

Changes from WellSAT 2.0 to WellSAT 3.0

Nutrition Education		
3.0		
NE1	Federal Requirement: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	Added to reflect federal rule
NE2	Nutrition education teaches skills that are behavior focused, interactive and participatory	2. 0 NE6 with added language “interactive and participatory”
NE3	All elementary school students receive sequential and comprehensive nutrition education	Updated with “sequential and “comprehensive”
NE4	All middle school students receive sequential and comprehensive nutrition education	Updated with “sequential and “comprehensive”
NE5	All high school students receive sequential and comprehensive nutrition education	Updated with “sequential and “comprehensive”
NE6	Nutrition education is integrated into other subjects beyond health education	New item
NE7	Nutrition education is linked with the school food environment	2.0 NE5 reworded
NE8	Nutrition education addresses agriculture and the food system – Farm to School Item	New item based on Farm to School best practices
2.0		
NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	Replaced with items that reflects federal rule
NE2	All elementary school students receive nutrition education.	Kept and updated
NE3	All middle school students receive nutrition education.	Kept and updated
NE4	All high school students receive nutrition education.	Kept and updated
NE5	Links nutrition education with the school food environment	Kept and updated
NE6	Nutrition education teaches skills that are behavior-focused	Moved to NE2 and updated
NE7	Nutrition education is sequential and comprehensive in scope	Incorporated “sequential and comprehensive” to items NE3-5

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Standards for USDA School Meals		
3.0		
SM1	Federal Requirement: Assures compliance with USDA nutrition standards for reimbursable school meals.	Added “assures” to reflect federal law
SM2	Addresses access to the USDA School Breakfast Program	same
SM3	Federal Requirement: District takes steps to protect the privacy of students who qualify for free or reduced school meals	Updated from 2.0 SM4 noting it is a Federal Requirement
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them	New item
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	No change
SM6	Specifies strategies to increase participation in school meal programs	No change
SM7	Addresses the amount of “seat time” students have to eat school meals	Modified from 2.0 SM8, adding “seat time”
SM8	Federal Requirement: Free drinking water is available during meals	Updated from 2.0 SM14 noting it is a Federal Requirement
SM9	Federal Requirement: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards (with link)	No change
SM10	Addresses purchasing local foods for the school meal program - Farm to School Item	New item based on Farm to School best practices
2.0		
SM1	Addresses access to the USDA School Breakfast Program	Kept as 3.0 SM2
SM2	Addresses compliance with USDA nutrition standards for reimbursable school meals	Moved to 3.0 SM1 and added “assures”
SM3	School meals meet standards that are more stringent than those required by USDA	Removed due to updated standards
SM4	District takes steps beyond those required by federal law/regulation to protect the privacy of student who qualify for free or reduced priced meals	Moved and noted as federal requirement in 3.0 SM3
SM5	USDA NSLP and SBP standards are described in full (or a link to the standards is provided in the wellness policy)	Incorporated into 3.0 SM1
SM6	Specifies strategies to increase participation in school meals programs	Kept as 3.0 SM6
SM7	Addresses students leaving school during lunch periods	Removed due to frequency <5% in NWPS data
SM8	Ensures adequate time to eat	Modified for 3.0 SM7 with “seat time”
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards (with link)	No change
SM10	Addresses school meal environment	Removed due to lack of specificity and interpretability

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SM11	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	Removed; not as important due to HHFKA standards
SM12	Specifies how families are provided information about determining eligibility for free/reduced priced meals	No change
SM13	Recess (when offered) is scheduled before lunch in elementary schools	Removed due to lack of empirical evidence supporting it
SM14	Free drinking water is available during meals	Updated noting it is a Federal Requirement

