



## WELLSAT 3.0 SCORECARD RECOMMENDATIONS

### Riverside ESD

Date | 01/30/2025



**Denotes a federal Local Wellness Policy requirement.**

Congratulations on completing the AZ Health Zone's WellSAT review of your District's wellness policy! *This review compared your policy against a "model" wellness policy and found it to be developing.* These recommendations are organized by topic and suggest ways to make your policy align even more with practices known to improve student wellness. Because every District is unique, we hope that you can choose from these suggestions in a way that works for your community.

### Nutrition Education

Consider adding any of the following:

- Sequential, *comprehensive nutrition education is provided to all grades* (or specify grades).
- Nutrition education is *incorporated into general studies*.
- Nutrition education is provided *around the local food system* (ex. gardening).
- Nutrition education is *interactive and skills-focused*.

### Standards for USDA Child Nutrition Programs & School Meals

Simply adding this web link for the [\*Nutrition Standards for the National School Lunch and School Breakfast Programs\*](#) can enhance transparency to families and staff.

If feasible and applicable, consider adding any of the following:

- That either the District is community eligible, OR (if it is not) *how the District protects the privacy of students who qualify for free-and-reduced-price lunch (FRPL), how unpaid meal balances are handled without stigmatizing students, and/or how families are provided with information about FRPL.*
- That *free drinking water is available during meals and throughout the day.*
- Any *annual training for cafeteria staff* consistent with USDA standards.
- Any *local food procurement* by the District.

### Nutrition Standards for Competitive and Other Foods & Beverages

Adding [\*this web link for the USDA Smart Snack Guidelines\*](#) can increase transparency to families and staff.

Consider adding *Smart Snacks Standards for the foods and beverages sold after school* and/or *served during school celebrations*.

## Physical Education (PE) & Physical Activity

Where feasible and applicable, the District may wish to add language to include:

- Any *PE teacher certifications* and/or annual *training requirements for PE teachers*.
- Efforts to *minimize PE exemptions* and/or *substitutions*.
- The *time provided for daily recess* for elementary school students (ex., at least 20 minutes).
- Any *before/after school physical activity opportunities* for students (ex. club, sports).
- That *physical activity breaks ("brain breaks")* are provided during the school day.
- Any *joint use agreement* in which the community can use physical activity facilities after school hours.

## Wellness Promotion & Marketing

The District may wish to add language that *encourages teachers and staff to model healthy eating and physical activity for students*, and consider *using physical activity rewards* (ex., extra recess).



The policy can better meet federal guidelines if it specifies that *food and beverage marketing must meet Smart Snack guidelines*, including on school property, in educational materials, where food is purchased, in school media and/or in fundraisers.

## Implementation, Evaluation & Communication

To enhance adherence with federal and state requirements, the District may wish to add:



That the written policy and results of its triennial assessment are *made available to the public*, and that the triennial assessment includes: 1) *a comparison of the District's policy against a model policy* (this WellSAT meets that requirement), 2) *the extent to which District schools are in compliance with the District's policy*, and 3) *a description of the progress made in implementing the policy across schools*.



A description of the District's plan for *updating the policy based on results from the triennial assessment*.

Depending on the District's size, they may also wish to consider *establishing school-level wellness committees* to support policy implementation efforts and tailor these to each school.