

Worksheet 3: Identify Connections between Policy and Practice

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
	nutrition education is skills based
	Nutrition Education is taught in both Health education courses and is aligned with state and national standards.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	<small>There are no vending machines made available to students. Water is available and free to all students throughout the school day</small>
	Section 4: Physical Education and Physical Activity
	We have a k-12 written curriculum that is aligned to state & national standards.
	Section 5: Wellness Promotion and Marketing
	Policy addresses physical activity not being used as a punishment and not being withheld as a punishment
	Section 6: Implementation, Evaluation & Communication
	<small>There is a district wide committee that meets regularly. There are also school based wellness committees in each school.</small>
	<small>There are at least 6-7 different groups that are represented on the district level wellness committee.</small>

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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
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Some teachers use food as a reward, policy will be written with examples on alternatives
	These examples will be included in our District Wellness Policy
	Section 4: Physical Education and Physical Activity
	Elementary and Middle school students get less than the recommended Physical Education time per week.
	However every effort is made to increase physical activity within the buildings...ie: field days, physically active classrooms...etc
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication

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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
	Nutrition Education is not documented in our policy but is being taught throughout our district.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Seat time is not addressed in our current policy but the district does regulate this.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Drinking water is also provided daily free to students, but is also not noted in our policy.
	Foods sold to student after the school day must follow nutrition standards Smart Snacks, we do this but needs to be addressed
	Section 4: Physical Education and Physical Activity
	Qualifications and training is not currently addressed in our policy. But we do it district wide
	Section 5: Wellness Promotion and Marketing
	We do have marketing regulations but it is not relected in our policy. We will update to reflect our current actions.
	Section 6: Implementation, Evaluation & Communication
	We will post our evaluation process online that reflects the current work we do.

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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
	Not all our middle and high school students receive health education therefore do not receive nutrition education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	We currently do not have exemptions from fundraisers.
	We do follow Healthy Foods Certificate, and do not sell food (fundraiser) during the school day but do allow it outside
	Food is allowed as a reward in the classroom, efforts will be made to eliminate this.
	Section 4: Physical Education and Physical Activity
	Elementary and Middle Schoolers do not receive the recommended amount of PE time per week.
	Policy does not address active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
	Section 5: Wellness Promotion and Marketing
	Policy does not encourage staff to model healthy eating and physical activity behaviors.
	Section 6: Implementation, Evaluation & Communication

WORKSHEET 4: SUMMARY OF FINDINGS

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 district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



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 assures compliance with USDA nutrition standards for reimbursable schools meals and ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

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 are currently in full compliance with all elements of our LSWP



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.

Our district reviewed our Triannual reports including the WellSAT 3.0, WellSAT-I. The following updates have been identified and will be brought forward to our District Wellness Committee for review:

- A section on competitive foods and beverages, and foods at celebrations, as awards, and fundraising.
- A section on nutrition promotion.
- A section on nutrition education.

- A section on food and beverage marketing in schools.
- A section on providing drinking water to students



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. Upon conclusion of section 3 above, all results will be shared with the District Wellness Committee. All representatives of the District Wellness Committee will share findings with their respective schools/buildings. The Food Service Director, Food Service Coordinator and Health & PE Curriculum Director will provide ongoing professional development to the district as needed, and communicate to our BOE all policy updates that are needed. Additional wellness goals include: creating pathways for opportunities for students to be active throughout the school day.

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 CSD's School Wellness Policies webpage.







Federal Requirement

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

Local School Wellness Policy Triennial Assessment







Worksheet 1: Scorecard for the WellSAT 3.0

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 Insures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
	SM10 Addresses purchasing local foods for the school meals program.	1

not in policy

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

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.	2
	NS2	USDA Smart Snack standards are easily accessed in the policy.	0
	NS3	Regulates food and beverages sold in a la carte.	1
	NS4	Regulates food and beverages sold in vending machines	1
	NS5	Regulates food and beverages sold in school stores.	1
	NS6	Addresses fundraising with food to be consumed during the school day.	1
	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.)	1
	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.	0
	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.	0
	NS13	Addresses availability of free drinking water throughout the school day	0

Local School Wellness Policy Triennial Assessment


Worksheet 1: Scorecard for the WellSAT 3.0

Section 4: Physical Education Physical Activity (PEPA)			Score
PEPA1	There is a written physical education curriculum for grades K-12.		2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.		2
PEPA3	Physical education promotes a physically active lifestyle.		2
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.		0
PEPA13	Addresses recess for all elementary school students		2
PEPA14	Addresses physical activity breaks during school.		0
PEPA15	Addresses joint or shared-use agreements for physical activity participation at all schools.		0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.		0

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Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

Section 5: Wellness Promotion and Marketing Section (WPM)			Score
WPM1	Encourages staff to model healthy eating and physical activity behaviors.		0
WPM2	Addresses strategies to support employee wellness.		0
WPM3	Addresses using physical activity as a reward.		0
WPM4	Addresses physical activity not being used as a punishment.		2
WPM5	Addresses physical activity not being withheld as a punishment.		2
WPM6	Specifies marketing to promote healthy food and beverage choices.		
 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

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

Section 6: Implementation, Evaluation, and Communication (IEC)		Score
	IEC1 Addresses the establishment of an ongoing district wellness committee	1
	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.	1
	IEC3 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1 1
	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.	1
	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.	2
	IEC7 Addresses a plan for updating policy based on results of the triennial assessment	1
	IEC8 Addresses the establishment of an ongoing school building level wellness committee.	0

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

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 WELL.SAT 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.pdf.



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