

Wiseburn Unified School District

Triennial Assessment

Completed May 21, 2021

In accordance with the [2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

Wiseburn Unified School District used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: Comparison to a model School Wellness Policy

- See completed WellSAT 3.0 Scorecard (attached).

PART 2: Local measurement of compliance with School Wellness Policy

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard and analyzed using the WellSAT Worksheet 3 (attached).

PART 3: Description of the district's progress toward achieving goals described in the policy

- See completed WellSAT Worksheet 4 (attached).

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP



Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	N/A
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment. Vaguely mentions school gardens.	1
NE8	Nutrition education addresses agriculture and the food system. Vaguely mentions school gardens.	1
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	71



Section 2: Standards for USDA Child Nutrition Programs and School Meals

		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals. Make it stronger: Add a link to, or list, USDA nutritional standards.	1
SM2	Addresses access to the USDA School Breakfast Program. Only mentions NSLP and summer meals.	0
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	0
SM6	Specifies strategies to increase participation in school meal programs.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	Addresses purchasing local foods for the school meals program.	0
<i>Subtotal for Section 2</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	30
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	10

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**



Rating

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
NS3	Regulates food and beverages sold in a la carte.	1
NS4	Regulates food and beverages sold in vending machines.	1
NS5	Regulates food and beverages sold in school stores.	1
NS6	Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers.	1
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
NS9	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
NS10	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.	0
NS11	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.	0
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	0
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	66
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	16

**Section 4: Physical Education Physical Activity**



Rating

PEPA1	There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	0
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	0

 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	1
 PEPA14	Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
<i>Subtotal for Section 4</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	46
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	0



Section 5: Wellness Promotion and Marketing







		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
 WPM2	Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	1
WPM10	Specifically addresses 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, etc.).	1
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	1
WPM12	Specifically addresses 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).	1
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	75
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	8



Section 6: Implementation, Evaluation, and Communication

Unclear whether or not the committee is actively meeting.

Rating

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	1
 IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy. <i>Make it stronger: State a plan to actively recruit specific stakeholders.</i>	1
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy. <i>Not clearly defined who is responsible for compliance.</i>	1
 IEC4	Addresses making the wellness policy available to the public.	1
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	37



UConn
RUDD CENTER
FOR FOOD POLICY & OBESITY

**INSTITUTE FOR
HEALTH RESEARCH
AND POLICY**



WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- ▶ Describe the items that received a written policy score of 2 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
-------------	------------------

Section 1. Nutrition Education

NE2	Nutrition goals are behavior-focused
NE3	All elementary students receive sequential, comprehensive NE
NE4	All MS students receive sequential, comprehensive NE
NE6	NE is integrated into subjects outside of health education

Section 2: Standards for USDA Child Nutrition Programs and School Meals

SM8*	Ensures annual training for FNS staff, in accordance with USDA guidelines
------	---

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

NS1*	USDA nutrition standards for all competitive foods and beverages sold to students during the school day
------	---

Section 4: Physical Education and Physical Activity

Section 5: Wellness Promotion and Marketing

WPM1	Staff are encouraged to model healthy behaviors
------	---

Section 6: Implementation, Evaluation & Communication

SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The Connecticut State Department of Education (CSDE) recommends working with key stakeholders and developing a plan to fully implement the policy as written.

- ▶ Enter the items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
-------------	------------------

Section 1: Nutrition Education

NE1*	Goals for nutrition education
------	-------------------------------

Section 2: Standards for USDA Child Nutrition Programs and School Meals

SM1*	USDA nutrition standards for reimbursable meals
------	---

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

NS9*	Foods and beverages served in elementary classrooms
------	---

NS12	Food not used as a reward
------	---------------------------

Section 4: Physical Education and Physical Activity

PEPA8	Training for PE Teachers
-------	--------------------------

PEPA14	Physical activity breaks during the day
--------	---

PEPA16	Safe Routes to School
--------	-----------------------

Section 5: Wellness Promotion and Marketing

WPM2	Strategies to support employee wellness
------	---

Section 6: Implementation, Evaluation & Communication

IEC1	Ongoing district wellness committee
------	-------------------------------------

IEC2*	All stakeholders are invited to attend wellness meetings
-------	--

IEC3*	Official responsible for implementation/compliance with LSWP
IEC4*	Wellness policy is made available to the public
IEC5*	LSWP is assessed, at minimum, every 3 years
IEC6*	Triennial Assessment results will be made available to the public
IEC7	Plan for making updates based on results of Triennial Assessment
IEC8	Active school-level wellness committee

SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- ▶ Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
-------------	------------------

Section 1. Nutrition Education

NE7	LSWP links nutrition education with the school food environment
NE8	NE addresses agriculture and the food system

Section 2: Standards for USDA Child Nutrition Programs and School Meals

SM2	USDA School Breakfast Program
SM3*	District takes steps to protect the privacy of F/R students
SM4	Addresses feeding children with unpaid balances w/out stigmatizing them
SM5	Specifies how families are provided info about F/R meal applications

SM7 Addresses the amount of “seat time” students have to eat meals

SM9* Addresses purchasing local food for school meal programs

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

NS2 USDA Smart Snack guidelines are easily accessible via the LSWP

NS3* Food and beverages sold a la carte

NS4* Food and beverages sold in vending machines

NS5* Food and beverages sold in school stores

NS6* Addresses fundraising with food during the school day

NS7 Exceptions for infrequent school-sponsored fundraisers

NS10 Nutrition standards for foods and beverages served after the school day

NS11 Nutrition standards for foods and beverages sold after the school day

NS13 Free drinking water during the school day

Section 4: Physical Education and Physical Activity

PEPA1 Written PE curriculum for grades K-12

PEPA2 Written PE curriculum

PEPA3 PE promotes a physically active lifestyle

PEPA9 PE exemption requirements

PEPA10 PE substitution requirements

PEPA12 Before and after school activity

PEPA13 Recess for elementary students

PEPA15 Joint or shared-use agreements for physical activity participation

Section 5: Wellness Promotion and Marketing

WPM4 Physical activity not used as punishment

WPM6 Specific marketing to promote healthy food and beverages

WPM7* Restricts marketing of non-nutritious foods and beverages

WPM8 - 11 Marketing on school property

WPM12 Marketing through school fundraisers

Section 6: Implementation, Evaluation & Communication

SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- ▶ Enter the items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
-------------	------------------

Section 1. Nutrition Education

Section 2: Standards for USDA Child Nutrition Programs and School Meals

SM1* USDA nutrition standards for reimbursable meals

SM6 Specifies strategies for how to increase student participation

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

NS9* Foods and beverages served in elementary classrooms

Section 4: Physical Education and Physical Activity

PEPA4 - 5 Time per week of PE (minutes), by grade level

PEPA7 Qualifications for PE Teachers

PEPA8 Training for PE Teachers

PEPA11 Community engagement in physical activity opportunities

PEPA14 Physical activity breaks during the day

PEPA16 Safe Routes to School

Section 5: Wellness Promotion and Marketing

- WPM2** Strategies to support employee wellness
- WPM3** Physical activity as a reward
- WPM5** Physical activity not being withheld as punishment

Section 6: Implementation, Evaluation & Communication

- IEC1** Ongoing district wellness committee
- IEC2*** All stakeholders are invited to attend wellness meetings
- IEC3*** Official responsible for implementation/compliance with LSWP
- IEC4*** Wellness policy is made available to the public
- IEC8** Active school-level wellness committee

WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

If applicable, write a narrative below to describe your district's areas of success in meeting its wellness goals.

The District has successfully detailed and implemented wellness practices related to nutrition education, school meals, standards for competitive foods and beverages, and staff wellness, in accordance with USDA regulations.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

Due to COVID-19, some of the practices outlined in the Local School Wellness Policy have not been able to be implemented to the fullest extent. The District Wellness Committee will work on developing a plan to implement and reinstate all federal requirements in light of schools reopening and the end of the pandemic, including: goals for nutrition education, USDA nutrition standards for reimbursable meals, foods and beverages served in elementary

classrooms, and the implementation, evaluation, and communication of the school wellness policy.



SECTION 3: UPDATE POLICIES

If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

The District Wellness Committee will review all federally required policy updates and provide edits to be reviewed by the School Board during SY 21-22.



SECTION 4: OPPORTUNITIES FOR GROWTH

If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

The District Wellness Committee has reviewed the Opportunities for Growth and will prioritize updating all federally required elements of the Local School Wellness Policy in the immediate future. Based on the results of this Triennial Assessment, the Wellness Committee will develop an action plan for the next 3 years.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

