



## WELLSAT 3.0 SCORECARD RECOMMENDATIONS

### Santa Cruz Catholic School

Date / 4/22/2024



Denotes a federal Local Wellness Policy requirement.

Congratulations on completing the AZ Health Zone's WellSAT review of your wellness policy! *This review compared your policy against a "model" wellness policy and found it to be accomplished.* These recommendations are organized by topic and suggest ways to make your policy align even more with practices known to improve student wellness. Because every school is unique, we hope that you can choose from these suggestions in a way that works for your community.

This section is already very comprehensive! Consider adding *any education provided*

#### Nutrition Education

*around the local food system* (ex. gardening education). Note: Your AZ Health Zone partner can provide assistance in this area.

#### Standards for USDA Child Nutrition Programs & School Meals

If the school is community eligible, consider adding that language to the policy. If not, can you include *how the school protects the privacy of students who qualify for free-and-reduced-price lunch (FRPL)*, *how unpaid meal balances are handled without stigmatizing students*, and/or *how families are provided information about FRPL?*

The school *already avoids competitive foods during the school day*, so items NS1-8 were

#### Nutrition Standards for Competitive and Other Foods & Beverages

not applicable! Consider adding Smart Snacks Standards for all foods and beverages *offered (served or sold) before and/or after school.*

This is another very comprehensive section!

#### Physical Education (PE) & Physical Activity

Where feasible, the school may wish to add language about:

- *Using a written, standards-based PE curriculum.*
- *Family engagement opportunities* in physical activities with students (ex., field days).
- The *amount of time provided for daily recess* for elementary students.

#### Wellness Promotion & Marketing

- To remain compliant with federal and state standards, the school may wish to add that *any food and beverage marketing on the school campus must meet the USDA's Smart Snacks guidelines, including on school property, in educational materials, where food is purchased, in school media, and/or in fundraisers.*



The District may also wish to consider *adding strategies to support employee wellness.*

## Implementation, Evaluation & Communication

This section already meets nearly all of federal and state requirements for Local Wellness Policies. Note that policy reviews around compliance and implementation can be done triennially. To complete adherence with federal and state requirements, the policy can include that triennial policy reviews:



Are *made available to the public (along with how this is done)*, and also include a *comparison of the school's policy against a model policy* (this WellSAT meets that requirement!).