



WPAT

Wellness Policy in Action Tool

SHI and WellSAT Questions included in WPAT Middle and High School



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion



Curriculum teaches skills using active learning strategies

WellSAT Question

WellSAT NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.

SHI Question(s)

Module 2 N.1: Does your health education curriculum address all of these essential topics on healthy eating?

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to take steps to achieve the personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Module 2 CC.3: Do all teachers of health education use [active learning strategies](#) and activities that students find enjoyable and personally relevant?

Module 2 CC.4: Do all teachers of health education provide opportunities for students to practice or rehearse the [skills needed to maintain and improve their health](#)

Curriculum is required and aligns with standards (middle school)

WellSAT Question

WellSAT NE4: All middle school students receive sequential and comprehensive nutrition education.

SHI Question(s)

Module 2 N.1: Does your health education curriculum address all of these essential topics on healthy eating? (see list in previous row)

Module 2 CC.2: Does your school or district require all students to take and pass at least one health education course?

Module 2 CC.3: Do all teachers of health education use an age-appropriate health education curriculum materials that are sequential and consistent with state or national standards for health education and the district's requirements for health education?

Curriculum is required and aligns with standards (high school)

WellSAT Question

WellSAT NE5: All high school students receive sequential and comprehensive nutrition education.

SHI Question(s)

Module 2 N.1: Does your health education curriculum address all of these essential topics on healthy eating? (see list in previous row)

Module 2 CC.1: Does your school or district require all students to take and pass at least one health education course?

Module 2 CC.3: Do all teachers of health education use an age-appropriate health education curriculum materials that are sequential and consistent with state or national standards for health education and the district's requirements for health education?

Collaboration between school nutrition staff and teachers

WellSAT Question

WellSAT NE7: Links nutrition education with the school food environment.

SHI Question(s)

Module 4 N.9: Question: Do nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom? (click info button to view methods)

- Participate in design and implementation of nutrition education programs
- Display educational and informational materials that reinforce classroom lessons
- Provide food for use in classroom nutrition education lessons
- Provide ideas for classroom nutrition education lessons
- Teach lessons or give presentations to students
- Tasting party in collaboration with classroom teacher
- Presentation on nutrition and food services to PTA/PTSA/PTO
- Sports nutrition – collaboration with coaches
- Classroom tour of cafeteria or meet and greet with school nutrition staff

Farm to school

WellSAT Question

WellSAT NE8: Nutrition education addresses agriculture and the food system.

SHI Question(s)

Module 4 N.14: Is your school implementing any Farm to School activities?

- Local and/or regional products are incorporated into the school meal program
- Messages about agriculture and nutrition are reinforced throughout the learning environment
- School hosts a school fruit or vegetable garden
- School hosts field trips to local farms
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products
- School hosts a farmer's market (student and parent involvement)
- Menu states local product(s) being served
- Local farmers/producers participate in career day activities





Standards for School Meals

Availability of School Breakfast Program

WellSAT Question

WellSAT SM2: Addresses access to the USDA School Breakfast Program.

SHI Question(s)

Module 4 N.2: Does your school use strategies to maximize participation in the school breakfast program?

Strategies to increase participation in school meal programs

WellSAT Question

WellSAT SM6: Specifies strategies to increase participation in school meal programs.

SHI Question(s)

Module 4 N.3: Does your school provide multiple alternative points of sale for reimbursable meals, such as outside lines, kiosks, grab and go options, reimbursable vending options, to maximize participation in the National School Lunch Program?

Module 4 N.7: Are healthy food and beverage choices promoted through the following techniques?

- A variety of mixed whole fruits are displayed in nice bowls or baskets (instead of stainless-steel pans)
- Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale (POS)
- Vegetables are offered on all serving lines
- At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection
- Place pre-packed salads or salad bar is available in a high traffic area
- Label pre-packaged salads or salad bar choices with creative, descriptive names and display next to each choice
- Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.
- White milk is displayed in front of other beverages in all coolers
- 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name
- Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable
- Signs show students how to make a reimbursable meal on any service line
- Alternative entrée options (salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- Cafeteria staff smile and greet students upon entering the service line and continually throughout meal service
- Students, teachers, or administrators announce today's menu in daily announcements
- A monthly menu is posted in the main office
- Information about the benefits of school meals is provided to teachers and administration at least annually
- Brand, name, and decorate the lunchroom in a way that reflects the student body.
- Conduct a taste test of a new entrée at least once a year

Adequate time to eat school meals

WellSAT Question

WellSAT SM7: Addresses amount of "seat time" students have to eat school meals.

SHI Question(s)

Module 4 N.8: Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?

Training for school nutrition staff

WellSAT Question

WellSAT SM9: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

SHI Question(s)

Module 4 N.10: Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?





Competitive Foods and Beverages

Food and beverages sold during the school day

WellSAT Question

WellSAT NS1: Compliance with USDA Smart Snacks for all food and beverages sold during the school day.

SHI Question(s)

Module 1 N.5: Do all competitive **foods sold** to students during the school day meet or exceed the USDA's nutrition standards for all foods sold to students (commonly called Smart Snacks in School)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School nutrition standards).

Module 1 N.6: Do all competitive **beverages sold** to students during the school day meet or exceed the USDA's nutrition standards for all beverages sold to students (commonly called Smart Snacks in School)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School nutrition standards).

Fundraisers

WellSAT Question

WellSAT NS6: Addresses fundraising with food to be consumed during the school day.

SHI Question(s)

Module 1 N.11: Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy, and pizza sales; and market days.

Fundraiser exemptions

WellSAT Question

WellSAT NS7: Exemptions for infrequent school-sponsored fundraisers.

