

## 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.

Though our current Wellness Policy does not fully demonstrate the alignment between policy and practice being followed within Stamford Public Schools, we are in compliance with federal requirements that regulate school meals. We offer the National School Breakfast program daily, and the district has removed all vending machines as well as all snacks and beverages that do not meet the USDA’s Smart Snacks standards.

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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 our policy includes goals for nutritional education that are designed to promote student wellness, nutrition education that teaches skills that are behavior focused, interactive, and/or participatory, and the regulation of food and beverage sold in schools.

Once our wellness policy is updated, a wellness committee will formulate a plan to ensure that any amended elements are put into practice.

**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.

We identified through our assessment that there are fifteen areas where we are fully implementing wellness practices in our schools that are either not mentioned in our wellness policy or are only vaguely mentioned. Two of these items are federal requirements. To remedy this, we will work with our Policy Committee during the 2022-23 school year to update our wellness policy.

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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 identifies that there is a disconnect between policy and practice after being compared to WellSAT 3.0. Listed below are the area the district needs to updated in order to be compliant with the federal standard and ensure practice and policy are in alignment.

### **Create an Implementation Plan:**

Include goals for nutrition education that are designed to promote student wellness.  
Incorporate nutrition education that is behavior focused, interactive and/or participatory.  
Regulate food and beverages sold in school stores.

### **Update Policy:**

Ensure compliance with USDA nutritional standards for reimbursable school meals.  
Ensure steps are taken to protect the privacy of students who qualify for free/reduced priced meals.  
Ensure there is water available for free during all meals.  
Ensure annual training for food and nutrition services staff in accordance with USDA Professional Standards.  
Address compliance with USDA nutrition standards for all foods and beverages sold during the school day (must meet smart snack standards).  
Regulate food and beverages sold a la carte, in vending machines and school stores.  
Address fundraising with food to be consumed during the school day.  
Address nutritional standards for all foods and beverages served at class parties and other school celebrations in elementary school.  
Address physical education and physical activity across all grade levels.  
Incorporate verbiage for marketing only those foods and beverages that meet Smart Snacks standards.

### **Opportunities for Growth:**

Address how all relevant stakeholders (parents, students, representatives of the school food authority, teacher of physical education, school heal professionals, the school board, school administrators, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.  
Identify the officials responsible for the implementation and compliance of the local wellness policy.  
Ensure that the wellness policy is easily available to the public.

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Address the assessment of the district implementation of the local wellness policy at least once every three years.

Triennial assessment results will be available to the public and will include an implementation plan, items to be updated and opportunity for growth.

Address a plan for updating policy based on triennial assessment.

Our wellness committee will examine these areas during the 2022-23 school year.

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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](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Worksheet_4_Summarizing_Findings.docx).



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