



Local School Wellness Policy
Triennial Assessment
2021-2022
Summary of Findings



Section 1 – Strong Policies and Aligned Practices

LEARN's Wellness Leadership Committee focuses its efforts on four components of student and staff health: Staff Wellness, Physical Education/Health, School Activity/Recess, and Food/Nutrition. The purpose of the committee is to encourage all LEARN students and staff to live healthy lifestyles, and to ensure LEARN meets all federal and state wellness requirements pertaining to students and staff.

In doing this triennial assessment of our wellness policy (**STUDENT NUTRITION AND PHYSICAL ACTIVITY: STUDENT WELLNESS #6118**), we found twelve areas where our policy and practices were strong and aligned. The first seven listed below are federally required.

IEC4	Addresses making the wellness policy available to the public.
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.
NS3	Regulates food and beverages sold in a la carte.
NS4	Regulates food and beverages sold in vending machines.
NS5	Regulates food and beverages sold in school stores.
NS6	Addresses fundraising with food to be consumed during the school day.
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
NE6	Nutrition education is integrated into other subjects beyond health education
NS7	Exemptions for infrequent school-sponsored fundraisers.
WPM4	Addresses physical activity not being used as a punishment.
WPM5	Addresses physical activity not being withheld as a punishment.
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).

LEARN is fully in compliance with USDA Nutrition Standards, for all food and beverages sold to students during the school day. All LEARN schools participate in the National School Breakfast and Lunch Programs, as well as the Afterschool Snack Program in some of our schools. Only one of our high schools has a vending machine, and all of the snacks within meet the USDA Smart Snack Standards.

No fundraisers are held where food is to be consumed during the school day. Close attention is paid to our cafeteria signage to ensure that nothing is advertised that does not meet Smart Snack Standards.

Our curriculum integrates nutrition education into other subjects beyond health education, and in some of our schools, students engage in growing and maintaining school gardens to study the life cycle of plants. These students have the ability to learn where the food they consume actually comes from. Making that connection from soil to plate can have a lasting, profound impact on the choices students make regarding healthy eating and in caring for the planet.

Physical activity is never used or withheld as a punishment in any situation.



Section 2 – Create Practice Implementation Plans

NE1	Includes goals for nutrition education that are designed to promote student wellness.
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
PEPA1	There is a written physical education curriculum for grades K-12.

Our wellness policy clearly states that our schools each have specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The interviewee was not confident if there is a standards-based curriculum with specific goals to promote student wellness. LEARN's Wellness Committee will collaborate with each school in the upcoming school year to be sure that a curriculum is in place and implemented.

Pre-Covid, our Wellness Committee met quarterly, and had staff involvement from each of our schools. We are working toward building this capacity again. Some staff members have left or moved into new roles, so in the upcoming school year, we will work to ensure that at least one staff member from each school holds a seat on our committee.

We will gather specific information from all physical education teachers in our schools, to determine what curriculum each is using, and how to improve their process. We will encourage them to work together to build upon what is already in place.



SECTION 3 – Update Policies

We identified forty one areas in which we are fully implementing the wellness practices from a model policy in our schools, but these are either not mentioned or vaguely mentioned in our wellness policy.

Nine of these are federally required and listed below.

While the following federally required items are not currently Included in our wellness policy, all are being fully implemented in our schools, and many are covered in other LEARN policies and procedures. Our wellness policy will be updated to reflect these federally required elements in the Fall of the 2022-2023 school year. We will also look closely at ALL of the items listed in this section, as we want our policy to reflect the wellness practices we are successfully implementing every day in our schools.

	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.
IEC2	
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.
IEC6	Triennial assessment results will be made available to the public and will include:
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM8	Free drinking water is available during meals.
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Section 4 – Opportunities for Growth

There were eleven areas identified as Opportunities for Growth.
No federally required items were included in this section.

Throughout this process, we have certainly gained insight into what wellness practices are being implemented in our schools.

We appreciate the opportunity to look at our wellness policy as a whole and determine what changes need to be made to reflect the good work we are doing in each of our schools.

