

Your District's Scorecard

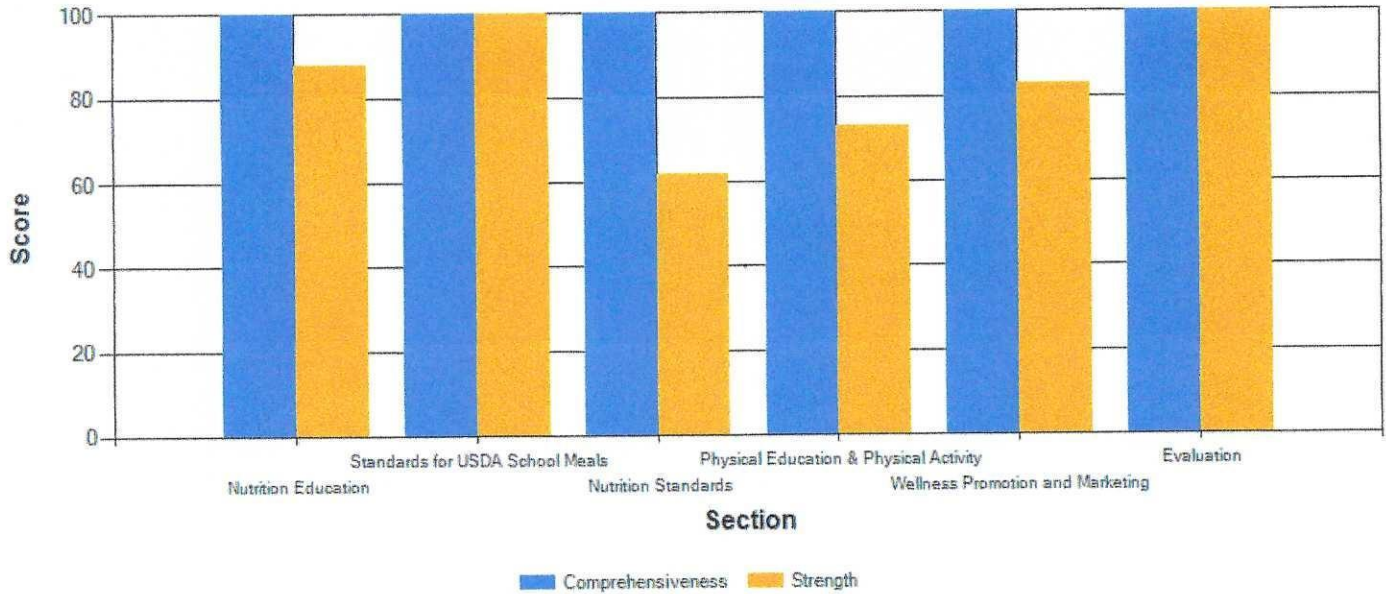
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness 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 links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: TROY CITY SCHOOLS



Section 1. Nutrition Education

Rating





| Item ID | Description | Rating |
|-------------------------------|---|------------|
| NE1 | Includes goals for nutrition education that are designed to promote student wellness. | 2 |
| NE2 | Nutrition education teaches skills that are behavior focused, interactive, and/or participatory. | 2 |
| NE3 | All elementary school students receive sequential and comprehensive nutrition education. | 2 |
| NE4 | All middle school students receive sequential and comprehensive nutrition education. | 2 |
| NE5 | All high school students receive sequential and comprehensive nutrition education. | 2 |
| NE6 | Nutrition education is integrated into other subjects beyond health education | 2 |
| NE7 | Links nutrition education with the school food environment. | 2 |
| NE8 | Nutrition education addresses agriculture and the food system. | 1 |
| Subtotal for Section 1 | Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | 100 |

| | | |
|--|--|-----------|
| | <p>Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.</p> | 88 |
|--|--|-----------|

[Click here for Nutrition Education Resources](#)

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





Rating



| | | |
|-------------------------------|---|------------|
| SM1 |  Assures compliance with USDA nutrition standards for reimbursable school meals. | 2 |
| SM2 | Addresses access to the USDA School Breakfast Program. | 2 |
| SM6 | Specifies strategies to increase participation in school meal programs. | 2 |
| SM7 | Addresses the amount of "seat time" students have to eat school meals. | 2 |
| SM8 |  Free drinking water is available during meals. | 2 |
| SM9 |  Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. | 2 |
| SM10 |  Addresses purchasing local foods for the school meals program. | 2 |
| Subtotal for Section 2 | <p>Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."</p> | 100 |
| | <p>Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.</p> | 100 |

[Click here for School Food Resources](#)

