

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, refer to *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.

Norwich Public Schools is in compliance with all federal requirements that regulate school meals and competitive foods. All schools offer breakfast every day. Breakfast, eaten in the classroom, has just under 30 minutes of seat time and lunch periods are 30 minutes in schools.

None of our schools have school stores or vending machines and the only item sold separately from the reimbursable meals is 16.9oz water. This item is on the USDA/CT Smart Snack List. All cafeterias have refillable bottle water fountains either inside or right outside the cafeterias and students are encouraged to bring water bottles to refill as well as other fountains throughout the schools. All cafeterias serve local milk, pizza items and as many local produce as possible. We have restarted our farm to school processing kitchen to help use these vegetables year round. All food service staff are given more than the required length of department specific training so they are up to date on requirements and professional standards. Cafeterias use Smarter Classroom techniques such as a variety of fresh fruit and vegetables, individually wrapped for easier grabbing and white milk is available before flavored.

Norwich Public Schools does not hold any fundraisers where students can consume the items during the school day. There is no in-school fundraising, any fundraising is done where the students cannot consume it and parents are required to pick it up (ex. frozen pies, butter braids).

The food or beverage marketing in the schools other than posters in the cafeterias/kitchens stressing fresh fruits and vegetables, grains and milk is when there are fundraisers by the PTO for the frozen pie/butter braid sales.

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The Norwich Public Schools wellness policy is available online on the district website in two locations:

https://www.schoolnutritionandfitness.com/schools/nps_2208111841581215/wellness/Wellness_Policy.pdf

<https://go.boarddocs.com/ct/norwichpublic/Board.nsf/Public>

The wellness policy was last reviewed and revised in 2019 when the last triennial assessment. The committee comprised on a parent, teachers, food service staff, administrator and a lead nurse worked on it.

All elementary and middle school students receive comprehensive nutrition education and activity breaks daily. Elementary students receive a minimum of 20 minutes recess time, supervised by trained teachers/staff with appropriate and safe equipment.

School facilities are available for rental to non-profits and residents of Norwich. (ex. hosting sports leagues).

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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.

Norwich Public Schools will gather a Wellness Committee that will include a board of education member, a student(s) and a community member. We want to be as inclusive as possible. We will work to ensure that all building principals maintain the nutrition standards in each school regarding food-based celebrations and alternates for these events. A simplified version of our wellness policy is sent out typically at the beginning of the school year, but we will actively work on getting it more frequently and have higher administration stress its importance.

The district's head of curriculum will create a plan that will integrate nutrition education into other subjects beyond health education as well as link it to the school food environment, working with the food service staff and teachers (with the director of food services). The district will create a written physical education curriculum that will be consistently implemented for each grade that is also align with the national and/or state standards. As well, as provide PE teachers professional development that is relevant and specific for their positions.

Currently, the schools occasionally host fun runs for the families to participate. These typically occur during the nicer weather of the summer when outside.

Only a small portion of our students walk or bike to school. With the locations of the schools, unless it is right next to a housing complex, all students are bused in for their safety.

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 will update our nutrition education portion of our wellness policy to reflect how we are currently promoting student wellness. We will include the standards-based nutrition education curriculum.

We are actively trying new food options to increase meal participation.

We will update our policy to reflect that we follow nutrition standards for CACFP. All adults serving suppers have been trained to follow all regulations.

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.

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Every building has a principal who is responsible location wise for implementation and actively monitor that wellness policy is followed in their classrooms. We know that this is not followed readily at every school as much as we stress it. The director of food services will connect with the equity director to see if their on-site family engagement supervisors can assist.

We will actively come up with alternates to using food as a reward (candy for the right answer, pizza parties, etc.) such as adding more recess time, alternate rewards (in class movies, etc.). We will also come up with alternate options to withholding physical activity from students as a classroom management tool. These will actively be communicated to school staff.

We are actively restarting our farm to school (processing) program and we are hoping to expand it to what it was or even bigger.

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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](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 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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