

Local School Wellness Policy Triennial Assessment

Worksheet 4: Summary of Findings

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



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 LEA’s progress toward meeting their wellness goals. Not all districts will have information to share in all four sections. Note: in Section 3 and Section 4, the LEA is only required to comment on federally required items, but may add information about other wellness topics if desired.

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.

Our district is in full compliance with all the federal requirements that regulate school meals and competitive foods. We have specific goals for nutrition education designed to promote student wellness. We also offer middle school students sequential and comprehensive nutrition education. All students have the opportunity for breakfast. All the competitive foods we offer, during or outside of school hours, meet the Smart Snacks nutrition guidelines. Our middle school students attend PE classes twice a week, and meet the required minutes of physical education. All PE classes are guided by national standards. Students in K-8 have recess each day, and teachers never use physical activity as a punishment. We use posters and other marketing tools to promote healthy food and beverage choices in our schools.

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Section 2 (Create Practice Implementation Plans). 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.

We identified, through our assessment, that as a farming community we should offer more farm to table options. One of the roadblocks was that we do not have the staff to prepare the produce that is available through local farms, and as our growing/harvesting season mainly occurs during summer break, we did not have a proper place to store foods. To rectify this issue, our food service director applied and received a grant to purchase a large flash freezer. He was able to secure funds for an additional worker. We will now be able to take local produce, prepare and freeze to serve to students throughout the year.

Additionally, we have found that we need to rewrite our K-8 PE curriculum so that there is alignment with standards. There is a core group of teachers who will be working on this during the summer and into the next school year.

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.

There are some areas we have identified that the Health and Wellness committee will need to address from a policy standpoint. The first is around nutrition education. Secondly, we do not have a policy around food as a reward or food-based celebrations. The Health and Wellness committee will discuss these areas.

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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.

Overall, our LSWP compared to the model policies as measured by the WellSAT 30.0. However, there are several best practices that we have not yet implemented in our practices and written policy. These include:
Increasing the amount of time high school and elementary students have to engage in PE classes. Also providing a more sequential and comprehensive nutritional education program at the elementary level. Lastly, we will need to assign individuals to ensure aspects of the wellness policy are being followed in individual schools. Our Health and Wellness committee will consider these issues next year and determine whether we have the resources and support to take on one of these goals.

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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/Worksheet_4_Summarizing_Findings.docx.



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