and Physical Activity *(continued)*

#	Item	Rating Guidance	
PEPA7	Addresses qualifications for physical education instructors.	0	<p><b>Not mentioned</b></p> <p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Credentials are vaguely referred to or suggested.</li> <li>NASPE standards are suggested.</li> </ul>
		1	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical education shall be taught by appropriate staff."</li> <li>"When possible, physical education will be taught by a licensed instructor."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Requires that physical education be taught by a licensed instructor.</li> <li>Requires schools to follow NASPE standards.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Physical education will be taught by a licensed instructor."</li> </ul>

PEPA8	District provides physical education training for physical education teachers.	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Staff only receives training/professional development related to physical activity without mention of physical education.</li> </ul>
		1	<p><b>Suggested that all staff or physical education staff receive physical education-related training/professional development</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "All staff involved in physical education should be provided with opportunities for professional development."</li> </ul>
		2	<p><b>Provision of physical education training is required for physical education teachers</b></p> <p>If physical education-specific training is provided for a broader set of staff or teachers, it is assumed that physical education teachers are included and will receive the training too.</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Ensures PE staff will receive professional development on a yearly basis." "...shall provide staff with adequate training in PE."</li> </ul>

PEPA9	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Not mentioned.</li> <li>• Waivers for physical education are explicitly allowed in all instances.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Unless otherwise exempted, all students will be required to engage in the physical education program." An exemption could include physical education waivers.</li> </ul>
		1	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>• Waivers for physical education are discouraged.</li> <li>• Waivers for physical education are prohibited with the exception of substituting physical activities (e.g., team sports) for physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• "Academic activities shall not take the place of physical education. However, students on the school's sports</li> </ul>

			teams may substitute participation for physical education credits.
		2	<p><b>Prohibits substituting physical education with other activities, including physical activities.</b></p> <ul style="list-style-type: none"> <li>Rate this item as a "2" if waivers are prohibited with the exception of Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP). Rate this item as a "2" for the elementary level if the policy prohibits recess from taking the place of physical education.</li> </ul> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Schools shall not give physical education credit to student involved in sports. Sports and academic activities may not take the place of physical education."</li> </ul>

PEPA10	Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess.	0	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Not mentioned.</li> <li>Only addresses physical activity before or after school.</li> </ul>
		1	<p><b>Vague and/or suggested</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>"Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement."</li> </ul>
		2	<p><b>Either of the following:</b></p> <ul style="list-style-type: none"> <li>Regular physical activity throughout the day is required.</li> <li>Policy requires training for teachers on activities that incorporate physical activity throughout the day.</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>"Physical activity opportunities shall be offered daily during the school day."</li> <li>"Shall provide Take 10! training to all teachers."</li> </ul>

PEPA11	Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Provision is suggested.</li> <li>• A list of physical activities that should be offered includes intramurals.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "Intramural offerings should be maintained at present levels and steadily increased to accommodate elementary, middle, and high school grades."</li> </ul>
		2	<b>Provision of physical activity classes, clubs, intramurals or interscholastic activities is required.</b> <b>Example:</b> <ul style="list-style-type: none"> <li>• "Participation in intramural sports shall be an option for all students."</li> </ul>

PEPA12	Addresses community use of school facilities for physical activity outside of the school day.	0	<b>Not mentioned</b>
		1	<b>Availability of school facilities for physical activity is suggested</b> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The district should allow community-based organizations to use facilities outside school hours."</li> </ul>
		2	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• States effort to promote the use of facilities.</li> <li>• Ensures that facilities will be available.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations."</li> </ul>

PEPA13	Addresses not restricting physical activity as punishment.	0	<b>Not mentioned</b>
		1	<b>Discouraged</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"Students should not be pulled out of physical education for any other content area instruction or punishment."</li> </ul>
		2	<b>Prohibition with exceptions for Individual(ized) Academic Plans (IAP) or Individual(ized) Education Plans (IEP)</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question."</li> </ul>

PEPA14	Addresses provision of daily recess in elementary school.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>Recess is included in a list of possible activities offered daily.</li> <li>It is suggested that recess will be provided daily.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>"Supervised recess time should be provided to all students within each school day at all elementary schools."</li> </ul>
		2	<b>Specific and required</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>"All elementary school students shall have daily recess."</li> </ul>

**Section 5. Evaluation**

#	Item	Rating Guidance	
E1	Establishes a plan for policy implementation.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Identifies having or developing a plan without strong language.</li> <li>• Suggests that effort will be made to implement only parts of the policy.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The district will strive to implement the policy by..."</li> </ul>
E2	Addresses a plan for policy evaluation.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Some kind of pre-policy and post-policy assessment is implied.</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The district expects to conduct an assessment of the health and fitness policy in the spring."</li> </ul>
E2	Addresses a plan for policy evaluation.	2	<b>ALL of the following:</b> <ul style="list-style-type: none"> <li>• An evaluation plan is required.</li> <li>• Specific outcomes to be measured are stated (e.g., student fitness test, number of classes/workshops held, meal participation rates, fiscal impact, student learning, School Health Index).</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The Advisory Council shall meet at least annually to review nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements."</li> </ul>

**Section 5. Evaluation (continued)**

#	Item	Rating Guidance	
E3	Addresses providing a progress report to a specific audience.	0	<b>Not mentioned</b>
		1	<b>It is suggested that there will be a progress report</b>  <b>Example:</b> <ul style="list-style-type: none"> <li>• "The wellness committee will discuss ways to present their progress to the Superintendent."</li> </ul>
		2	<b>ALL of the following:</b> <ul style="list-style-type: none"> <li>• Reporting on progress is required.</li> <li>• It is clear that a report will be made to a specific audience (e.g., Board of Education, administration, Parent Teacher Association/ Parent Teacher Organization, and the public).</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "The advisory council shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."</li> </ul>
E4	Identifies a plan for revising the policy.	0	<b>Not mentioned</b>
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Future intention in making a decision to revise.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• "May meet to discuss revisions to policy."</li> <li>• "May suggest changes."</li> </ul>
		2	<b>Discusses revision to policy in any way by any person or group</b>  <b>Examples:</b> <ul style="list-style-type: none"> <li>• "Will meet to discuss revisions to policy."</li> <li>• "The policy shall be revised as necessary."</li> </ul>