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CCA BUSINESS OFFICE

### Clear Creek Amana District Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource link.

To review how scores are calculated, click [here](#).

Section 1. Nutrition Education		Rating
NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	2
NE2	All elementary school students receive nutrition education.	1
NE3	All middle school students receive nutrition education.	1
NE4	All high school students receive nutrition education.	1
NE5	Links nutrition education with the school food environment.	1
NE6	Nutrition education teaches skills that are behavior-focused.	0
NE7	Nutrition education is sequential and comprehensive in scope.	1
<b>Comprehensiveness Score:</b>		
Count the number of items rated as "1" or "2" and divide this number by 7.		86
Subtotal for Section 1 Strength Score: Multiply by 100. Do not count an item if the rating is "0."		
Count the number of items rated as "2" and divide this number by 7.		14
Multiply by 100.		

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

Section 2. Standards for USDA Child Nutrition Programs and School Meals		Rating
SM1	Addresses access to the USDA School Breakfast Program.	1
SM2	Addresses compliance with USDA nutrition standards for reimbursable meals.	1
SM3	School meals meet standards that are more stringent than those required by the USDA.	0
SM4	District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals.	2
SM5	USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy).	1
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses students leaving school during lunch periods.	0
SM8	Ensures adequate time to eat.	2

SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	Addresses school meal environment.	1
SM11	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	1
SM12	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0
SM13	Recess (when offered) is scheduled before lunch in elementary schools.	2
SM14	Free drinking water is available during meals	0
	<b>Comprehensiveness Score:</b>	
	Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."	64
<b>Subtotal for Section 2</b>	<b>Strength Score:</b>	
	Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	21

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

NS1	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as <u>Smart Snacks</u> )	1
NS2	Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs)	1
NS3	Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	1
NS4	Regulates food served during classroom parties and celebrations in elementary schools.	1
NS5	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as <u>Smart Snacks</u> )	1
NS6	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	1
NS7	Addresses foods and beverages containing non-nutritive sweeteners (High School)	0
NS8	Addresses foods and beverages containing caffeine at the high school level*	0
NS9	*As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools. USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy)	0

NS10	Addresses availability of free drinking water throughout the school day.	0
NS11	Regulates food sold for fundraising at all times (not only during the school day).	1
	<b>Comprehensiveness Score:</b>	
	Count the number of items rated as "1" or "2" and divide this number by	64
Subtotal for	11. Multiply by 100. Do not count an item if the rating is "0."	
Section 3	<b>Strength Score:</b>	
	Count the number of items rated as "2" and divide this number by 11.	0
	Multiply by 100.	

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

PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards.	0
PEPA3	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA4	Addresses time per week of physical education instruction for all middle school students.	1
PEPA5	Addresses time per week of physical education instruction for all high school students.	1
PEPA6	Addresses teacher-student ratio for physical education classes.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	District provides physical education training for physical education teachers.	0
PEPA9	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	0
PEPA10	Addresses physical education exemptions for K-12 students.	0
PEPA11	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	0
PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. Click <a href="#">here</a> for information on CSPAP.	1
PEPA13	District addresses active transport for all K-12 students.	0
PEPA14	District addresses before and after school physical activity for all K-12 students.	0
PEPA15	District addresses recess.	1
PEPA16	Addresses physical activity breaks for all K-12 students.	1
PEPA17	Addresses staff involvement in physical activity opportunities at all schools.	0
PEPA18	Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA19	District provides physical activity training for all teachers.	0
PEPA20	Joint or shared-use agreements for physical activity participation at all schools.	0
Subtotal for	<b>Comprehensiveness Score:</b>	40

**Section 4** Count the number of items rated as "1" or "2" and divide this number by 20. Multiply by 100. Do not count an item if the rating is "0."

**Strength Score:**

Count the number of items rated as "2" and divide this number by 20. **15**  
 Multiply by 100.

**Section 5. Wellness Promotion and Marketing**

	<b>Rating</b>
<b>WPM1</b> Encourages staff to model healthy eating/drinking behaviors.	0
<b>WPM2</b> Addresses staff not modeling unhealthy eating/drinking behaviors.	0
<b>WPM3</b> Encourages staff to model physical activity behaviors.	0
<b>WPM4</b> Addresses food not being used as a reward.	1
<b>WPM5</b> Addresses using physical activity as a reward.	0
<b>WPM6</b> Addresses physical activity not being used as a punishment.	2
<b>WPM7</b> Addresses physical activity not being withheld as a punishment.	2
<b>WPM8</b> Specifies marketing/ways to promote healthy food and beverage choices.	1
<b>WPM9</b> Specifies ways to promote physical activity.	1
<b>WPM10</b> Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	0
<b>WPM11</b> On signs, scoreboards, sports equipment.	0
<b>WPM12</b> In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic).	1
<b>WPM13</b> On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	1
<b>WPM14</b> On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the public announcement (PA) system.	0
<b>WPM15</b> On fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of those products.	1

**Comprehensiveness Score:**

Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0." **53**

**Section 5 Strength Score:**

Count the number of items rated as "2" and divide this number by 15. **13**  
 Multiply by 100.

