

WellSAT 3.0–assessment of the Journey Charter School Local School Wellness Policy.

WellSAT Scoring Overview: WellSAT uses two primary scores for each domain:

Comprehensiveness: % of recommended items that are mentioned at least once

Strength: % of items that include ****specific, directive, and enforceable language****

Scores range from 0–100.

Policy Review Completed By: Gavin Keller (Food Service Director)

Date: 12/18/25

Overall WellSAT Scores

Area	 Comprehensiveness Strength 	
Nutrition Education	67	50
Standards for USDA Child Nutrition Programs	100	83
Nutrition Standards for Competitive Foods	100	100
Physical Education & Physical Activity	75	58
Wellness Promotion & Other Activities	83	58
Implementation, Evaluation & Communication	100	92

Overall Estimated WellSAT Scores

Comprehensiveness: 86%

Strength: 73%

Domain-by-Domain Analysis

1. Nutrition Education (NE)

Strengths

- * Nutrition education goals are clearly stated
- * Focus on lifelong healthy eating behaviors
- * Integration into curriculum is encouraged
- * Developmentally appropriate and culturally relevant language included

Gaps Affecting Strength

- * Does not specify **grade-level sequencing**
- * No minimum frequency or instructional time
- * Limited experiential learning language (e.g., cooking, gardens)

2. USDA Child Nutrition Programs (SM)

Strengths

- * Explicit participation in NSLP/SBP
- * Strong alignment with USDA meal pattern requirements
- * Accommodations for special dietary needs
- * Adequate time to eat included

Gaps Affecting Strength

- * Does not specify staff training frequency
- * Does not address student input in menu planning

3. Competitive Foods & Beverages (CF)

Strengths

- * Exact Smart Snacks compliance language
- * Applies campus-wide during the school day
- * Includes vending, à la carte, stores, fundraisers

4. Physical Education & Physical Activity (PEPA)

Strengths

- * Physical activity goals clearly stated
- * PE aligned with state standards
- * Recess and daily opportunities encouraged
- * Physical activity not used as punishment

Gaps Affecting Strength

- * No minimum PE minutes specified
- * Recess not explicitly protected from withholding
- * No requirement for moderate-to-vigorous activity levels

5. Wellness Promotion & Other School-Based Activities (OW)

Strengths

- * Mental and emotional wellness included
- * Safe and inclusive environments addressed
- * Staff wellness recognized

Gaps Affecting Strength

- * No specific programs or strategies required
- * Limited coordination with community health resources

6. Implementation, Evaluation & Communication (IE)

Strengths

- * Explicit stakeholder involvement language
- * Annual public notification requirement
- * Triennial assessment meets all USDA criteria
- * Recordkeeping requirements included

Summary of Strengths

- ✓ Fully USDA-compliant
- ✓ Excellent competitive foods language
- ✓ Strong accountability and assessment provisions
- ✓ Charter-appropriate governance language

Key Areas to Improve WellSAT Strength

1. Adding minimum PE minutes or frequency
2. Explicitly protecting recess from withholding
3. Requiring annual nutrition education exposure
4. Including student or family input in meal planning
5. Adding experiential nutrition learning (taste tests, gardens)

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