WellSAT

Your Triennial Assessment Report

Triennial Assessment Name: Bethany Community School Triennial Assessment 2025 (6/2025)

District Name: BETHANY

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Introduction

The USDA Food and Nutrition Services requires every school district that participates the the National School Lunch Program or School Breakfast Program to establish a Local School Wellness Policy (LSWP) to promote students' health, well-being and ability to learn by supporting healthy eating and physical activity.

After completing the Triennial Review, Bethany Public School District promotes a healthy school environment by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District used the WellSAT Policy online tool to assess our wellness policies and the implementation of our policies. Our Wellness Council meets at least 4 times a school year to assist in development, implementation, review and updating of our LSWP.

The 2024-2025 Wellness Council Members are:

Kai Byrd, Superintendent (Chairperson); Jackie Nathman, Assistant Principal; Brandy Spargo, HR Director; Donna Ricciardi, Business Manager; Teri Brunelli, BOE Office Assistant; Peter Ferrera, Food Service Director; Caitlin Bruni, School Nurse; Andrea Hubbard, Teacher; Panos Lapatas, Parent; and Jennifer Searles, Parent.

The Triennial Assessment was completed June 20, 2025.

Strong Policies and Aligned Practices

Bethany Public School District is pleased to report the following policies listed, but not limited to, are implemented throughout the school year:

-Compliance with the USDA nutrition standards for reimbursable school meals;

-All food and beverages sold in school meet Smart Snacks nutrition standards;

-Food Services staff meet the annual continuing education and training hours required by the USDA's Professional Standards requirements
-Physical Education is aligned with CT State standards;
-Wellness Council meets at least 4 times a year;
-Local School Wellness Policy is posted online through the Bethany Public School website

		Policy Score	Practice Score
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2
FR2	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
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2
FR6	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

		Policy Score	Practice Score
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2
FR10	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
FR12	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
FR15	How is the wellness policy made available to the public?	2	2
FR16	Is wellness policy implementation evaluated every three years?	2	2
FR17	What is included in the triennial assessment report to the public?	2	2
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2

		Policy Score	Practice Score
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2
NES6	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
NES8	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?	2	2
NES9	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
NES11	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

		Policy Score	Practice Score
NES13	Do teachers or school staff give students food as a reward?	2	2
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	2
NE7	Does nutrition education address agriculture and the food system?	2	2
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2

		Policy Score	Practice Score
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2
PEPA13	Is there daily recess for all grades in elementary school?	2	2
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2
PEPA17	Are teachers encouraged to use physical activity as a reward for students?	2	2
PEPA18	Do teachers ever use physical activity as a punishment?	2	2
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2
EW1	Are there strategies used by the school to support employee wellness?	2	2
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2
IC1	Is there an active district-level wellness committee?	2	2

Create Practice Implementation Plan

As the result of this Triennial Assessment, there are some opportunities for the District to work on implementation of the following policies:
-Actively recruit some of the following to become members of the Wellness Council: PE teacher, social worker, school board members;
-Integrating nutritional themes into lessons when appropriate; work with curriculum supervisor to incorporate nutrition into the curriculum beyond health education
-Regarding the low amount of students walking or biking to school is due to lack of sidewalks on main roads that lead to the school.
-Provide more opportunities for families to engage in physical activity at the school; PTO and Principal can brainstorm ideas for additional family activities

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	2	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	1	

		Policy Score	Practice Score	
PEPA16	What proportion of students walk or bike to school?	2	0	

Update Policies

The Wellness Council will strengthen the wording in the following policies to align with the practices:
-All nutrition directors, managers and staff meet and exceed the USDA's Professional Standards requirements; will update policy to reflect the number of mandatory training training hours;
-Bringing in outside food for celebrations; will update policy to reflect what is practiced by the school
-Promoting lifelong physical fitness; will update policy to reflect what is practiced by the school
-Regular physical activity breaks are provided to students throughout the day; will update policy to reflect what is practiced by the school

		Policy Score	Practice Score	
FR5	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?	1	2	
FR11	Does your district regulate foods	1	2	

		Policy Score	Practice Score	
	and beverages served at class parties and other school celebrations in elementary schools?			
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	1	2	

Opportunities for Growth

Our Wellness Council will work on fully implementing policies in the existing Wellness Policy:
-Update policy to state all students have at least 40 minutes per week of physical education instruction
-Will work together to provide more opportunities for families to engage in physical activity at the school; PTO and Principal can brainstorm ideas for additional family activities

		Policy Score	Practice Score	
PEPA4	How many minutes per week of PE does each	0	0	

		Policy Score	Practice Score	
	grade in elementary school receive?			
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	1	1	

Conclusion

Using the WellSAT Triennial Assessment Tool to evaluate the school's compliance with the District's Policies and Practices, our overall results either meet or exceeded federal requirements and standards. The assessment did identify some opportunity for improvement in the following areas:
-Nutrition Education
-Standards for food and beverages for classroom parties/celebrations
The assessment also identified our strengths in our policies and school practices in the following areas:
-Assuring compliance with the USDA's nutrition standards for reimbursable school meals
-Regulates food and beverages served a la carte
-Follows best practices for non-food fundraising during the school day
-Physical education curriculum is aligned with state physical education standards
-District Wellness Advisory meets a minimum of 4 times a year to work on and establish goals on health and safety policies and programs and to review and update our Wellness Policy.