**Section 6. Implementation, Evaluation & Communication**

	<b>Rating</b>
<b>IEC1</b> Establishes an ongoing district wellness committee.	1
<b>IEC2</b> District wellness committee has community-wide representation.	1
<b>IEC3</b> Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up)	1
<b>IEC4</b> Designates a leader in each school accountable for ensuring compliance	2

	within the school.	
<b>IEC5</b>	Addresses annual assessment of school wellness policy implementation/progress towards wellness goals.	2
<b>IEC6</b>	Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents).	2
<b>IEC7</b>	Progress report on compliance/implementation is made available to the public	0
<b>IEC8</b>	Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee.	0
<b>IEC9</b>	Addresses a plan for updating policy based on best practices.	1
<b>IEC10</b>	Addresses methods for communicating with the public.	0
<b>IEC11</b>	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 meetings, or events).	0
	<b>Comprehensiveness Score:</b>	
	Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	64
<b>Subtotal for Section 6</b>	<b>Strength Score:</b>	
	Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	27

### Overall District Policy Score

<b>Total Comprehensiveness</b>	Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 62
<b>Total Strength</b>	Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 15

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**Clear Creek Amana District**

The WellSat 2.0 Tool, developed by the Robert Wood Johnson Foundation, was used to assess policies to provide a baseline understanding of existing policy strengths and comprehensiveness as well as areas to strengthen as part of the overall school wellness process improvement efforts. Your district was scored in the following areas:

- Nutrition Education
- USDA Child Nutrition Programs and School Meals
- Nutrition Standards for Competitive and Other Foods and Beverages
- Physical Education and Physical Activity
- Wellness Promotion and Marketing
- Implementation, Evaluation, and Communication of Wellness policies.

Table 1 below summarizes the average scores of each of the seven areas. Please see the attached score card for scores of each specific measure under each of the standards. The comprehensiveness score addresses percentage of recommended measures addressed by the school wellness policy, while the strength score addresses strength of the language of the policy, with lower scores indicating language that is vague and higher scores indicating language that gives clear direction. The RDN Wellness Coach assigned to your school reviewed the score card with your school wellness team contact in the Fall of 2016.

Table 1: WellSat 2.0 Policy Scores

Standard	Comprehensiveness*	Strength*
Nutrition Education	86	14
USDA Child Nutrition Programs and School Meals	64	21
Nutrition Standards for Competitive and Other Foods and Beverages	64	0
Physical Education and Physical Activity	40	15
Wellness Promotion and Marketing	53	13
Implementation, Evaluation, and Communication (of wellness policies)	64	27
Overall Score	62	15

\*Maximum score is 100

In addition to the review of the district wellness policy, the Smart Snack Assessment tool and the Building Assessment reports were completed as a pre-measure in the fall of 2016 and a post-measure in the spring of 2017. Results of these assessments are reported below.

**Smart Snack Assessment Results**

In Fall, 2016, the Smart Snack assessment was completed for one school in your district. The overall implementation for applicable Smart Snack Standards was **83% at baseline**. The assessment was repeated in Spring, 2017 and scored **100%**.

Specific areas assessed at each time point are summarized below in Tables 2 and 3.

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Fundraiser beverage items sold during school hours meet Smart Snacks standards.	NA	NA
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### Building Assessments

Building Assessments were completed for six schools at both pre- and post-assessment. Each school used the building assessment to set goals for one or more of the following areas:

- Nutrition education (NE)
- Physical education and physical activity (PE)
- Nutrition standards/guidelines (NS)
- Integrating physical activity into the classroom (PA CLRM)
- Communication with parents (COMM)
- Food marketing (MRK)
- Staff wellness (WELL)

Table 4 below shows the district average implementation of goal for each of these areas at baseline (Fall, 2016) and post-assessment (Spring, 2017). It should be noted that decreases in some areas may reflect erroneously high pre-test scores.

Table 4\*. Average Implementation Scores (%) for Building Assessment, Fall 2016 and Fall 2017

	NE	PE	NS	PA CLRM	COMM	MRK	WELL
Fall, 2016 (n=6)	50	92	66	50	63	50	33
Spring, 2017 (n=6)	75	96	80	71	77	46	83
<b>Change from pre to post</b>	+25	+4	+14	+21	+14	-4	+50

\*NA=No goal set for this area

### Summary and Conclusion

Results of the Meet the Challenge evaluation plan show overall improvement in wellness policies and practices over the 2016-2017 school year and demonstrate the effectiveness of ongoing wellness coaching from Registered Dietitian Nutritionists (RDNs). The largest improvement was seen in implementation of staff wellness goals. It should be noted that three schools had 0% implementation of staff wellness at baseline; the average implementation score in this area was increased significantly as the result of five of the six schools making significant strides in this area. Although there was not a post-policy assessment, policies take time to develop and practices supporting policies are unlikely to change significantly over one school year. However, it should be noted that some schools prefer to utilize best practice wellness policy language from the Robert Wood Johnson Foundation Well SAT 2.0 tool to set goals in each of the areas on the building progress report. This is a recommended practice that may help continue to improve wellness practices over time.