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

Rating


| | | |
|-----|---|---|
| NS1 |  Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day. | 2 |
| NS2 | USDA Smart Snack standards are easily accessed in the policy. | 2 |
| NS3 |  Regulates food and beverages sold in a la carte. | 2 |
| NS4 |  Regulates food and beverages sold in vending machines. | 2 |
| NS5 |  Regulates food and beverages sold in school stores. | 2 |




| | | |
|-------------------------------|--|------------|
| NS6 |  Addresses fundraising with food to be consumed during the school day. | 2 |
| NS7 | Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day. | 1 |
| NS8 | Addresses foods and beverages containing caffeine at the high school level. | 2 |
| NS9 |  Regulates food and beverages served at class parties and other school celebrations in elementary schools. | 1 |
| NS10 | Addresses 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. | 1 |
| NS11 | Addresses 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. | 1 |
| NS12 | Addresses food not being used as a reward. | 1 |
| NS13 | Addresses availability of free drinking water throughout the school day. | 2 |
| Subtotal for Section 3 | Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | 100 |
| | Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100. | 62 |

[Click here for Nutrition Standards Resources](#)

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 for each grade is aligned with national and/or state physical education standards. | 2 |
| PEPA3 | Physical education promotes a physically active lifestyle. | 2 |
| PEPA4 | Addresses time per week of physical education instruction for all elementary school students. | 2 |
| PEPA5 | Addresses time per week of physical education instruction for all middle school students. | 2 |
| PEPA6 | Addresses time per week of physical education instruction for all high school students. | 2 |
| PEPA7 | Addresses qualifications for physical education teachers for grades K-12. | 2 |
| PEPA8 | Addresses providing physical education training for physical education teachers. | 1 |
| PEPA9 | Addresses physical education exemption requirements for all students. | 1 |

| | | |
|-------------------------------|--|------------|
| PEPA10 | Addresses physical education substitution for all students. | 2 |
| PEPA11 |  Addresses family and community engagement in physical activity opportunities at all schools. | 1 |
| PEPA12 |  Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. | 2 |
| PEPA13 | Addresses recess for all elementary school students. | 2 |
| PEPA14 |  Addresses physical activity breaks during school. | 1 |
| PEPA15 | Joint or shared-use agreements for physical activity participation at all schools. | 2 |
| Subtotal for Section 4 | Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | 100 |
| | Strength Score: Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100. | 73 |

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating







| | | |
|-------|--|---|
| WPM1 | Encourages staff to model healthy eating and physical activity behaviors. | 2 |
| WPM2 |  Addresses strategies to support employee wellness. | 1 |
| WPM3 | Addresses using physical activity as a reward. | 1 |
| WPM4 | Addresses physical activity not being used as a punishment. | 2 |
| WPM5 | Addresses physical activity not being withheld as a punishment. | 2 |
| WPM6 | Specifies marketing to promote healthy food and beverage choices. | 2 |
| WPM7 |  Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. | 2 |
| WPM8 | Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment). | 2 |
| WPM9 | Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials). | 2 |
| WPM10 | Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers). | 2 |
| WPM11 | Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system). | 2 |

| | | |
|-------------------------------|---|------------|
| WPM12 | Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education). | 2 |
| Subtotal for Section 5 | Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | 100 |
| | Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100. | 83 |

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

| | | |
|-------------------------------|--|------------|
| IEC1 | Addresses the establishment of an ongoing district wellness committee. | 2 |
| IEC2 |  Addresses how all relevant stakeholders (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. | 2 |
| IEC3 |  Identifies the officials responsible for the implementation and compliance of the local wellness policy. | 2 |
| IEC4 |  Addresses making the wellness policy available to the public. | 2 |
| IEC5 |  Addresses the assessment of district implementation of the local wellness policy at least once every three years. | 2 |
| IEC6 |  Triennial assessment results will be made available to the public and will include: | 2 |
| IEC7 |  Addresses a plan for updating policy based on results of the triennial assessment. | 2 |
| IEC8 | Addresses the establishment of an ongoing school building level wellness committee. | 2 |
| Subtotal for Section 6 | Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0." | 100 |
| | Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100. | 100 |

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

| | |
|--|-------------------------------------|
| Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6. | District Score 100 |
| Total Strength Add the strength scores for each of the six sections above and divide this number by 6. | District Score 84 |

 Federal Requirement  Farm to School  CSPAP

Troy City Schools
WELLNESS POLICY ASSESSMENT

School: Charles Henderson High School
Date of Assessment: 5/18/23
Monitor: Alecia J.

*Nutrition Standards for all Foods and Beverages for sale on the school campus

Y N Does food/snack sold during school hours include foods of minimal nutritional value?

Y N Foods do not exceed the allowable portion size limit based on the USDA Smart Snacks in School Nutritional Standards?

Y N Elementary (PreK-4th)/Middle School (5-8): No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-4th) or 12 oz. (5-8). Plain water of any size may be sold.

Y N High School (9-12): No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz. (cafeteria only)

Y N Are foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient made available to students during the school day?

Y N Is the local school compliant with no student having access to vending or snack items outside of the cafeteria during meal service time?

