

WELLSAT 3.0 SCORECARD RECOMMENDATIONS

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Madison Elementary School District

Date: 10/30/2019 Reviewed by: Madison District Wellness Committee



Denotes a federal Local Wellness Policy requirement.

General Comments

The Madison Elementary School District Local Wellness Policy is **developing**. The *Implementation, Evaluation & Communication* section is quite strong, and the section most in need of improvement is *Physical Education & Physical Activity*. **Adding a link to the EF-R regulation** where other regulations are cross-referenced will improve the policy (it now includes a link to EF but not EF-R). Implementing any of the recommendations below will improve the WellSAT 3.0 score and **enhance compliance with state and federal regulations**. Effectively *communicating* the policy to school staff, students, and families further promotes school health.

Nutrition Education

The nutrition education section would be improved by **specifying the grade levels that receive this education** and by **incorporating food systems activities such as gardening** or agriculture into education.

Standards for USDA Child Nutrition Programs and School Meals

If feasible, we recommend adding language regarding:

- Clear **participation in the USDA School Breakfast Program**, if applicable.
- Steps the District takes to **protect the privacy of students** who qualify for free or reduced priced meals.
- **How families are given information about qualifying** for free/reduced meals, and how unpaid meal balances are handled without stigmatizing students.
- The **amount of seat time** (ideally at least 20 minutes) students have for lunch.
- Any specific strategies used to **increase participation in school meals**.
- **Annual training** for food service staff on the USDA's professional standards.

Nutrition Standards for Competitive and Other Foods and Beverages

Adding a more direct web link for the [USDA Smart Snack Guidelines](#) or [Arizona Nutrition Standards](#) will increase clarity, transparency, and scores.

We recommend adding language regarding specific policy guidelines (e.g., Smart Snacks) for competitive foods **sold or served after school** and **no exemptions for fundraisers**.

Physical Education & Physical Activity

The National Association for Sport and Physical Education recommends 150 minutes of instructional PE for elementary school students and 225 minutes for middle schoolers. Policies should consider these recommendations and **include the time/week of PE for each grade level**.

Where feasible, we suggest adding language to:

- Describe a **written, standards-based PE curriculum**.
- Specify **qualifications for PE teachers**, and offer **PE training** to PE teachers.
- **Minimize PE exemptions** and substitutions.
- **Promote physical activity breaks** (“brain breaks”) during school.
- Promote **family and community engagement** in physical activity at schools.

Wellness Promotion and Marketing

We recommend language describing efforts to **encourage staff to model healthy eating and physical activity**, and strategies that **support staff wellness**.

Policy language should be expanded to specify that food and beverage marketing on campus must meet Smart Snack guidelines: on school property/equipment, **educational materials, where food is purchased, in school publications/media**, and during fundraisers and corporate incentive programs.

Implementation, Evaluation & Communication



We recommend including **a plan for recruiting school and district stakeholders to assist policy development, implementation, and review**.

- Policies that **establish school building level wellness committees** in addition to the district level committee are more likely to be implemented.