

**WELL SAT 3.0 Results**  
**What's Good, What Could be Better, and What's Missing from RCSD's Wellness Policy**

Category	Topic	Strengths (very strong)	Strength (could be better)	Not included
Nutrition environment	<b>Nutrition Standards (5405.3)</b>	<ul style="list-style-type: none"> <li>Addresses foods and beverages containing caffeine at the high school level.</li> </ul>	<ul style="list-style-type: none"> <li>Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.</li> <li>Addresses availability of free drinking water throughout the school day.</li> </ul>	<ul style="list-style-type: none"> <li>Needs to mention compliance with USDA nutrition standards for reimbursable school meals</li> <li>Needs to address access to the USDA School Breakfast Program</li> <li>Needs to specify strategies to increase participation in school meal programs</li> <li>Needs to specifics how families are provided with information about determining eligibility of free/reduced priced meals</li> <li>Needs to ensure annual training for food and nutrition staff in accordance with USDA professional standards</li> <li>Needs to address purchasing local foods for the school meals program</li> </ul>
	<b>Food and Beverages Sold outside of school meals programs (5405.4 &amp; Superintendent regs)</b>	<ul style="list-style-type: none"> <li>Regulates food and beverages sold in a la carte. (Superintendent Reg)</li> <li>Regulates food and beverages sold in vending machines. (Superintendent Reg)</li> <li>Regulates food and beverages sold in school stores. (Superintendent Reg)</li> </ul>	<ul style="list-style-type: none"> <li>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. Superintendent reg needs to be updated to reflect new USDA guidance</li> <li>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. Yes, but Superintendent regulation from 2012 allows the sale of prohibited items outside of school time to</li> </ul>	<ul style="list-style-type: none"> <li>USDA Smart Snack standards are not easily accessed in the policy or defined</li> </ul>

### RCSD Wellness Policy Analysis

			<p>students/adults. Needs to be amended to reflect new standards set by the USDA</p> <ul style="list-style-type: none"> <li>•</li> </ul>	
	<p style="text-align: center;"><b>Healthy Marketing Environment (5405.2, e &amp; Superintendent regs)</b></p>		<ul style="list-style-type: none"> <li>• Restricts marketing on school campus during school day to only those foods and beverages that meet Smart Snack standards (but language is weak and does not specifically reference “Smart Snacks” just dietary guidance on what’s allowable/what is not) (Superintendent regs)</li> </ul>	<ul style="list-style-type: none"> <li>• Does not specify marketing to promote healthy food and beverage choices</li> <li>• Does not address food marketing on school property and equipment (e.g. signs, scoreboards, ports equipment)</li> <li>• Does not address marketing on educational materials (e.g. curricula, textbooks, or other printed/electronic education materials)</li> <li>• Does not address 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)</li> <li>• Does not address marketing in school publications and media (e.g. ads in school publications, on school radio stations, in-school TV, computer screen savers, school sponsored internet sites, and announcements on PA system)</li> <li>• Does not address 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 e.g. Box Tops for Education)</li> </ul>
	<p style="text-align: center;"><b>Healthy celebrations and fundraising (5405.4 &amp; Superintendent regs)</b></p>	<ul style="list-style-type: none"> <li>• Provides exemptions for infrequent school-sponsored fundraisers.</li> </ul>	<ul style="list-style-type: none"> <li>• Addresses fundraising with food to be consumed during the school day.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not regulates food and beverages served at class parties and other school celebrations in elementary schools.</li> <li>• Does not address food not being used as a reward.</li> </ul>
	<p style="text-align: center;"><b>Nutrition Education (5405.6 (b))</b></p>		<ul style="list-style-type: none"> <li>• The health education has a mandatory nutrition education component. But this isn’t specified in the current policy.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not provide policy that shows nutrition education skills that are behavior focused, interactive and/or participatory</li> <li>• Does not share if nutrition education is integrated into other subjects beyond health education</li> <li>• Does not share how nutrition education addresses agriculture and food system</li> </ul>

## RCSD Wellness Policy Analysis

			<ul style="list-style-type: none"> <li>• Includes goals for nutrition education that are designed to promote student wellness</li> <li>• Shares that all elementary, middle school and high school students receive sequential and comprehensive nutrition education</li> <li>• Links nutrition education with the school food environment</li> </ul>	
--	--	--	---	--