Y N Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

*Access to Free Portable Water on Campus

Y N Is free, safe, unflavored drinking water available to all students outside of mealtimes?

Y N Is free, safe, unflavored drinking water available to all students during mealtimes?

*Nutrition Promotion

How is nutrition promotion provided in the school?

- Menu is read on announcements daily!
- Menu is posted on white board upon entering the Cafeteria.

*List Physical Activity Opportunities offered at the school:

- Physical Education (ALL 4 BLOCKS).

*List other School Based Activities offered to promote Student Wellness:

- P.E
- Health
- Mentoring Programs

Observation

Based on the observation of the Wellness Policy, the following criterion was found to be unacceptable and must be corrected:

N/A

Jayne Curry
CNP Director

5/24/2023
Date

Marynie Lane
Administrator

5/18/23
Date

Troy City Schools
WELLNESS POLICY ASSESSMENT

School: CHMS
Date of Assessment: 5-16-23
Monitor: Sherrice Owens

*Nutrition Standards for all Foods and Beverages for sale on the school campus

Y ___ N X Does food/snack sold during school hours include foods of minimal nutritional value?

Y X N ___ Foods do not exceed the allowable portion size limit based on the USDA Smart Snacks in School Nutritional Standards?

Y X N ___ Elementary (PreK-4th)/Middle School (5-8): No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-4th) or 12 oz. (5-8). Plain water of any size may be sold.

Y ___ N ___ High School (9-12): No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y ___ N X Are foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient made available to students during the school day?

Y X N ___ Is the local school compliant with no student having access to vending or snack items outside of the cafeteria during meal service time?

Y ___ N X Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

*Access to Free Portable Water on Campus

Y X N ___ Is free, safe, unflavored drinking water available to all students outside of mealtimes?

Y X N ___ Is free, safe, unflavored drinking water available to all students during mealtimes?

*Nutrition Promotion

How is nutrition promotion provided in the school?

Flyers, Posters & Discussions with Students & Teachers.

*List Physical Activity Opportunities offered at the school:


P.E. and Athletic Sports.

*List other School Based Activities offered to promote Student Wellness:

Students have a canned food drive, mentoring & classroom lessons on self-wellness.

Observation

Based on the observation of the Wellness Policy, the following criterion was found to be unacceptable and must be corrected:


CNP Director

5/14/2023
Date


Administrator

5/16/23
Date

Troy City Schools
WELLNESS POLICY ASSESSMENT

School: Troy Elementary School
Date of Assessment: 5/17/2023
Monitor: Melanie Coleman

*Nutrition Standards for all Foods and Beverages for sale on the school campus

Y___ N Does food/snack sold during school hours include foods of minimal nutritional value?

Y N___ Foods do not exceed the allowable portion size limit based on the USDA Smart Snacks in School Nutritional Standards?

Y___ N Elementary (PreK-4th)/Middle School (5-8): No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-4th) or 12 oz. (5-8). Plain water of any size may be sold.

Y___ N___ High School (9-12): No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y___ N Are foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient made available to students during the school day?

Y N___ Is the local school compliant with no student having access to vending or snack items outside of the cafeteria during meal service time?

Y___ N Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

*Access to Free Portable Water on Campus

Y N___ Is free, safe, unflavored drinking water available to all students outside of mealtimes?

Y N___ Is free, safe, unflavored drinking water available to all students during mealtimes?

*Nutrition Promotion

How is nutrition promotion provided in the school?
Our students are provided free breakfast and lunch as a means of promoting healthy eating habits. In addition, our cafeteria manager utilizes monthly bulletin boards that displays balanced meals and choices of healthy eating.

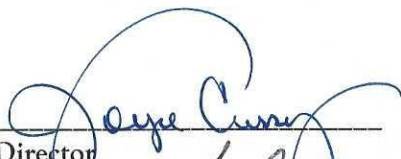
PreK
*List Physical Activity Opportunities offered at the school:
Grades K-5 have additional recess time built into their daily schedules
Grades PreK-6 receive 35 mins per day of Physical Ed. to include "Mile Monday" and various other units promoting physical fitness.

*List other School Based Activities offered to promote Student Wellness:

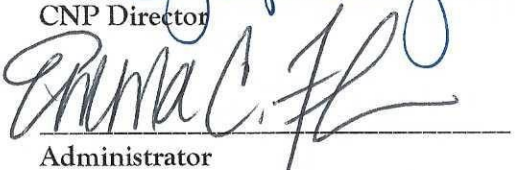
• "Backpack Buddies" provide our students with food for weekend meals while they are away from the nutritious meals provided by our CNP.

Observation

Based on the observation of the Wellness Policy, the following criterion was found to be unacceptable and must be corrected:


CNP Director

5/31/2023
Date


Administrator

5/30/23
Date