



What's in a Wellness Policy? **Assessing Implementation Progress!**

Local Resources

<p>Triennial Assessment Template</p> <p>California Local School Wellness Policy Collaborative</p>	<p>https://www.healthyeating.org/products-and-activities/programs-services/professional-development-advising/california-local-school-wellness-policy-collaborative/triennial-assessment-template</p> <p>Developed in 2020 in collaboration with the California Department of Education, this template assists LEAs with conducting the required Triennial Assessment. LEAs are strongly encouraged, but not required, to use this template. To align closely with the Final Rule Requirements, the template includes four sections- one for each component of the triennial assessment.</p>
<p>Healthy Schools Program</p> <p>Alliance for a Healthier Generation</p>	<p>https://www.healthiergeneration.org/our-work/schools/thriving-schools-integrated-assessment</p> <p>The Thriving Schools Integrated Assessment helps schools and districts quickly and easily identify strengths and opportunities for improving policies and practices that promote student achievement and the well-being of children, teachers, and staff.</p>
<p>Action for Healthy Kids - Game On</p>	<p>http://www.actionforhealthykids.org/game-on/assess-a-track-progress</p> <p>A free, online assessment based on an abbreviated version of the School Health Index of the Centers for Disease Control and Prevention.</p>
<p>Well SAT 3.0</p> <p>University of Connecticut Rudd Center</p>	<p>https://www.wellsat.org/default.aspx</p> <p>A quantitative assessment tool to score and improve a district's Local School Wellness Policy. All WellSAT items reflect best practices, and some items are required components of a wellness policy.</p> <p><i>The Live Well Schools team has created WellSAT 3.0 reports for all San Diego County districts. Contact Deirdre.Kleske@sdcounty.ca.gov to request your district's report.</i></p>
<p>Well SAT-i</p> <p>University of Connecticut Rudd Center</p>	<p>https://www.wellsat.org/WellSAT-I.aspx</p> <p>The WellSAT-I is an interview-based tool that measures how fully a district is implementing wellness practices in its schools. It is designed to be used in conjunction with the written wellness policy scoring tool, WellSAT 3.0,</p>

More Resources

Live Well San Diego Tools for Schools

<https://www.livewellsd.org/i-want-to/learn-more/schools/live-well-schools/tools-for-schools-resources-page>

Updated 2025

How Does Your District's Wellness Policy Compare to Model Wellness Policies?

Model Policy: *Live Well San Diego Tools for Schools*

Policy Implementation and Assessment

Committee Role and Membership

The district will convene a representative district wellness committee (DWC) to establish goals and oversee school health and wellness policies and programs, including development, implementation, communication, and periodic review and update of this district-level wellness policy (heretofore referred to as "wellness policy").

The DWC membership will represent all school levels (elementary and secondary schools) and include, to the extent possible, members of the public and the school community including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public.

The Wellness Council shall meet at least every other month during the school year with meeting dates, times, and locations available on the district website.

Members will be recruited in a variety of ways including emails to the school community, promoting the committee in school newsletters and social media sites, posting information about the committee on the district's website, and including a link to the district website on each school website and in student/parent/guardian handbooks.

The DWC will update or modify the wellness policy based on the requirements and results of the triennial assessment, and as district priorities change, community needs change, wellness goals are met, new health science, information, and technology emerge, and new federal or state guidance or standards are issued.

Leadership

The superintendent or a designated district-level wellness lead I will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

District Wellness Lead name and title
Contact information (phone and/or email address)

In addition, the superintendent or designee will identify a school site wellness lead who is accountable for ensuring that school's compliance with the wellness policy.

Implementation

The superintendent or designee will identify a wellness lead at each school site who is accountable for ensuring that school's compliance with the wellness policy.

A School Site Wellness Council (SSWC) will be established at each school with membership open to school site employees, community partners, parents, and students (as appropriate) that can positively impact students' physical, mental, nutritional, and educational well-being. SSWCs will complete school-wide assessments and, based on results, will develop and implement action plans relative to their school health and wellness needs and report progress on a quarterly basis or when requested by the DWC. The SSWC's can also advise the District Wellness Committee on health-related issues, activities, policies, and programs.

Assessment Requirement

An assessment will be conducted every three years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The current, board-approved wellness policy
- Documentation of how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of the ability to participate

Reporting and Posting

The Superintendent or designee will report annually to the board on the progress toward meeting the goals of the wellness policy at the district and school site level. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy
- The name, position title, and contact information of the designated district wellness lead
- Results of the current triennial assessment and any other assessments

This wellness policy will be posted in the cafeteria and/or central eating area at each school location.

The wellness policy and most current assessment report will be included on the district web site.

A link to this information on the district website will be included on all school websites and student/parent/guardian handbooks.

Community Involvement, Outreach, and Communications

The district is committed to being responsive to community input which begins with awareness of the wellness policy. The district will actively communicate ways in which staff, parents/caregivers, and community partners can participate in the development, implementation, and periodic review and update of the wellness policy, as well as how to participate and support the policy.

The district will engage with students and youth leaders to include youth voice and feedback in policies that directly affect them.

The district will use communication channels such as email, district and school websites, newsletters, social media, student/parent/guardian handbooks, back-to-school packets, presentations, and other communication channels that the district and individual schools use to communicate other important school information to parents. The district will ensure that communications are culturally and linguistically appropriate to the community.