



WSSC Policy Blueprint

Session 5

Purpose: To evaluate your current policies' alignment with the WSSC model

Review

- Refer back to previous sections as needed

Do Together

- Activity 5: Completing the WellSAT WSSC



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As you wrap up Activity 4 - Identifying Existing Policies and Resources, you might consider:

REFLECT



1. Was it easy to locate your policies? Did you find policies that you had forgotten about or are unfamiliar with? Is this an opportunity to strengthen your knowledge of these policies?
2. Were you able to identify key personnel that you can consult with about these policies if needed?
3. Did you identify any potential resources that might help you to strengthen your policies' alignment with the WSCC model? Would these potential resources help you at the universal, targeted, or select level?



Activity 5 - Completing the WellSAT WSCC

Anticipated time needed to complete this activity: If divided up amongst colleagues with expertise in each WSCC domain, each person could be allocated 15-30 minutes of work (depending on the number of WSCC domains they address). If completed individually, 2 hours, which can be broken up over multiple blocks of time.

Next, you will complete the WellSAT WSCC, a comprehensive school policy evaluation tool that can be used to evaluate existing alignment with the WSCC model. We often find that schools and districts are stronger in their practices than written policy; therefore, we do not want you to be discouraged if your results are less than ideal! The rationale for codifying our practices into policy documents is to establish expectations that when things change (e.g., change in leadership), other pieces (e.g., supporting the whole child) remain constant. Thus, it is important to undertake honest evaluation of your current policies; remember that evaluation is a means of identifying strengths and planning forward to document and strengthen practices that you are already doing.

The WellSAT 3.0, upon which the WellSAT WSCC 2.0 was developed, has supported districts in strengthening their School Wellness policies for the past 20 years. Research has found that the WellSAT 3.0 has led to improved wellness policies amongst users. We bring this momentum to the WellSAT WSCC 2.0, anticipating that it will assist users in strengthening attention to WSCC practices within policy.

The WellSAT WSCC is available in two ways: an online platform or a printable paper/pencil version, complete with a user manual, coding guide, and scoresheet. There is no cost for you to use the WellSAT WSCC 2.0.

To complete the WellSAT WSCC 2.0, you will need to reference the policies that you identified in Activity 4 – Identifying Existing Policies and Resources.

Case Study:

Mrs. Washington’s Dive into Policy Using the WellSAT WSCC

Completing the WellSAT WSCC was eye opening for Mrs. Washington! She had not considered some of the items before nor had she previously analyzed the wording of her school’s policies so closely. Most importantly, she realized that some of the school’s well-established practices are not codified anywhere in their policies, and that they have room for improvement in several of the domains.

Mrs. Washington’s head is swirling a bit, and she’s relieved to know that there are structured activities in the next section to help her process the WellSAT WSCC results and evaluate potential directions for her school’s next steps.

Mrs. Washington jots down a few notes for herself: can improve *Social and Emotional Climate*; restorative practices?; new nurse – dissemination to families; equity