



WELLSAT WSCC: COMPREHENSIVE TOOLS FOR ASSESSING WHOLE CHILD POLICIES AND PRACTICES

A CSCH Brief by Helene M. Marcy, Jessica B. Koslouski, Sandra M. Chafouleas, and Marlene B. Schwartz

What are the WellSAT WSCC Tools?

The **WellSAT WSCC Policy** and **WellSAT WSCC in Practice** are assessment tools aligned with the Whole School, Whole Community, Whole Child (WSCC) model and developed jointly by the UConn Collaboratory on School and Child Health (CSCH) and the UConn Rudd Center for Food Policy & Obesity.

WellSAT WSCC Policy is an assessment tool to help districts identify strengths and areas for improvement in their policies in relation to the WSCC Model. The WellSAT WSCC in Practice measures the extent to which practices are in place that match each of the WellSAT WSCC Policy items. The tools enable districts to identify areas of strength, areas in need of improvement, and opportunities for increased integration across domains.

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How are these WellSAT WSCC Tools Different from the WellSAT?

The WellSAT WSCC tools are an expansion of the WellSAT (Wellness School Assessment Tool). The original WellSAT was developed in response to a federal law requiring all local education agencies participating in federal child nutrition programs to have a written School Wellness Policy in place by 2006. The WellSAT was designed to primarily focus on nutrition and physical activity since these were the topics covered by the federal regulations. Over the years, the WellSAT has been used by researchers, state government agencies, non-profit agencies, and individual school districts to quantitatively score policies and practices. It has also been revised multiple times in response to regulation changes and research findings. Most recently, it was updated in 2025 to support districts in completing the Triennial Assessment requirement.

The WellSAT WSCC has the same structure as the WellSAT and adds six new subscales in order to capture the entire WSCC model. All the current WellSAT items can be found within the WellSAT WSCC, but the tool offers assessment of many other dimensions of school health. The WellSAT WSCC Policy tool was first developed in 2019 and the WellSAT WSCC in Practice tool was developed in 2025. The updated versions of both tools are available [in pdf form](#) and will eventually be incorporated into the WellSAT website. To read more about the history of the tools and the difference between the WellSAT and WellSAT WSCC Tools, please visit the [WellSAT Suite website](#).

What types of things does the WellSAT WSCC assess?

Section or Domain	What is included
Behavioral Supports¹	Supports for the social, emotional, behavioral, and mental health of students
Community Involvement	Involvement of groups, organizations, and businesses within the community as important anchors to a school, creating partnerships, sharing resources, and volunteering to support student learning and health
Employee Wellness	Continuum of prevention to intervention strategies and personalized health programs that address the health and well-being of the staff
Family Engagement	Family-school partnerships that support the learning and health of students through shared responsibility in actively supporting successful development of students
Health Education	Planned learning experiences and opportunities to gain information and skills needed to make healthy decisions, achieve health literacy, and adopt healthy behaviors in self and others
Health Services	Preventive care and management of students' acute and chronic health conditions
Nutrition Environment and Services	Facilitation of healthy eating by providing nutritious food choices, education, and messages
Physical Activity	Facilitation of student physical health, including teaching of needed motor skills, knowledge, and behaviors, and providing students with opportunities to be physically active throughout the day
Safe Environment²	Physical condition of school buildings and land; protection of students from physical threats and injuries
Social and Emotional Climate	Promotion of a safe and supportive learning environment through attention to social and emotional development and psychosocial aspects of the learning experience

¹ In the WSCC model, this is called Counseling, Psychological, and Social Services.

² In the WSCC model, this is called Physical Environment.

How do I use the WellSAT WSCC tools?

1. **Decide who will be involved in the process.** People to consider include district and school level officials, members of school wellness committees, and school climate committee members. The tools are meant to be used by multidisciplinary teams rather than by individuals.
2. **Determine which domains to assess.** The [WellSAT WSCC Policy User Manual](#) has suggestions about the types of policies that users can evaluate under the description of each domain.
3. **Create a timeline and process.** The WellSAT WSCC Policy User Manual contains an action planning template to help with creating a timeline and process for completion.
4. **Score the policies.** The WellSAT WSCC Coding Guides state the requirements needed to obtain a specific score and the Scoresheets help track scores for each item.
5. **Reflect and Action Plan.** Using the results of the WellSAT WSCC tools, identify areas of strength in your school and districts as well as areas for improvement. Identify top priorities and create an action plan for updating policy language and associated practices.

Additional Resources

[WSCC Evidence-Based Practice Briefs](#)

Describe the relevant WSCC Model domain and outline evidence-informed practices that are categorized by the resource demand (i.e., low, medium, or high)

[On-Demand Whole School, Whole Community, Whole Child model Webinars](#)

Provide an overview of each WSCC domain and outline model practices

[WSCC Blueprints](#)

Guide action planning around Whole Child policies and practices

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