

Worksheet 3: Identify Connections between Policy and Practice

This document assists local educational agencies (LEAs) with meeting the U.S. Department of Agriculture’s (USDA) triennial assessment requirements for the local school wellness policy (LSWP). For information on the triennial assessment process, review [Guidance for School Wellness Policy Triennial Assessment](#). For additional worksheets, visit the “[Monitoring and Evaluation](#)” section of the CSDE’s School Wellness Policies webpage.



The USDA requires that LEAs must publicly share the results of their wellness policy triennial assessment (e.g., through the district’s website). Information shared with the public must include 1) how the language in the LEA’s wellness policy compares to the model wellness policy; and 2) areas where there is a strong or weak policy, but practice implementation is either absent or limited.

This worksheet includes four sections that assess the connections between the LEA’s wellness policy and practices. The table below summarizes which sections the LEA must post to meet the USDA’s LSWP requirement for public notification.

Assessing Connections between the LEA’s Wellness Policy and Practices		
Section	Page	Public Posting Required
1 – Strong Policies and Aligned Practices	2	Yes
2 – Create Practice Implementation Plan	3	Yes
3 – Update Policies	4	No *
4 – Opportunities for Growth	5	No *
* LEAs may choose to share this information or additional materials as desired.		

Instructions: Use the LEA’s **WellSAT 3.0 scorecard** to enter the applicable policy item numbers and descriptions for each of the four sections. Post the information for sections 1 and 2 on the district’s website and share through other communication channels.

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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
NE1 Fed Req	Includes goals for nutrition education that are designed to promote student wellness.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1 Fed Req	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM6	Specifies strategies to increase participation in school meal programs.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1 Fed Req	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
NS3 Fed Req	Regulates food and beverages sold in a la carte.
NS4 Fed Req	Regulates food and beverages sold in vending machines.
NS5 Fed Req	Regulates food and beverages sold in school stores.
NS6 Fed Req	Addresses fundraising with food to be consumed during the school day
NS9 Fed Req	Regulates food and beverages served at class parties and other school celebrations in elementary schools.
NS12	Addresses food not being used as a reward.
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
	Section 5: Wellness Promotion and Marketing
WPM7 Fed Req	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
WPM4	Addresses physical activity not being used as a punishment.
WPM5	Addresses physical activity not being withheld as a punishment.
	Section 6: Implementation, Evaluation & Communication
IEC3 Fed Req	Identifies the officials responsible for the implementation and compliance of the local wellness policy.

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IEC4 Fed Req	 Addresses making the wellness policy available to the public.
IEC5 Fed Req	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.
IEC6 Fed Req	 Triennial assessment results will be made available to the public.
IEC7 Fed Req	 Addresses a plan for updating policy based on results of the triennial assessment.

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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
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
PEPA12	✗ Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
	Section 5: Wellness Promotion and Marketing
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
WPM2	✗ Addresses strategies to support employee wellness.
WPM6	Specifies marketing to promote healthy food and beverage choices.
	Section 6: Implementation, Evaluation & Communication

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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	
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE3	All elementary school students receive sequential and comprehensive nutrition education.
NE4	All middle school students receive sequential and comprehensive nutrition education.
NE6	Nutrition education is integrated into other subjects beyond health education
NE7	Links nutrition education with the school food environment.
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
SM3 Fed Req	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM8 Fed Req	Free drinking water is available during meals.
SM9 Fed Req	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.
SM7	Addresses the amount of "seat time" students have to eat school meals.
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
NS2	USDA Smart Snack standards are easily accessed in the policy.
NS8	Addresses foods and beverages containing caffeine at the high school level.
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.
NS13	Addresses availability of free drinking water throughout the school day.
Section 4: Physical Education and Physical Activity	
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
PEPA3	Physical education promotes a physically active lifestyle.

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PEPA8	Addresses providing physical education training for physical education teachers.
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA13	Addresses recess for all elementary school students.
PEPA14	 Addresses physical activity breaks during school.
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
Section 5: Wellness Promotion and Marketing	
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
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).
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school- sponsored Internet sites, and announcements on the public announcement (PA) system).
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, such as Box Tops for Education).
Section 6: Implementation, Evaluation & Communication	

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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	
NE5	All high school students receive sequential and comprehensive nutrition education.
NE8	☛ Nutrition education addresses agriculture and the food system.
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
SM2	Addresses access to the USDA School Breakfast Program.
SM10	☛ Addresses purchasing local foods for the school meals program.
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
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.
Section 4: Physical Education and Physical Activity	
PEPA4	Addresses time per week of physical education instruction for all elementary school students.
PEPA5	Addresses time per week of physical education instruction for all middle school students.
PEPA6	Addresses time per week of physical education instruction for all high school students.
PEPA11	☛ Addresses family and community engagement in physical activity opportunities at all schools.
Section 5: Wellness Promotion and Marketing	
WPM3	Addresses using physical activity as a reward.
Section 6: Implementation, Evaluation & Communication	
IEC2 Fed Req	☛ 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.
IEC1	Addresses the establishment of an ongoing district wellness committee.
IEC8	Addresses the establishment of an ongoing school building level wellness committee.

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For information on the USDA's LSWP requirements, visit the Connecticut State Department of Education's (CSDE) [School Wellness Policies](#) website and the Rudd Center's [WELLSAT](#) website, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Triennial_Assessment_Worksheet3_Identifying_Connections_Policy_Practice.docx.



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