

## WELL SAT 2.0 – Notes

**School Name: MSD of Warren Township Date: 4/10/2018**

Section	Strengths	Weaknesses	Other
<b>1. Nutrition Education</b>	Skill-based nutrition education (with provided examples)	Specify the breakdown of nutrition education in each setting (elementary, middle, HS)	Is Warren following the newly revised <a href="#">Indiana State Health Education standards?</a> (Considering including the link to these standards within last paragraph of this section)
<b>2. Standards for USDA School Program &amp; Meals</b>	Eating as a positive experience  Multiple steps taken to protect the privacy of those enrolled in free/reduced and increase participation  Availability of free drinking water for students	What methods of communication are used to share contents of competitive foods?  Define ‘adequate time’ for lunch by minutes  No mention of a closed campus policy for high schools	Consider including link to <a href="#">National School Lunch &amp; Breakfast standards</a>  There is a typo within this section (C3) <i>feature</i> vs. <i>feather</i>  Is C2 pertaining to multi-vitamins happening and/or necessary?
<b>3. Competitive Foods and Other Foods &amp; Beverages</b>	Clear regulation around celebrations that differentiate standards by grade bands with additional resources to encourage alternative rewards  Smart Snacks used as standard for a la carte and other competitive foods/beverages  Caffeine and non-nutritive sweeteners regulated in HS setting	No direct mention of Smart Snack standards applying to foods and beverages sold to students during the <i>extended</i> day (i.e. before/after care)	

Section	Strengths	Weaknesses	Other
<p><b>4. P.E and P.A.</b></p>	<p>Recess requirements clear</p> <p>Professional development for P.E. staff (is this yearly?)</p>	<p>Time per week for P.E. in each grade band is unclear and lacks strong language</p> <p>P.E. teacher qualifications not specified</p> <p>Student/teacher ratio is vague</p> <p>Are there any efforts to increase active transport programming or explore shared-use of facilities?</p> <p>Consider strengthening language around P.A. not being withheld as a punishment: “it is recommended...teachers are encouraged” and exemptions/substitutions: “it is discouraged...”</p> <p>No mention of a <a href="#">Comprehensive Physical Activity Program</a> or inclusion of ALL teachers in P.A. trainings</p>	<p>Can P.E. &amp; P.A. policy contents be presented as standards vs. goals like nutrition?</p> <p>Strong language around recess not being withheld/used as a punishment – consider extending to include the encouragement of recess as a reward (non-food alternative)</p> <p>Consider adding detailed specification around marketing regulations (scoreboards, education materials, etc.) to increase strength</p>
<p><b>5. Wellness Promotion &amp; Marketing</b></p>	<p>Weak language surrounding recess before lunch: “it is encouraged...explore the idea of...”</p>		
<p><b>6. Implementation, Evaluation, &amp; Communication</b></p>	<p>Clear assignment of district and school level wellness leadership</p> <p>Strong implementation assessment (SHI) and communication methods for results/goals</p>	<p>Consider naming a wellness policy evaluation such as the WELL SAT 2.0</p>	<p>Overall strong, detailed section</p>

<b><u>Additional Notes</u></b>	<b>Helpful resources:</b>  School Wellness Policy Example Language <a href="https://www.doe.in.gov/sites/default/files/nutrition/language-examples_0.pdf">https://www.doe.in.gov/sites/default/files/nutrition/language-examples_0.pdf</a>  Indiana Healthy Schools Toolkit with Model School Wellness Policy in Appendix I <a href="https://www.in.gov/isdh/files/DNPA_HealthySchoolsToolkit_2018.pdf">https://www.in.gov/isdh/files/DNPA_HealthySchoolsToolkit_2018.pdf</a>  Please contact Jessica Yoder, <a href="mailto:jyoder@isdh.in.gov">jyoder@isdh.in.gov</a> for questions, concerns or needed technical assistance.
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