
WELLSAT 2.0 SCORECARD RECOMMENDATIONS

Window Rock Unified School District

Date / 5/11/2018

General Comments

The Window Rock Unified School District Wellness Policy is quite comprehensive in coverage, especially in the areas of **Nutrition Education and Implementation, Evaluation, and Communication, where comprehensiveness received the highest possible scores.** The section most in need of improvement is *Physical Activity and Physical Education.*

Implementing any of the recommendations below will help to improve the WellSAT2.0 score and enhance compliance with state and federal regulations. Also, effectively communicating the policy to school staff can translate into clear and actionable guidance to further implement effective health and wellness programming.

Section 1. Nutrition Education

- Adding that **all grade levels receive nutrition education** will improve the policy.

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

- The policy refers to the New Meal Pattern issued by the USDA. Adding an **accurate web link** to these standards will increase clarity and transparency.
- If feasible, we recommend adding language regarding:
 - Family access to information about qualifying for **free or reduced price meals**, and **privacy protections** for these students.
 - Scheduling **recess before lunch** in elementary schools.
 - **Annual training** for food service staff on USDA standards.

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

- The policy would be improved by adding:
 - An accurate web link to the USDA **Smart Snacks standards.**
 - No exceptions for competitive foods and drinks offered during **all classroom celebrations and all fundraisers.**
 - **Restrictions on all caffeinated foods and drinks in high schools.**

Section 4. Physical Education and Physical Activity

- Framing this section as instituting a **Comprehensive Physical Activity Program (CSPAP)** is a best practice.
- The ADE reports that the National Association for Sport and Physical Education (NASPE) recommends **150 minutes of instructional physical education** for elementary school students and **225 minutes** for middle and high school students. To the extent possible, LWPs should consider these recommendations. At minimum, policies should **include the number of PE minutes per week provided for each grade level.**
- Where feasible, we recommend adding language to:
 - Add a **maximum teacher-student ratio** for PE classes.
 - Specify any PE teacher **qualifications and/or PE training** for PE teachers.
 - Address **minimizing PE waivers/exemptions/substitutions.**
 - **Require daily recess** in elementary schools.
 - Promote **before and after school** physical activity programs.
 - Promote **staff, family, and community engagement** in physical activity opportunities at schools.

Section 5. Wellness Promotion and Marketing

- The policy would be improved with the addition of language to ensure that schools do NOT use food as a reward, but **USE physical activity as a reward.**