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Nutrition Standards for Competitive and Other Foods and Beverages		
3.0		
NS1	Federal Requirement: Assures compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages SOLD to students during the school day, which begins at midnight the night before and goes until 30 minutes after the final bell	Added “assures” to reflect federal law, added definition of school day
NS2	USDA Smart Snack standards are easily accessed in the policy	Updated from 2.0 NS9 – changed wording to “easily accessed”
NS3	Federal Requirement: Regulates food and beverages sold in a la carte	New item
NS4	Federal Requirement: Regulates food and beverages sold in vending machines	New item
NS5	Federal Requirement: Regulates food and beverages sold in school stores	New item
NS6	Addresses fundraising with food to be consumed during the school day	New item from part of 2.0 NS11
NS7	Exemptions for infrequent school-sponsored fundraisers Note: Under Smart Snacks, states are allowed to adopt a certain number of infrequent fundraisers during which any foods and beverages can be sold.	New item
NS8	Addresses foods and beverages containing caffeine at the high school level	No change
NS9	Federal Requirement. Regulates food and beverages SERVED at class parties and other school celebrations in elementary school	Updated from 2.0 NS4, noting Federal Requirement
NS10	Addresses nutrition standards for all foods and beverages SERVED to students after the school day (including after care on school grounds, clubs, afterschool programming)	Updated from 2.0 NS3 – defined “after the school day” to include clubs and afterschool programming
NS11	Addresses nutrition standards for all foods and beverages SOLD to students after the school day (including, before/after care on school grounds, clubs, afterschool programming)	Updated from 2.0 NS2 – combined food and beverages, include before and aftercare snacks
NS12	Addresses food not being used as a reward	Moved from 2.0 WPM4
NS13	Addresses availability of free drinking water throughout the school day	Moved from 2.0 NS10
2.0		
NS1	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks)	Moved to 3.0 NS1, combined food and beverages, added “assures”
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)	Updated for 3.0 NS11– combined food and beverages, include before and aftercare snacks
NS3	Addresses nutrition standards for all FOODS and BEVERAGES served to students while attending before/aftercare on school grounds	Updated for 3.0 NS10 – added clubs and afterschool programming
NS4	Regulates food served during classroom parties and celebrations in elementary schools	Updated for 3.0 NS9

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NS5	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks)	Moved to 3.0 NS1, combined food and beverages, added “assures”
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)	Kept as 3.0 SM6
NS7	Addresses foods and beverages containing non-nutritive sweeteners (High School)	Removed due to low frequency in NWPS data set
NS8	Addresses foods and beverages containing caffeine at the high school level	No change
NS9	USDA Smart Snack standards are described in full (or a link is provided in the wellness policy)	Updated for 3.0 NS2 – changed wording to “easily accessed”
NS10	Addresses availability of free drinking water throughout the school day	Moved to 3.0 NS13
NS11	Regulates food sold for fundraising at all times (not only during the school day)	Moved to 3.0 NS6, changed to “addresses”

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Physical Education and Physical Activity		
3.0		
PEPA1	There is a written physical education curriculum for grades K-12. Note: PE is a component of CSPAP	Added that this is part of a CSPAP
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards	Added "for each grade"
PEPA3	Physical education promotes a physically active lifestyle	New item
PEPA4	Addresses time per week of physical education for all elementary school students	Moved from 2.0 PEPA3
PEPA5	Addresses time per week of physical education for all middle school students	Moved from 2.0 PEPA4
PEPA6	Addresses time per week of physical education for all high school students	Moved from 2.0 PEPA5
PEPA7	Addresses qualifications for physical education teachers for grades K-12	No change
PEPA8	Addresses providing physical education training for physical education teachers	No change
PEPA9	Addresses physical education exemptions for K-12 students	Moved from 2.0 PEPA10
PEPA10	Addresses physical education substitution requirements for K-12 students	Moved from 2.0 PEPA11
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools. Note: component of CSPAP	Moved from 2.0 PEPA18; Added that this is a component of a CSPAP
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. Note: component of CSPAP	Moved from 2.0 PEPA14; Added that this is a component of a CSPAP
PEPA13	Addresses recess for elementary school students	Updated from 2.0 PEPA15
PEPA14	Addresses physical activity breaks for all K-12 students	Moved from 2.0 PEPA16
PEPA15	Joint or shared-use agreements for physical activity participation at schools	Moved from 2.0 PEPA20
PEPA16	Addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance	Updated from 2.0 PEPA13; added term "safe routes to school"
2.0		
PEPA1	There is a written physical education curriculum for grades K-12	No change for 3.0 PEPA1 and added that this is part of a CSPAP
PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards	No change
PEPA3	Addresses time per week of physical education for all elementary school students	Moved to 3.0 PEPA4
PEPA4	Addresses time per week of physical education for all middle school students	Moved to 3.0 PEPA5
PEPA5	Addresses time per week of physical education for all high school students	Moved to 3.0 PEPA6
PEPA6	Addresses teacher-student ratio for physical education classes	Removed due to low frequency in NWPS data set
PEPA7	Addresses qualifications for physical education teachers for grades K-12	No change

