

## Local School Wellness Policy Triennial Assessment

# 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 “What’s Next” 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.

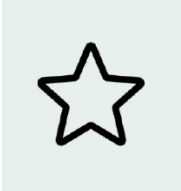
This worksheet includes four sections that assess the connections between the LEA’s wellness policy and practices. The table below summarizes which sections the LEA must post to meet the USDA’s LSWP requirement for public notification.

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 *
* Any federal requirements in these sections must be reported. Otherwise, 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 all federal requirements and 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
NE7	Links nutrition education with the school food environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	<i>Federal Requirement</i> Assures compliance with USDA nutrition standards for reimbursable school meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS12	Addresses food not being used as a reward.
	Section 4: Physical Education and Physical Activity
PEPA13	Addresses recess for all elementary school students.
PEPA14	<i>CSPAP</i> Addresses physical activity breaks during school.
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication
IEC2	<i>Federal Requirement</i> 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.

## Local School Wellness Policy Triennial Assessment

### Worksheet 3: Identify Connections between Policy and Practice

IEC3	<i>Federal Requirement</i> Identifies the officials responsible for the implementation and compliance of the local wellness policy.
IEC5	<i>Federal Requirement</i> Addresses the assessment of district implementation of the local wellness policy at least once every three years.
IEC1	Addresses the establishment of an ongoing district wellness committee.

# Worksheet 3: Identify Connections between Policy and Practice

## 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 either (1) a written policy score of 1 **and** an interview practice score of 0 or (2) a written policy score of 2 **and** an interview practice score of 1 or 0. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
NE1	<i>Federal Requirement</i> Includes goals for nutrition education that are designed to promote student wellness.
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.
NE5	All high school students receive sequential and comprehensive nutrition education.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Federal Requirement Regulates food and beverages served at class parties and other school celebrations in elementary schools.
	Section 4: Physical Education and Physical Activity
PEPA1	<i>CSPAP</i> There is a written physical education curriculum for grades K-12.
PEPA3	Physical education promotes a physically active lifestyle.

Local School Wellness Policy Triennial Assessment

**Worksheet 3: Identify Connections  
between Policy and Practice**

PEPA11	<i>CSPAP</i> Addresses family and community engagement in physical activity opportunities at all schools.
PEPA12	<i>CSPAP</i> 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	<i>CSPAP</i> Addresses strategies to support employee wellness.
WPM6	Specifies marketing to promote healthy food and beverage choices.
	Section 6: Implementation, Evaluation & Communication
IEC4	<i>Federal Requirement</i> Addresses making the wellness policy available to the public.

## Worksheet 3: Identify Connections between Policy and Practice

### 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
NE1	<i>Federal Requirement</i> Includes goals for nutrition education that are designed to promote student wellness.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
NS9	<i>Federal Requirement</i> Regulates food and beverages served at class parties and other school celebrations in elementary schools.
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication
IEC4	<i>Federal Requirement</i> Addresses making the wellness policy available to the public.

## Worksheet 3: Identify Connections between Policy and Practice

### 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 either (1) a written policy score of 0 **and** an interview practice score of 0 or 1 or (2) a written policy score of 1 **and** an interview practice score of 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
SM3	<i>Federal Requirement</i> District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM8	<i>Federal Requirement</i> Free drinking water is available during meals.
SM9	<i>Federal Requirement</i> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1	<i>Federal Requirement</i> 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	<i>Federal Requirement</i> Regulates food and beverages sold in a la carte.
NS4	<i>Federal Requirement</i> Regulates food and beverages sold in vending machines.
NS6	<i>Federal Requirement</i> Addresses fundraising with food to be consumed during the school day.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing

Local School Wellness Policy Triennial Assessment

**Worksheet 3: Identify Connections  
between Policy and Practice**

WPM7	<i>Federal Requirement</i> Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
	Section 6: Implementation, Evaluation & Communication
IEC6	<i>Federal Requirement</i> Triennial assessment results will be made available to the public and will include:  <ol style="list-style-type: none"><li>1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;</li><li>2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;</li><li>3. A description of the progress made in attaining the goals of the local school wellness policy.</li></ol>
IEC7	<i>Federal Requirement</i> Addresses a plan for updating policy based on results of the 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\\_3\\_Identifying\\_Connections\\_Policy\\_Practice.docx](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Worksheet_3_Identifying_Connections_Policy_Practice.docx).



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