

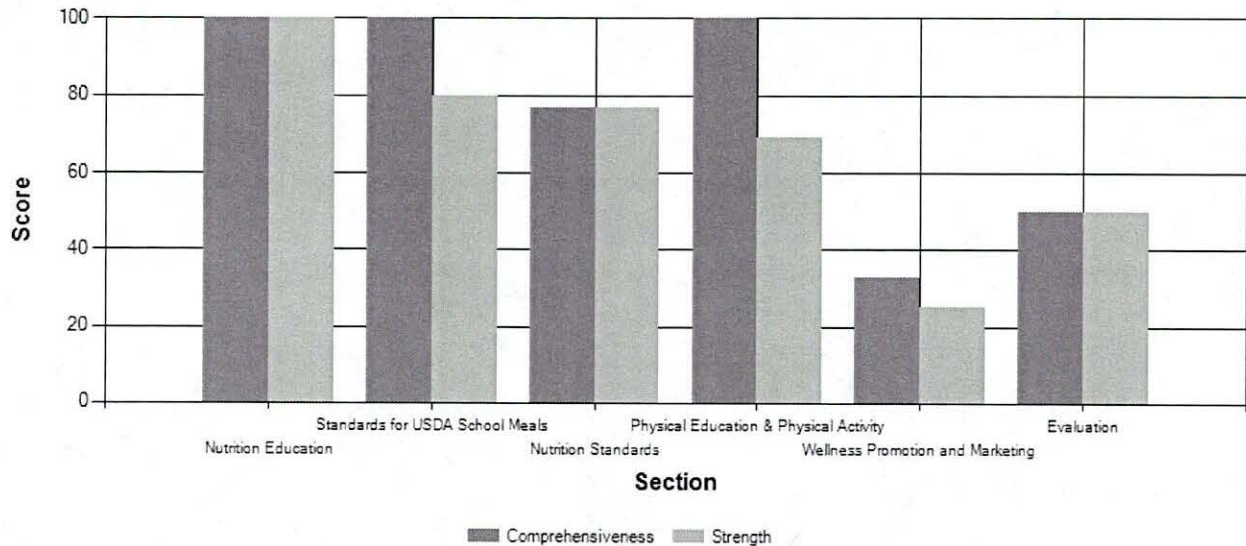
Your District's Scorecard

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: tumwater school dist



Section 1. Nutrition Education






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.	2
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
	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 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
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
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.	1
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (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 10 (the number of items in this section). Multiply by 100.	80

[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.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
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.	0
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.	0
NS12	Addresses food not being used as a reward.	2
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."	77
	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.	77

[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.	1
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	1
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.	1
PEPA13	Addresses recess for all elementary school students.	2

PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (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 16 (the number of items in this section). Multiply by 100.	69

[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.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
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).	0
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
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).	0
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).	0
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).	0
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."	33
	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.	25

[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.	0
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.	0
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	0
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."	50
	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.	50

[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 77
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 67



Federal Requirement



Farm to School



CSPAP

Thank you for completing the WellSAT!

[Print-friendly version](#)
[Export data from the current wellness policy assessment \(version 3.0 and WellSAT-I\)](#)

Export data from all my prior wellness policy assessments (version 3.0 and WellSAT-I)

Export data from all my prior wellness policy assessments (version 2.0)

Email scores to my registered email address

Email scores to:

Send

[Rate Another Wellness Policy](#)

[Log Out](#)

[Resources](#) [Contact Us](#) [Contributors](#) [About the Rudd Center](#)
Copyright © 2021 University of Connecticut

design by cavich creative llc

Tumwater School District Procedures

WELLNESS, PHYSICAL ACTIVITY AND NUTRITION

The purpose of this procedure is to create a school environment that promotes healthy food choices and regular physical activity. To this end, these procedures establish guidelines that will provide students with nutritious food choices and opportunities for regular physical activity. These procedures will be fully implemented by September 1, 2006.

1. School Health Council

The District will create a Health Council comprised of individuals representing the school and community. The council will include parents, students, representatives of the school food services, members of the school board, school administrators, teachers, health professionals and members of the public.

The Health Council will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity procedures. This council will also serve as a resource to school sites for implementing those procedures. The Health Council will distribute health, nutrition, and fitness materials to staff, students, and parents.

2. Nutritional Quality of Foods and Beverages Sold and Served through Food Services

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- A. Be appealing and attractive to children;
- B. Be served in clean and pleasant settings;
- C. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- D. Offer a variety of fruits and vegetables;
- E. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- F. Ensure that half of the served grains are whole grain.

Food Service will engage students through taste-tests of new entrees in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, Food Service will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- A. Schools will, to the extent possible, operate the School Breakfast Program;

Students

- B. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess;
- C. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
- D. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

The TSD will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, our Food Service Program may utilize electronic identification and payment systems, provide meals to all children regardless of income, promote the availability of school meals to all students, and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Food Service Programs

Summer food service programs, such as that which was provided by the City of Tumwater and Tumwater School District as co-sponsors, are encouraged.

Meal Times and Scheduling

All Tumwater School District schools:

- A. Will strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- B. Should schedule meal periods at appropriate times (e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m.);
- C. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- D. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- E. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools.

