

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 has an excellent program associated with recess, physical education, and movement breaks for students throughout the day. Our school meals program has fully implemented the HHFKA regulations by following guidelines.

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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.

There are 9 areas that need to be added to the wellness policy. All of these missing elements were addressed in the East Lyme Wellness Committee policy work groups. All of these missing areas in nutrition were being followed by the Food Service department; they were just not in the written policy. The BOE Policy Committee has added all of these areas and adopted them to the new 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.

There are 8 areas that need to be added to the wellness policy. All of these missing elements were addressed in the East Lyme Wellness Committee policy work groups. All of these missing areas in USDA Standards were being followed by the Food Service department and building Principals; they were just not in the written policy. The BOE Policy Committee has added all of these areas and adopted them to the new wellness policy. Food Service Director and Building Principals will continue to follow all USDA regulations involving Sale of Food Products, Fundraising, After School Programs, and Water Availability.

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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 policy scored fair for comprehensiveness and poor for strength when compared to model policies in the WellSAT 3.0 Assessment Tool.

After thorough assessment of the East Lyme Public School's Local School Wellness Policy, it has been identified there are 10 topics not addressed or in practice; or they are only addressed in a very limited way. Some of these items are federally mandated. We have addressed all of these areas in the rewrite of the policy and ensure compliance with the following state and federal guidelines:

- District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
- Free drinking water is available during meals.
- Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
- Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
- Regulates food and beverages sold in a la carte.
- Regulates food and beverages sold in vending machines.
- Addresses fundraising with food to be consumed during the school day.
- Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
- 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.
- Addresses a plan for updating policy based on results of the triennial assessment.

School Wellness Policy Triennial Assessment

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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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