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PEPA8	District provides physical education training for physical education teachers	No change
PEPA9	Addresses physical education waiver requirements for K-12 students	Removed because this occurs at state, not district level
PEPA10	Addresses physical education exemptions for K-12 students	Moved to 3.0 PEPA9
PEPA11	Addresses physical education substitution requirements for K-12 students	Moved to 3.0 PEPA10
PEPA12	District addresses the development of a CSPAP plan at each school	Removed; CSPAP components are separated and noted for each relevant item
PEPA13	District addresses active transport for all K-12 students	Moved to 3.0 PEPA16
PEPA14	District addresses before and after school physical activity for all K-12 students	Moved to 3.0 PEPA12
PEPA15	District addresses recess	Moved to 3.0 PEPA13, only elementary school
PEPA16	Addresses physical activity breaks for all K-12 students	Moved to 3.0 PEPA14
PEPA17	Addresses staff involvement in physical activity opportunities at all schools	Removed; staff physical activity is included in a broader variable related to strategies to support employee wellness in 3.0 WPM2
PEPA18	Addresses family and community engagement in physical activity opportunities at all schools	Moved to 3.0 PEPA11
PEPA19	District provides physical activity training for all teachers	Incorporated into 3.0 WPM2
PEPA20	Joint or shared-use agreements for physical activity participation at schools	Moved to 3.0 PEPA15

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Wellness Promotion and Marketing		
3.0		
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	Combined staff modeling of healthy eating and physical activity behaviors
WPM2	Addresses strategies to support employee wellness.	New item and incorporates PEPA17 from 2.0
WPM3	Addresses using physical activity as a reward	Moved from 2.0 WPM5
WPM4	Addresses physical activity not being used as punishment	Moved from 2.0 WPM6
WPM5	Addresses physical activity not being withheld as punishment	Moved from 2.0 WPM7
WPM6	Specifies marketing to promote healthy food and beverage choices	Moved from 2.0 WPM8
WPM7	Federal Requirement: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks	Added "Federal Requirement"
WPM8	Addresses marketing on signs, scoreboards, sports equipment	Moved from 2.0 WPM11
WPM9	Addresses marketing in curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	Moved from 2.0 WPM12
WPM10	Addresses marketing on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	Moved from 2.0 WPM13
WPM11	Addresses marketing on advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored internet sites, or announcements on the public announcement (PA) system	Moved from 2.0 WPM14
WPM12	Addresses marketing on fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products or provide funds to schools in exchange for consumer purchases of those products – including activities off campus; outside the school day; prohibiting anything not Smart Snacks; and prohibiting anything not Smart Snacks; and prohibiting posters or ordering catalogs for non-Smart Snacks, even if picked up after the school day	Moved from 2.0 WPM15 and broadened to include off campus activities, activities done outside the school day, and having posters or catalogs for non-Smart Snacks distributed in school
2.0		
WPM1	Encourages staff to model healthy eating/drinking behaviors	Combined and updated for 3.0 WPM1
WPM2	Addresses staff not modeling unhealthy eating/drinking behaviors	Removed; Addressed positive staff role modeling in 3.0 WPM1
WPM3	Encourages staff to model healthy physical activity behaviors	Combined and added to 3.0 WPM1
WPM4	Addresses food not being used as a reward	Items moved to NS subscale with other classroom food items
WPM5	Addresses using physical activity as a reward	Moved to 3.0 WPM3
WPM6	Addresses physical activity not being used as punishment	Moved to 3.0 WPM4

