

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for WellSAT 3.0

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 “What’s Next” section of the CSDE’s School Wellness Policies webpage.

Please Note

- This document indicates the results of East Lyme Public School’s WellSAT 3.0 (Wellness School Assessment Tool). WellSAT 3.0 helps school districts score their Wellness Policies to identify areas of improvement. The ELPS Wellness Committee used the results of this assessment to propose a revised policy to the BOE Policy Subcommittee on June 28, 2022. The revised policy will go to the board for a first read on August 15, 2022.







Federal Requirement

Section 1: Nutrition Education (NE)			Score
	NE1	Includes goals for nutrition education that are designed to promote student wellness.	1
	NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
	NE3	All elementary school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have elementary schools).	1
	NE4	All middle school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have middle schools).	1
	NE5	All high school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have high schools).	1
	NE6	Nutrition education is integrated into other subjects beyond health education.	0
	NE7	Links nutrition education with the food environment.	2
	NE8	Nutrition education addresses agriculture and the food system.	0







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Section 2: Standards for USDA Child Nutrition Programs and School Meals (SM)			Score
	SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
	SM2	Addresses access to the USDA School Breakfast Program.	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 price 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.	0
	SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
	SM10	Addresses purchasing local foods for the school meals program.	0

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Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (NS)			Score
	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.	0
	NS2	USDA Smart Snack standards are easily accessed in the policy.	0
	NS3	Regulates food and beverages sold in a la carte.	0
	NS4	Regulates food and beverages sold in vending machines	0
	NS5	Regulates food and beverages sold in school stores.	n/a
	NS6	Addresses fundraising with food to be consumed during the school day.	0
	NS7	Exemptions for infrequent school-sponsored fundraisers. (Connecticut has adopted an exemption policy that allows for no school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks.)	0
	NS8	Addresses foods and beverages containing caffeine at the high school level.	0
	NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	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


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Section 4: Physical Education Physical Activity (PEPA)			Score
PEPA1	There is a written physical education curriculum for grades K-12.		1
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.		0
PEPA5	Addresses time per week of physical education instruction for all middle school students		0
PEPA6	Addresses time per week of physical education instruction for all high school students.		0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.		0
PEPA8	Addresses providing physical education training for physical education teachers.		0
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		1
PEPA14	Addresses physical activity breaks during school.		2
PEPA15	Addresses joint or shared-use agreements for physical activity participation at all schools.		2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.		n/a







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Section 5: Wellness Promotion and Marketing Section (WPM)			Score
	WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
	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.	0
	WPM8	Specifically addresses marketing on school property (e.g., signs, scoreboards, sports equipment).	0
	WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
	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.).	0
	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).	0
	WPM12	Specifically addresses marketing through fundraisers and corporate-sponsored 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).	0

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Section 6: Implementation, Evaluation, and Communication (IEC)			Score
	IEC1	Addresses the establishment of an ongoing district wellness committee.	2
	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.	2
	IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
	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.	0
	IEC7	Addresses a plan for updating policy based on results of the triennial assessment	0
	IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0

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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_1_Scorecard_WellSAT_3_0.docx.



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