

# Triennial Assessment Report: RSD17 2025 (6/2025)

## District: REGIONAL 17

### Introduction

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

### Strong Policies and Aligned Practices

An active Wellness committee was formed and has met 4 times last 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.

		Policy Score	Practice Score	
<b>FR2</b>	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	★
<b>FR3</b>	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	★
<b>FR4</b>	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	★


## Triennial Assessment Report: RSD17 2025 (6/2025)

### District: REGIONAL 17

<b>FR5</b>	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	2	☆
<b>FR6</b>	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	2	☆
<b>FR7</b>	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
<b>FR9</b>	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	2	☆
<b>FR10</b>	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	2	2	☆
<b>FR12</b>	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	2	2	☆
<b>FR15</b>	How is the wellness policy made available to the public?	2	2	☆
<b>FR16</b>	Is wellness policy implementation evaluated every three years?	2	2	☆
<b>FR17</b>	What is included in the triennial assessment report to the public?	2	2	☆
<b>NES2</b>	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆
<b>NES3</b>	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆




## Triennial Assessment Report: RSD17 2025 (6/2025)

### District: REGIONAL 17

<b>NES4</b>	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
<b>NES6</b>	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	2	2	☆
<b>NES7</b>	 In your district, is it a priority to procure locally produced foods for school meals?	2	2	☆
<b>NES9</b>	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	2	2	☆
<b>NES10</b>	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
<b>NES11</b>	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	2	2	☆
<b>NES12</b>	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	2	2	☆
<b>NES13</b>	Do teachers or school staff give students food as a reward?	2	2	☆
<b>NES14</b>	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
<b>NE1</b>	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆



## Triennial Assessment Report: RSD17 2025 (6/2025)

### District: REGIONAL 17

<b>PEPA3</b>	How does your physical education program promote a physically active lifestyle?	2	2	☆
<b>PEPA7</b>	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
<b>PEPA8</b>	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2	☆
<b>PEPA9</b>	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2	☆
<b>PEPA10</b>	What percentage of students do you estimate do not take PE each year due to substitutions?	2	2	☆
<b>PEPA11</b>	 Are there opportunities for families and community members to engage in physical activity at school?	2	2	☆
<b>PEPA12</b>	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆
<b>PEPA13</b>	Is there daily recess for all grades in elementary school?	2	2	☆
<b>PEPA14</b>	 Do teachers provide regular physical activity breaks for students in the classroom?	2	2	☆
<b>PEPA15</b>	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
<b>PEPA18</b>	Do teachers ever use physical activity as a punishment?	2	2	☆
<b>PEPA19</b>	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆

# Triennial Assessment Report: RSD17 2025 (6/2025)

## District: REGIONAL 17







EW1	 Are there strategies used by the school to support employee wellness?	2	2	
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### 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.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	0	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	0	
PEPA16	What proportion of students walk or bike to school?	2	0	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	

# Triennial Assessment Report: RSD17 2025 (6/2025)









## District: REGIONAL 17

### 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. 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.

		Policy Score	Practice Score	
<b>FR13</b>	Which groups are represented on the district-level wellness committee?	1	2	
<b>NES5</b>	Are marketing strategies used to promote healthy food and beverage choices in school?	1	2	
<b>NES8</b>	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	1	2	
<b>NE3</b>	Do all middle school students receive sequential and comprehensive nutrition education?	1	2	
<b>NE4</b>	Do all high school students receive sequential and comprehensive nutrition education?	1	2	
<b>PEPA2</b>	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	2	
<b>PEPA17</b>	 Are teachers encouraged to use physical activity as a reward for students?	1	2	

### Opportunities for Growth











District has either not addressed the topic in policy or practice; or has only addressed the topic in a very

**Triennial Assessment Report: RSD17 2025 (6/2025)**  
**District: REGIONAL 17**




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 Local Farm to School Incentive Program and has purchased local foods to include Lettuce, Beets, Scallions, Beef, Syrup, Honey, Apples, to name a few. These products were featured on monthly menus. The district 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.

		<b>Policy Score</b>	<b>Practice Score</b>	
<b>FR14</b>	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	<b>1</b>	<b>1</b>	
<b>FR18</b>	Has the wellness policy been revised based on the previous triennial assessment?	<b>1</b>	<b>1</b>	
<b>NES1</b>	Does the district offer breakfast every day to all students?	<b>1</b>	<b>1</b>	
<b>NE2</b>	Do all elementary school students receive sequential and comprehensive nutrition education?	<b>0</b>	<b>1</b>	
<b>NE5</b>	Is nutrition education integrated into other subjects beyond health education?	<b>1</b>	<b>1</b>	
<b>NE6</b>	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	<b>1</b>	<b>1</b>	
<b>NE7</b>	 Does nutrition education address agriculture and the food system?	<b>1</b>	<b>1</b>	
<b>PEPA1</b>	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	<b>1</b>	<b>1</b>	


**Triennial Assessment Report: RSD17 2025 (6/2025)**  
**District: REGIONAL 17**


<b>PEPA4</b>	How many minutes per week of PE does each grade in elementary school receive?	<b>0</b>	<b>0</b>	
<b>IC1</b>	Is there an active district-level wellness committee?	<b>1</b>	<b>1</b>	
<b>IC2</b>	Is there an active school-level wellness committee?	<b>1</b>	<b>1</b>	

**Key**

 **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

 **Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited

 **Update Policies 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

 **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

For more resources, visit: [wellsat.org/resources](https://wellsat.org/resources)

## **Triennial Assessment Report: RSD17 2025 (6/2025)**

### **District: REGIONAL 17**

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