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WPM7	Addresses physical activity not being withheld as punishment	Moved to 3.0 WPM5
WPM8	Specifies marketing/ways to promote healthy food and beverage choices	Moved to 3.0 WPM6
WPM9	Specifies ways to promote physical activity	Incorporated into 3.0 PEPA12
WPM10	Specifies that family wellness activities will include nutrition and physical activity components	Incorporated into 3.0 PEPA11
Address restriction of marketing of food and beverages that cannot be sold to students during the school day (do not meet USDA Smart Snack nutrition standards). Rate whether restrictions are in place for the following:		
WPM11	On signs, scoreboards, sports equipment	Moved to 3.0 WPM8
WPM12	In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	Moved to 3.0 WPM9
WPM13	On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	Moved to 3.0 WPM10
WPM14	On advertisements in school publications, on schools radio stations, in-school television, computer screen savers and/or school-sponsored internet sites, or announcements on the public announcement (PA) system.	Moved to 3.0 WPM11
WPM15	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.	Moved to 3.0 WPM12

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Implementation, Evaluation, and Communication		
3.0		
IEC1	Establishes an ongoing district wellness committee	No change
IEC2	Federal Requirement: Addresses how parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public will participate in the development, implementation, and periodic review and update of the local wellness policy	Updated to reflect Federal Requirement
IEC3	Federal Requirement. Identifies the position of the LEA or school official(s) responsible for the implementation and oversight of the local wellness policy to ensure each school's compliance	Updated to reflect Federal Requirement
IEC4	Federal Requirement: Addresses making the wellness policy available to the public on an annual basis	Updated from 2.0 IEC3
IEC5	Federal Requirement. Addresses the assessment of district implementation of the local wellness policy at least once every three years	Updated to reflect triennial assessment as designed by Federal Requirement
IEC6	Triennial assessment results will be made available to the public and will include: A. the extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; B. the extent to which the LEA's local school wellness policy compares to model local school wellness policies; C. description of the progress made in attaining the goals of the local school wellness policy	Updated from 2.0 IEC7 to include specific components
IEC7	Federal Requirement. Addresses a plan for updating policy based on results of the triennial assessment	Moved from 2.0 IEC9, added this is a federal requirement and based on the triennial assessment
IEC8	Addresses the establishment of an ongoing school building level wellness committee. (Note: This may also be called a school health team, school health advisory committee, or similar name)	New item
2.0		
IEC1	Establishes an ongoing district wellness committee	No change
IEC2	District wellness committee has community-wide representation	Updated to reflect Federal Requirement
IEC3	Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up)	Updated to reflect Federal Requirement
IEC4	Designates a leader in each school accountable for ensuring compliance within the school	Incorporated into 3.0 IEC8
IEC5	Addresses annual assessment of school wellness policy implementation/progress toward wellness goals	Updated to reflect triennial assessment as designed by Federal Requirement
IEC6	Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents)	Incorporated into 3.0 IEC6
IEC7	Progress report on compliance/implementation is made available to the public	Incorporated into 3.0 IEC6; include specific components

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IEC8	Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress toward meeting wellness goals, contact details for committee leadership and information on how to join the committee	Incorporated posting requirement into 3.0 IEC4 coding; other items included in 3.0 IEC6
IEC9	Addresses a plan for updating policy based on best practices	Incorporated into 3.0 IEC7, added this is a federal requirement and based on the triennial assessment
IEC10	Addresses methods for communicating with the public	Incorporated into 3.0 IEC6
IEC11	Specifies how district with engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events).	Incorporated into 3.0 IEC2 with broad participation in the development, implementation, and periodic review of the policy