Physical Activity & Education	Physical Activity (5405.5 B & C)	<ul style="list-style-type: none"> <li>• Does address physical activity not being withheld as a punishment tool</li> <li>• Addresses recess for all elementary school students.</li> </ul>	<ul style="list-style-type: none"> <li>• Addresses family and community engagement in physical activity opportunities at all schools.</li> <li>• Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not address using physical activity as a reward <b>(5405.5 B, 1)</b></li> <li>• Does not address physical activity not being used as a punishment (e.g. you misbehaved, do 20 pushups) <b>(5405.5 B, 1)</b></li> <li>• Does not address physical activity breaks (e.g. brain breaks) during the school day. <b>(5405.5 B, 1)</b></li> <li>• Does not address Joint or shared-use agreements for physical activity participation at all schools. <b>(5405.5 C)</b></li> <li>• Does not addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. <b>(5405.5 B, 3)</b></li> </ul>
	Education (5405.5 A)	<ul style="list-style-type: none"> <li>• The written physical education curriculum for each grade is aligned with national and/or state physical education standards.</li> </ul>	<ul style="list-style-type: none"> <li>• There is a written physical education curriculum for grades K-12</li> <li>• Physical education promotes a physically active lifestyle.</li> <li>• Addresses time per week of physical education instruction for all elementary, middle school, and high school students.</li> </ul>	<ul style="list-style-type: none"> <li>• The current policy does not address providing physical education training for physical education teachers.</li> <li>• The current policy does not address physical education exemption requirements for all students</li> <li>• The current policy does not address physical education substitution for all students</li> </ul>

## RCSD Wellness Policy Analysis

		<ul style="list-style-type: none"> <li>Addresses qualifications for physical education teachers for grades K-12.</li> <li></li> </ul>		
--	--	---	--	--

<b>Wellness Promotion</b>	<b>Staff behavior (5405.100 &amp; 5405.2, e)</b>	<ul style="list-style-type: none"> <li>Address strategies to support employee wellness</li> </ul>	<ul style="list-style-type: none"> <li>Encourages staff to model healthy eating and physical activity behaviors – but language is not strong and it is not mandatory “school building staff should be mindful of food marketing and logos”</li> </ul>	<ul style="list-style-type: none"> <li>Does not provide breastfeeding policy for staff</li> </ul>
---------------------------	--	---	---	---

<b>Implementation, Evaluation, and Oversight</b>	<b>Implementation (5405.110 &amp; 5405.1)</b>	<ul style="list-style-type: none"> <li>Establishes district wellness committee</li> <li>Addresses how all stakeholders will participate in development, implementation and review of LWP</li> </ul>		<ul style="list-style-type: none"> <li>Does not address establishing school building wellness committees</li> </ul>
	<b>Evaluation (5405.110)</b>		<ul style="list-style-type: none"> <li>Does address who is responsible for implementation of policy but language could be stronger</li> <li>Does address that district policy should be reviewed every three years, but language is not strong or clear. District is required to do this every three years – but needs to be evident within the policy.</li> <li>The district does look at policies through their policy committees every three years – but that’s not</li> </ul>	<ul style="list-style-type: none"> <li>Does not clarify a plan for updating the policy based on results of a 3-year evaluation of progress</li> </ul>

### RCSD Wellness Policy Analysis

			identified anywhere in this policy OR the Superintendent's regulations	
	<b>Family Leadership (5405.9)</b>	<ul style="list-style-type: none"> <li>District will have opportunities for training for parents/guardians in key areas of health and health education</li> <li>Establishes a Food Youth Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>District encourages communication to parents and guardians – but does not require it in the policy <b>(5405.9 c)</b></li> <li>District will encourage community partnerships to support health improvement – does not require <b>(5405.9 d)</b></li> </ul>	<ul style="list-style-type: none"> <li>Does not address making wellness policy available to public</li> <li>Does not share how district will make available to the public progress on goals made in local wellness policy</li> <li>Does not identify how stakeholders can participate in development, implementation and review of LWP</li> </ul>

**\*\*\*Not included in the WELL SAT Tool but Part of our District's Wellness Policy**

<b>Other items in Policy</b>	<b>Health and Safety</b>	<ul style="list-style-type: none"> <li>Says each school will ensure reasonable security procedures and protocols are in place to promote a safe environment</li> </ul>	<ul style="list-style-type: none"> <li>References District Values Policy for school climate, but should reference additional school climate efforts</li> <li>State students and staff make their best effort to support good hygiene habits (e.g. hand-washing). – but does not go beyond that.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Family Life / Sexual Health <span style="color: cyan;">**no full deep dive here**</span></b>			<ul style="list-style-type: none"> <li>Does not address breastfeeding for students</li> </ul>
	<b>Health Services</b>	<ul style="list-style-type: none"> <li>Designates a person responsible for program development service delivery, meeting of standards, and quality assurance</li> <li>Health service provided by qualified community partners and District/school staff</li> <li>Programs offered must meet health service mandates by NYSED</li> </ul>	<ul style="list-style-type: none"> <li>Partners with parents and community partners and others to advance services - but does not describe how</li> <li>Parents are informed of availability and variety of health services for their children – but does not share how</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>

### RCSD Wellness Policy Analysis

	<b>Counseling, Psychological and Social Services</b>	<ul style="list-style-type: none"><li>• Definition of student support services included to address social, emotional, and mental health needs of students”.</li></ul>	<ul style="list-style-type: none"><li>• Recognition each school has comprehensive support services by community partners and District/school staff but does not identify how families find out this information</li><li>• Recognition district will use early identification and intervention to ensure all children are prepared for success – but no mention of how</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>
--	--	---	---	---