

Regional School District No 17 Triennial Wellness Assessment

June 2025

The US Department of Agriculture (USDA), which oversees the National School Lunch Program (NSLP) in public schools, requires a triennial assessment of our Local School Wellness Policy. Regional School District 17 wellness policy can be found on our Website and was developed to support student and staff health and well-being.

Our Wellness Committee, composed of stakeholders in the Haddam/ Killingworth community, has performed an assessment of our policy, using the Well SAT, which is a quantitative assessment tool developed by the University of Connecticut's Rudd Center for Food Policy and Obesity. The goal of the assessment is to compare RSD 17's policy to a model policy, identifying our strengths, our areas for growth and our plans to improve our wellness policy.

The evaluation examines these components of our policy:

Nutrition Education

Standards for USDA Child Nutrition Programs and School Meals

Nutrition Standards for Competitive and Other Foods and Beverages

Physical Education and Physical Activity

Wellness Promotion and Marketing

Implementation, Evaluation and Communication

Below are the 4 sections with some items that were identified with the assessment.

Section 1: **Strong Policies and Aligned Practices**

An active Wellness committee was formed and has met 4 times this year. The committee consists of a curriculum coordinator, food service director, PE teachers, School nurse, Principal, a parent and a community member.

Information on receiving free or reduced meals is communicated to all families at the beginning of the school year and applications are available at all school offices as well as on the RSD 17 website.

All food service staff receives training annually to meet the USDA professional standards

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Section 2: **Create Practice Implementation Plan**

During the assessment the committee found the district has a strong or weak policy, but practice implementation is either absent or limited

In the upcoming school year the district is working on a policy to ensure that any food based celebrations follow the smart snack rule and we will communicate other options to them

The district does not have active school level wellness committees- the district wide wellness committee will be working on this.

Section 3: **Update Policies** – District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

To support employee wellness- the district held a 6 week walking challenge. Many employees participated and it was well received. Healthy snacks were provided at each school and there were giveaways and drawings. We will continue to come up with activities to improve employee wellness.

School staff encourages physical activity in front of students by participating in staff basketball, volleyball games and pep rallies.

Section 4: **Opportunities for Growth** – District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

Sequential and comprehensive nutrition education for all school levels will be worked on over the summer by the curriculum coordinators.

The Food Service program is participating in the Farm to School program and will be purchasing more local products next year. The district has gotten some agricultural curriculum available through USDA and will use it in classrooms next year.