



WELLSAT 3.0 SCORECARD RECOMMENDATIONS

Riverside Elementary School District

Date | 1/23/2023



Denotes a federal Local Wellness Policy requirement.

Congratulations on completing the AZ Health Zone's WellSAT review of your district's 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 district is unique, we hope that you can choose from these suggestions in a way that works for your community.

Nutrition Education

Is it feasible to add that *sequential, comprehensive nutrition education is provided to all grades, K-8, or to all students in a specific grade level (ex. elementary)?*

The district may also wish to describe any nutrition education provided *around the local food system* (ex. gardening).

Standards for USDA Child Nutrition Programs & School Meals

Consider adding:

- Steps taken to protect the privacy of students who qualify for free or reduced priced lunch (FRPL).* For example, "All Riverside schools use [method such as pin numbers] on service lines that do not overtly distinguish FRPL from non-FRPL participants."
- *How families are provided FRPL information, and/or how unpaid meal balances are handled without stigmatizing students.*
- *Any local food procurement within the Riverside District, or by specific schools within the district.*
- Any *annual training provided for cafeteria staff* consistent with the USDA standards.

Nutrition Standards for Competitive and Other Foods & Beverages

Adding *this web link for the USDA Smart Snack Guidelines* can increase transparency to families and staff. The district may also wish to limit fundraiser exemptions.

Physical Education (PE) & Physical Activity


Where feasible, the district may wish to add language to:

- Specify *certification and training requirements for PE teachers*.
- *Limit PE exemptions* (unless health/medical or religious).
- *Promote physical activity breaks* (“brain” breaks) during school.
- Include *time provided for daily recess*, (ex. 20 minutes).
- Include *joint use agreements* in which the community can use physical activity facilities (ex. a playground) after school hours.

Wellness Promotion & Marketing

Does the district offer staff wellness programs? Including them in the policy can show the school community how you support adults as well as students.

The district may wish to consider using *physical activity rewards* (ex. extra recess).

 The policy can better meet federal guidelines if it specifies that food and beverage marketing *must meet Smart Snack guidelines*, including on school property, in educational materials, where food is purchased, in school media, and/or in fundraisers.

Implementation, Evaluation & Communication

To enhance adherence with federal and state requirements, the district may wish to:

 *Make the written policy available to the public* (ex. on the district website).

 State that the policy will be updated *based on results from the triennial assessment*.

Depending on the district’s size, consider establishing school-level wellness committees to support policy implementation efforts and tailor these to each school.