

WellSAT WSCC | Policy

***Whole School, Whole Community, Whole Child
School Policy Assessment Tool***

SCORESHEET

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Links to Each Section

Section: Federal Requirements.....	3
Domain: Nutrition Environment and Services	5
Domain: Health Education and Nutrition Education	6
Domain: Physical Education and Physical Activity	7
Domain: Employee Wellness	9
Domain: Behavioral Supports	10
Domain: Community Involvement.....	11
Domain: Family Engagement	12
Domain: Health Services	13
Domain: Safe Environment	14
Domain: Social and Emotional Climate.....	15
Section: Integration and Coordination.....	16



Section: Federal Requirements

Item	Rating
FR1: Includes goals for nutrition education that are designed to promote student wellness.	
FR2: Assures compliance with USDA nutrition standards for reimbursable school meals.	
FR3: District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	
FR4: Free drinking water is available during meals.	
FR5: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	
FR6: Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	
FR7: Regulates food and beverages sold in a la carte.	
FR8: Regulates food and beverages sold in vending machines.	
FR9: Regulates food and beverages sold in school stores.	
FR10: Addresses fundraising with food to be consumed during the school day.	
FR11: Regulates food and beverages <u>served</u> at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	
FR12: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	
FR13: Addresses how all relevant groups will participate in the development, implementation, and periodic review and update of the local wellness policy.	
FR14: Identifies the officials responsible for the implementation and compliance of the local wellness policy.	
FR15: Addresses making the wellness policy available to the public.	
FR16: Addresses the assessment of district implementation of the local wellness policy at least once every three years.	
FR17: Addresses making triennial assessment results available to the public and specifies what will be included.	
FR18: Addresses a plan for updating policy based on results of the triennial assessment.	

Subtotals for Federal Requirements (FR) Section

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter FR Comprehensive Score	Enter FR Strength Score



Domain: Nutrition Environment and Services

Item	Rating
NES1: Addresses access to the USDA School Breakfast Program.	
NES2: Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	
NES3: Specifies how families are provided information about determining eligibility for free/reduced price meals.	
NES4: Specifies strategies to increase participation in school meal programs.	
NES5: Specifies marketing to promote healthy food and beverage choices.	
NES6: Addresses the amount of “seat time” students have to eat school meals.	
NES7: Addresses purchasing local foods for the school meals program.	
NES8: SDA Smart Snack standards are easily accessed in the policy.	
NES9: Exemptions for infrequent school-sponsored fundraisers.	
NES10: Addresses foods and beverages containing caffeine at the high school level.	
NES11: Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including, before and after care on school grounds, clubs, and after school programming.	
NES12: Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and after care on school grounds, clubs, and after school programming.	
NES13: Addresses food not being used as a reward.	
NES14: Addresses availability of free drinking water throughout the school day.	

Subtotals for Nutrition Environment and Services (NES) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter NES Comprehensive Score	Enter NES Strength Score



Domain: Health Education and Nutrition Education

Item	Rating
HE1: Addresses health education for students in district.	
HE2: Specifies that health education is provided by qualified, trained professionals.	
HE3: Includes topics for health education that are designed to promote student wellness in a manner that the local education agency determines is appropriate and aligned with state requirements.	
HE4: Addresses alignment between health education curriculum goals and the health needs of students in the community.	
HE5: Addresses opportunities for interdisciplinary connections and practicing health-related skills outside of health education classes.	
HE6: Addresses National Health Education Standards (NHES).	
HE7: Incorporates the CDC's characteristics of an effective health education curriculum.	
HE8: Specifies that health education curriculum will be evaluated and revised.	
NE1: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	
NE2: All elementary school students receive sequential and comprehensive nutrition education.	
NE3: All middle school students receive sequential and comprehensive nutrition education.	
NE4: All high school students receive sequential and comprehensive nutrition education.	
NE5: Nutrition education is integrated into other subjects beyond health education.	
NE6: Links nutrition education with the food environment.	
NE7: Nutrition education addresses agriculture and the food system.	

