Policy Assessment: Christ Lutheran School (3/2026)
District: Christ Lutheran School

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	**2**
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	**2**
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	**2**
FR4	Free drinking water is available during meals.	**2**
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	**2**
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	**2**
FR7	Regulates food and beverages sold in a la carte.	**NA**
FR8	Regulates food and beverages sold in vending machines.	**NA**
FR9	Regulates food and beverages sold in school stores.	**NA**
FR10	Addresses fundraising with food to be consumed during the school day.	**2**
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	**1**
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	**NA**
FR13	Addresses how all relevant groups will participate.	**2**

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	**2**
FR15	Addresses making the wellness policy available to the public.	**2**
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	**2**
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	**2**
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	**2**

Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	**NA**
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	**2**
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	**2**
NES4	Specifies strategies to increase participation in school meal programs.	**2**
NES5	Specifies marketing to promote healthy food and beverage choices.	**2**
NES6	Addresses the amount of "seat time" students have to eat school meals.	**2**
NES7	Addresses purchasing local foods for the school meals program.	**2**
NES8	USDA Smart Snack standards are easily accessed in the policy.	**2**
NES9	Exemptions for infrequent school-sponsored fundraisers.	**1**
NES10	Addresses foods and beverages containing caffeine at the high school level.	**NA**

NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**NA**
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**NA**
NES13	Addresses food not being used as a reward.	**2**
NES14	Addresses availability of free drinking water throughout the school day.	**2**

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	**2**
NE2	All elementary school students receive sequential and comprehensive nutrition education.	**2**
NE3	All middle school students receive sequential and comprehensive nutrition education.	**2**
NE4	All high school students receive sequential and comprehensive nutrition education.	**NA**
NE5	Nutrition education is integrated into other subjects beyond health education.	**2**
NE6	Links nutrition education with the food environment.	**2**
NE7	Nutrition education addresses agriculture and the food system.	**2**

Section 4. Physical Education and Physical Activity

PEPA1	There is a written physical education curriculum for grades K-12.	**1**
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	**2**

Policy Assessment: Christ Lutheran School (3/2026)
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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.	**NA**
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	**NA**
PEPA8	Addresses providing physical education training for physical education teachers.	**NA**
PEPA9	Addresses physical education exemption requirements for all students.	**1**
PEPA10	Addresses physical education substitution for all students.	**2**
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.	**2**
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.	**NA**
PEPA17	Addresses using physical activity as a reward.	**2**
PEPA18	Addresses physical activity not being used as a punishment.	**2**

Policy Assessment: Christ Lutheran School (3/2026)
District: Christ Lutheran School

PEPA19	Addresses physical activity not being withheld as a punishment.	**2**

Section 5. Employee Wellness

EW1	Addresses strategies to support employee wellness.	**2**
EW2	Encourages staff to model healthy eating and physical activity behaviors.	**2**

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	**1**
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	**1**

Overall District Policy Score

Total Comprehensiveness	**District Score 100**
Total Strength	**District Score 77**