

Step 1

Extent To Which the Local Wellness Policy (LWP) Complies with USDA Requirements and Compares to a Model Policy Assessment Tool



Complete one of the LWP assessment tools listed below. Check the box next to the tool used. Retain a copy of the completed comparison assessment.

- ☐ Alliance for a Healthier Generation 10-step Checklist (see pages 2-5 of this document)
- ☒ [The WellSAT School Assessment Tool](#)

Open the completed comparison assessment and respond to the following questions based on the responses.

1. List areas of strength in the wellness policy:

- a. We meet all federal requirements for food and nutrition services
- b. Nearly all the indicators in the Nutrition Education and Services section scored a 2.
- c. We have a written physical education curriculum for grades K-12 aligned with state physical education standards.

2. List opportunities for improvement in the wellness policy:

- a. The District will teach, model, encourage and support healthy eating by all students.
- B. Children and adolescents should participate in at least 60 minutes of physical activity every day.
- c. LWP addresses the amount of “seat time” students have to eat school meals.

3. As a result of the comparison, was new language adopted in the LWP?

- ☒ Yes (complete notes section & question 4)
- ☐ No (skip to question 5)

- Breakfast will be served from 7:30am-8:00am on all days school is in session (pg. 5 of 16)
- Lunch will be served from 11:00am - 1pm on all days school is in session. All students will have a 30 minute lunch period in their schedule. (pg. 5 of 16)
- All District elementary students in each grade will receive physical education for at least 30-60 minutes per week throughout the school year. (pg. 11 of 16)
- All District middle school students will receive physical education for at least 60-118 minutes per week throughout the school year. (pg. 11 of 16)
- All District high school students will be offered daily physical education classes throughout the school year.(pg. 11 of 16)
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4. Have the changes been approved by the board?

- ☒ Yes
☐ No

5. Describe the next steps for strengthening your LWP.

All of the changes that were made to the LWP were practices that were already in place in our district, but the verbiage in the LWP did not match what we were actually doing. The LWP now correctly reflects our current practice. We will continue to encourage healthy habits in all area of wellness.