Subtotals for Health Education and Nutrition Education (HE & NE) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter HE & NE Comprehensive Score	Enter HE & NE Strength Score



Domain: Physical Education and Physical Activity

Item	Rating
PEPA1: There is a written physical education curriculum for grades K-12.	
PEPA2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	
PEPA3: Physical education promotes a physically active lifestyle.	
PEPA4: Addresses time per week of physical education instruction for all elementary school students.	
PEPA5: Addresses time per week of physical education instruction for all middle school students.	
PEPA6: Addresses time per week of physical education instruction for all high school students.	
PEPA7: Addresses qualifications for physical education teachers for grades K-12.	
PEPA8: Addresses providing physical education training for physical education teachers.	
PEPA9: Addresses physical education exemption requirements for all students.	
PEPA10: Addresses physical education substitution for all students.	
PEPA11: Addresses family and community engagement in physical activity opportunities at all schools.	
PEPA12: Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	
PEPA13: Addresses recess for all elementary school students.	
PEPA14: Addresses physical activity breaks during school.	
PEPA15: Joint or shared-use agreements for physical activity participation at all schools.	
PEPA16: District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	
PEPA17: Addresses using physical activity as a reward.	
PEPA18: Addresses physical activity not being used as a punishment.	
PEPA19: Addresses physical activity not being withheld as a punishment.	

Subtotals for Physical Education and Physical Activity (PEPA) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter PEPA Comprehensive Score	Enter PEPA Strength Score



Domain: Employee Wellness

Item	Rating
EW1: Addresses strategies to support employee wellness.	
EW2: Encourages staff to model healthy eating and physical activity behaviors.	
EW3: Designates employee wellness as a priority in the district organization structure.	
EW4: Includes dissemination of health education materials with school employees.	
EW5: Addresses coordination with health insurance providers to conduct health risk screening.	
EW6: Addresses creating an environment that supports employees' healthy lifestyles.	
EW7: Addresses social and emotional supports for school employees including the use of Employee Assistance Programs or other programs.	
EW8: Includes use of employee input in design and evaluation of employee wellness programs.	
EW9: Addresses tobacco use by school employees.	
EW10: Addresses promotion of a positive workplace climate.	
EW11: Addresses space and break time for lactation/breast feeding.	
EW12: Addresses methods to communicate information about and encourage participation in available wellness programs.	

Subtotals for Employee Wellness (EW) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter EW Comprehensive Score	Enter EW Strength Score



Domain: Behavioral Supports

Item	Rating
BS1: Addresses methods and procedures to identify students with social, emotional, and/or behavioral (SEB) needs.	
BS2: Identifies an internal (within school) referral systems for SEB needs.	
BS3: Addresses presence of credentialed behavioral health service providers in district schools.	
BS4: Addresses use of evidence-based prevention and intervention strategies to meet a continuum of SEB needs.	
BS5: Defines a data-driven process for monitoring response to supports for students with SEB needs.	
BS6: Addresses community-based service coordination and communication with providers to meet student SEB needs.	
BS7: Addresses engagement of and communication with families to address SEB needs.	

Subtotals for Behavioral Supports (BS) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter BS Comprehensive Score	Enter BS Strength Score



Domain: Community Involvement

Item	Rating
CI1: Addresses community representation on district wellness committee.	
CI2: Addresses community members participation in the development, implementation, and periodic review and update of the local wellness policy.	
CI3: Specifies community-based opportunities for student service learning.	

Subtotals for Community Involvement (CI) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter CI Comprehensive Score	Enter CI Strength Score



Domain: Family Engagement

Item	Rating
FE1: Addresses family representation on district wellness committee.	
FE2: Addresses family participation in the development, implementation, and periodic review and update of the local wellness policy.	
FE3: Addresses providing opportunities for ongoing, sustained family engagement throughout the school year.	
FE4: Addresses regular two-way communication with families.	
FE5: Addresses alignment of family engagement activities with the needs of the community.	
FE6: Addresses alignment of family engagement programs and district wellness objectives.	
FE7: Addresses use of contextually-aligned practices to connect with families.	
FE8: Addresses sharing wellness-related information with families.	
FE9: Recommends that school-based volunteer opportunities be provided for families.	