SHI Question(s)

Module 1 N.11: Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy, and pizza sales; and market days.

Addresses Caffeine

WellSAT Question

WellSAT NS8: Addresses foods and beverages containing caffeine at the high school level.

SHI Question(s)

Module 1 N.7: Does your high school sell only plain water, 100% juice with no added sweeteners, or low-fat or fat-free milk to students during the school day in all venues (e.g., vending machines, school stores or snack or food carts)?

Food and beverages served outside of the school day

WellSAT Question

WellSAT NS10: Nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.

SHI Question(s)

Module 1 N.10: Do all **foods and beverages served and offered** to students **during extended school day** meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes snacks and meals served in the extended school day that are not part of a federally reimbursed child nutrition program (e.g., CACFP, NSLP Afterschool Snack Program), birthday parties, holiday parties and school-wide celebrations.

Food and beverages sold outside of the school day

WellSAT Question

WellSAT NS11: Nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.

SHI Question(s)

Module 1 N.9: Do all **foods and beverages sold** to students **during the extended school day** meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores and snack or food carts.

Rewards

WellSAT Question

WellSAT NS12: Food not used as a reward.

SHI Question(s)

Module 1 N.1: Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed?

Access to drinking water

WellSAT Question

WellSAT NS13: Availability of free drinking water throughout the school day.

SHI Question(s)

Module 1 N.3: Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?





Physical Education and Physical Activity

Curriculum is aligned with standards

WellSAT Question

WellSAT PEPA2: Written physical education curriculum aligned with national and/or state standards.

SHI Question(s)

Module 3 PA.5: Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards in info button) and the district's requirements for physical education?

Time per week of physical education (middle school)

WellSAT Question

WellSAT PEPA5: Time per week of physical education instruction for all middle school students.

SHI Question(s)

Module 3 PA.1: Do all students in each grade receive physical education for at least 225 minutes per week throughout the school year?

Time per week of physical education (high school)

WellSAT Question

WellSAT PEPA6: Time per week of physical education instruction for all high school students.

SHI Question(s)

Module 3 PA.1: Do all students in each grade receive physical education for at least 225 minutes per week throughout the school year?

Qualifications of physical education teachers

WellSAT Question

WellSAT PEPA7: Qualifications for physical education teachers for grades K-12.

SHI Question(s)

Module 3 PA.14: Are all physical education classes taught by teachers who are certified or licensed to teach physical education?

Training for physical education teachers

WellSAT Question

WellSAT PEPA8: Physical education training for physical education teachers.

SHI Question(s)

Module 3 PA.17: Are teachers of physical education required to participate at least once a year in professional development in physical education?

Student exemptions for physical education

WellSAT Question

WellSAT PEPA9: Physical education exemption requirements for all students.

SHI Question(s)

Module 3 PA.8: Does the school prohibit exemptions or waivers for physical education?

Student substitutions for physical education

WellSAT Question

WellSAT PEPA10: Physical education substitution for all students.

SHI Question(s)

Module 3 PA.9: Does your school prohibit the substitution of other activities (e.g., interscholastic sports) for physical education class time or credit requirements?

Before and after school physical activity opportunities

WellSAT Question

WellSAT PEPA12: Before and after school physical activity including clubs, intramural, interscholastic opportunities.

SHI Question(s)

Module 3 PA.20: Does your school offer at least eight different interscholastic sports to both boys and girls?

Module 3 PA.22: Does your school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)?

Physical activity breaks

WellSAT Question

WellSAT PEPA14: Physical activity breaks during school.

SHI Question(s)

Module 3 PA.23: Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?

Joint or shared-use agreements

WellSAT Question

WellSAT PEPA15: Joint or shared-use agreements for physical activity participation at all schools.

SHI Question(s)

Module 1 PA.1: Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?

Active transportation to school

WellSAT Question

WellSAT PEPA16: Active transport (Safe Routes to School)

SHI Question(s)

Module 3 PA.21: Does your school promote or support walking and bicycling to and/or from school in the following ways?

- Designation of safe or preferred routes to school
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper
- Crossing guards
- Crosswalks on streets leading to schools
- Walking school buses
- Documentation of number of children walking and or biking to and from school
- Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.)



Staff model healthy behaviors

WellSAT Question

WellSAT WPM1: Encourages staff to model healthy eating and physical activity behaviors.

SHI Question(s)

Module 9 N.3/PA.2: Does your school support staff to model healthy eating and physical activity behaviors?

- Provide staff with information about the importance of modeling healthy eating behaviors
- Provide staff with information about the importance of engaging in physical activities with students
- Encourage staff not to bring in or consume unhealthy foods and beverages in front of students, in classrooms, or areas common to both staff and students
- Provide staff with examples of healthy foods and beverages to bring in or consume during the regular or extended school day
- Provide staff with information or strategies on how to incorporate physical activity into classrooms
- Encourage staff to use non-food items, activities, and opportunities for physical activity to recognize students for their achievements or good behavior

Prohibit using physical activity as a punishment

WellSAT Question

WellSAT WPM4: Physical activity not being used as a punishment.

SHI Question(s)

Module 1 PA.2: Does your school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed?

Food and beverage marketing

WellSAT Question

WellSAT WPM7: Marketing on the school campus during the school day

SHI Question(s)

Module 1 N.12: Does your school limit food and beverage marketing (e.g., contests or coupons) on school campus to foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards?

This may include, but is not limited to, marketing and branding in cafeterias, hallways, common spaces, classrooms, staff lounges or school stores, and on snack or food carts, vending machine exteriors, display racks, food or beverage cups or containers, coolers, athletic equipment, and sports bags.