We extend our thanks to the Rudd Center at UCONN for developing the WELLSAT tool, which we found to be quite comprehensive and easy to use.



Your District's Scorecard

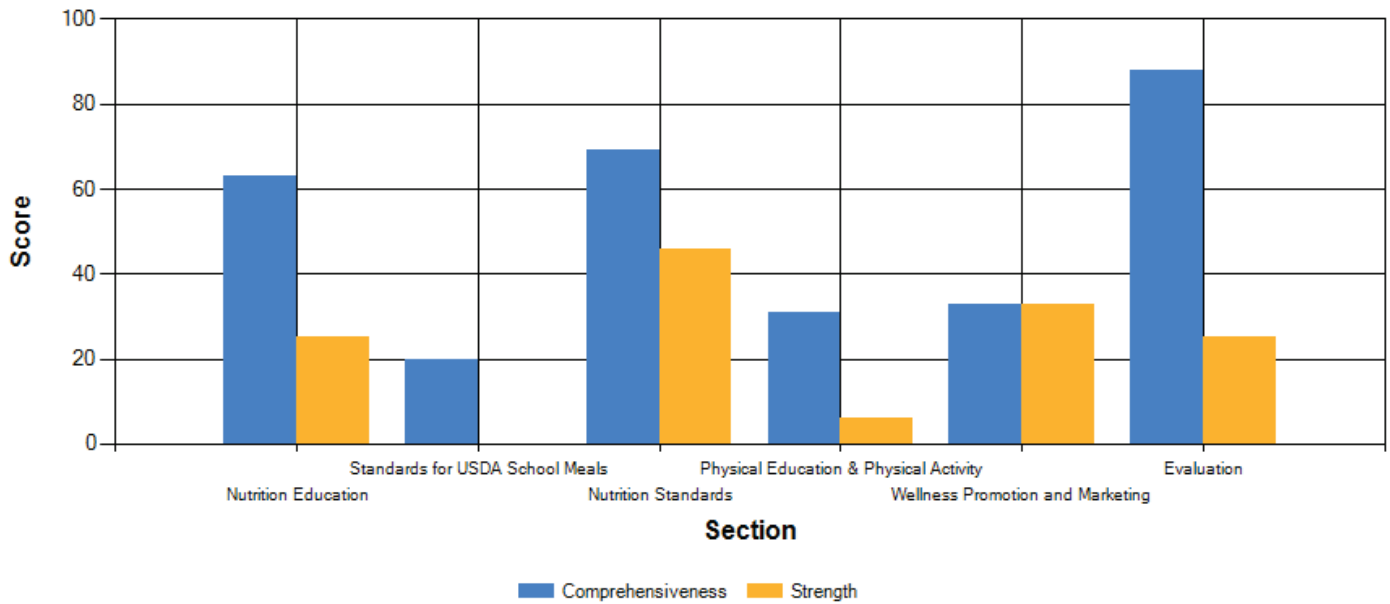
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.



Version: 3.0

Policy Name: LEARN 3/2022 LSWP Assessment



Section 1. Nutrition Education

Rating






NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	0
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	0
NE8	 Nutrition education addresses agriculture and the food system.	0

Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	63
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	25

[Click here for Nutrition Education Resources](#)







Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating


SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	1
SM2	Addresses access to the USDA School Breakfast Program.	1
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 priced 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	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	20
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	0




[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages**Rating**

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.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
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.	1
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.	1
NS13	Addresses availability of free drinking water throughout the school day.	0
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	69
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	46

[Click here for Nutrition Standards Resources](#)
Section 4. Physical Education and Physical Activity**Rating**


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.	0


PEPA3	Physical education promotes a physically active lifestyle.	1
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.	1
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.	1
PEPA14	 Addresses physical activity breaks during school.	1
PEPA15	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
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	31
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	6

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating






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.	0
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
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).	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-incentive 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
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	33
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	33

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

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.	2
IEC4	 Addresses making the wellness policy available to the public.	2
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

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
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	88
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	25

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 51
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 23



Federal Requirement



Farm to School



CSPAP