Sharing of Foods and Beverages

Students are discouraged from sharing foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

3. Foods and Beverages Sold Individually: Cafeteria Snack Lines, Vending Machines and Student Stores***Elementary Schools***

The Food Service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in

elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle Schools and High Schools

In Tumwater School District's middle and high schools, all foods and beverages sold individually in the cafeteria a la carte (snack) lines, vending machines, and in student stores will meet the following nutritional standards:

Beverages – Type and Size Allowed

- A. 100% fruit juice plain or carbonated, with or without added water, but no added sweeteners, 12 oz maximum
- B. Water, no portion size limit
- C. Low fat unflavored milk 12 oz maximum
- D. Non-fat flavored milk, 12 oz maximum
- E. Flavored water artificially sweetened, are not permitted
- F. No calorie beverages flavored, and or carbonated are not permitted
- G. Sport drinks are not permitted.

High School Beverages

- A. Plain or carbonated water, no portion
- B. Low fat milk unflavored 12 oz maximum
- C. Non fat milk flavored or unflavored 12 oz maximum
- D. 100% fruit juice plain or carbonated, with or without added water, but no added sweeteners, 12 oz maximum
- E. No-calorie beverages, flavored and or carbonated are not permitted
- F. Sport drinks 40 calories or less max size 12 oz.

Beverages will be dispensed in re-sealable plastic bottles whenever possible.

Foods

A food item sold individually:

- A. Will have 200 calories or less
- B. Will have no more than 35% of its calories from fat
- C. Will have no more that 10% of its calories from saturated fat
- D. Will contain no trans fat
- E. Will contain no more than 35% of sugar by weight
- F. Will contain no more than 230 mg of sodium

Please use the smart snack calculator found at this link to help in determining if a snack meets the guidelines.

https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Deviation from Nutrition Standards

Annual, school-wide events

Food and beverages sold at school-wide events such as field day and campus day will meet nutritional standards unless an exception to the nutrition standards has been granted by the principal.

After-school and weekend events

The nutrition standards do not apply to food and beverages provided at after-school functions such as art, drama, music and athletic events.

Fundraising Activities during School by ASB or Various Student Groups

When a fundraising event involves food that will be consumed on campus, the food must meet the nutrition standards. The nutrition standards do not have to be met:

- A. When a fund-raiser has food as minimal and secondary part of the event; or
- B. When the food being sold is not intended for consumption on the school site.

All groups will be encouraged to examine foods and beverages served and sold in order to continue to improve the quality and nutritional content being provided.

Snacks

Snacks served during the school day or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Food Services and/or the Health Council will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- A. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Classroom

Foods used in classes can be an important part of the learning environment. Special events in classrooms and assemblies may deviate from the nutrition guidelines as long as they are infrequent and approved by the Principal and/or the Activities Director. Foods produced as a part of a student learning experience will be exempt from the nutrition requirements in this procedure, but healthy foods are always recommended.

Rewards

Food is discouraged from being used as a classroom reward or incentive. If used as an incentive, however, foods or beverages must meet the nutrition standards for foods and beverages sold individually (above). If incentives are included in a student's IEP, food may be used if all other options have been exhausted. Food and beverages will not be withheld (including food served through school meals) as a punishment.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Food Services and the Health Council will send home nutrition and fitness information, post nutrition tips on the TSD website, and provide nutrient analyses of school menus. Parents will be encouraged to pack healthy lunches and snacks. The Health Council will provide parents with information about foods that meet the district's standards and ideas for improving health and fitness.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

Staff Wellness

Tumwater School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school is encouraged to have a representative on the district Health Council to share input on healthy eating, physical activity, and other elements of a healthy lifestyle from school staff.

5. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will meet the physical education requirements of WAC 180-50-135. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., period of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Middle schools and high schools will offer interscholastic sports programs and extracurricular physical activity, such as clubs or intramural programs. The range of activities will consider the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs within elementary schools will provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

When appropriate, the district will work together with local public works, public safety, and/or police departments to make it safer and easier for students to walk and bike to school. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

The school district encourages the use of school space for physical activity by students, staff, and community members (see the Facility Use Application form).

6. Monitoring and Policy Review***Monitoring***

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with these procedures. The principal will report on the schools compliance to the school district superintendent and the Health Council.

The Food Services Supervisor at the district level will ensure compliance with nutrition policies within school food service areas and will report on this matter to the building principal and/or superintendent as appropriate.

The Health Council shall develop an annual report for the superintendent who will provide a compliance report on health, fitness and nutrition to the school board.

Celebrations

When food and/or beverages are offered to students in school or at classroom functions, healthy food options are preferred and should be available. It is also preferred that classroom parties and celebrations be held after the classroom lunch period to help ensure students eat a nutritious lunch.

4. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Tumwater School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- A. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- B. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- C. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- D. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- E. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- F. Links with school meal programs, other school foods, and nutrition-related community services;
- G. Teaches media literacy with an emphasis on food marketing; and
- H. Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- 2. Opportunities for physical activity will be incorporated into other subject lessons; and
- 3. Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.