

## WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

**Instructions:** Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

## 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
<b>FED - NE1</b>	Goals for nutrition education designed to promote student wellness
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
<b>FED - SM 1; SM8</b>	HHFKA Regs; Free drinking water
<b>SM6</b>	Strategies to increase participation in school meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<b>FED – NS3; NS4; NS5</b>	Smart snack compliance - A la carte food regulations; Vending machines; school stores
	Section 4: Physical Education and Physical Activity
<b>PEPA – 2,3</b>	PE Curriculum aligned w/ state standards; PE promotes active lifestyle
	Section 5: Wellness Promotion and Marketing
<b>FED-WPM7</b>	Restricts marketing on school campus, marketing on school property and equipment
<b>WPM-8</b>	
	Section 6: Implementation, Evaluation & Communication
<b>FED-IEC2</b>	All relevant stakeholders participate in development, implementation, review and update of local wellness policy.

IEC1, IEC4	Establishment of ongoing district wellness committee; Wellness Policy made available to the public, online, Food & Nutrition Office webpage under “Wellness”
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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 a written policy score of 1 or 2 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
<b>NE 1 thru 8</b>	Elem Students receive nutrition education: nutrition education integrated into other subjects.
	Links nutrition education with school food environment; nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<b>PEPA 4,5,6,12</b>	Section 4: Physical Education and Physical Activity
<b>WPM1</b>	Section 5: Wellness Promotion and Marketing

	Section 6: Implementation, Evaluation & Communication
<b>IEC 3,5,6,7</b>	Principal is the building level official designated to be responsible for wellness implementation at the building level.