Subtotals for Family Engagement (FE) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter FE Comprehensive Score	Enter FE Strength Score



Domain: Health Services

Item	Rating
HS1: Addresses presence of qualified health service providers in district schools.	
HS2: Addresses community-based service coordination and communication with providers to meet student health needs.	
HS3: Addresses alignment of health services with the health needs of students in the community.	
HS4: Addresses engagement of and communication with families to address individual student health needs.	
HS5: Specifies opportunities for dissemination of health information resources to students and families (e.g., pamphlets, flyers, posters).	
HS6: Addresses student physical health screenings (e.g., vision, hearing).	
HS7: Addresses assessment and planning for chronic disease management to meet individual student needs (e.g., asthma, diabetes, etc).	
HS8: Addresses management of allergies in the school environment.	
HS9: Addresses provision of acute and emergency care.	
HS10: Specifies a health services plan for response to student sexual risk behavior (e.g. HIV/STD, pregnancy).	
HS11: Specifies a health services plan for response to student substance use (e.g., tobacco, alcohol, illicit substances).	

Subtotals for Health Services (HS) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter HS Comprehensive Score	Enter HS Strength Score



Domain: Safe Environment

Item	Rating
SE1: Identifies regular cleaning and maintenance practices for district buildings.	
SE2: Addresses prevention and safe removal (if applicable) of mold and moisture in district buildings.	
SE3: Addresses minimization of student and staff exposure to toxins.	
SE4: Specifies a system for monitoring and addressing air quality and ventilation for district buildings and grounds.	
SE5: Specifies system for monitoring and addressing water quality in district buildings.	
SE6: Specifies an integrated pest management plan.	
SE7: Addresses district buildings' physical condition such as lighting, noise, and temperature during normal operating hours and construction.	
SE8: Addresses student and employee involvement in maintaining the school physical environment (e.g., graffiti, littering, recycling).	
SE9: Addresses maintenance of facilities and compliance to safety standards.	
SE10: Specifies physical safety measures and procedures in district buildings and grounds.	
SE11: Addresses the establishment of an ongoing school safety team.	
SE12: Specifies a crisis preparedness and response plan.	
SE13: Addresses training for school resource officers in district buildings (if applicable).	

Subtotals for Safe Environment (SE) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter SE Comprehensive Score	Enter SE Strength Score



Domain: Social and Emotional Climate

Item	Rating
SEC1: Addresses participation in school climate surveys.	
SEC2: Addresses sharing aggregate results of school climate surveys with key groups.	
SEC3: Addresses promoting positive relationships between students and employees.	
SEC4: Identifies school-wide approaches to address harassment, bullying, and/or cyberbullying.	
SEC5: Addresses promotion of student connection to the school community.	
SEC6: Addresses reviewing and responding to school climate data.	
SEC7: Addresses use of positive behavior support practices.	
SEC8: Addresses minimization of exclusionary disciplinary practices (e.g., suspension and expulsion).	
SEC9: Addresses social emotional learning (SEL).	
SEC10: Connects social emotional learning standards (SEL) and academic standards.	

Subtotals for Social and Emotional Climate (SEC) Domain

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter SEC Comprehensive Score	Enter SEC Strength Score



Section: Integration and Coordination

Item	Rating
IC1: Addresses the establishment of an ongoing district wellness committee.	
IC2: Addresses the establishment of an ongoing school building level wellness committee.	
IC3: Specifies use of Centers for Disease Control and Prevention's WSCC model or other coordinated/comprehensive method to guide wellness activities.	
IC4: Addresses having district wellness committee members with expertise beyond the federal requirements to reflect WSCC domains.	
IC5: Addresses a plan to assess the impact of wellness policy on behavioral health and educational outcomes, including a person/group responsible for tracking outcomes.	
IC6: Addresses use of contextually-aligned practices in school wellness activities.	
IC7: Identifies funding support for wellness activities.	
IC8: Identifies professional learning opportunities for district employees to support wellness policy implementation.	

Subtotals for Integration and Coordination (IC) Section

Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.

Enter IC Comprehensive Score	Enter IC Strength Score