

Triennial Assessment Report: Ansonia Public Schools Triennial Assessment 2025 (5/2025)

District: ANSONIA

Introduction

Ansonia Public Schools has conducted its Triennial Assessment of our District Wellness Policy. This process involved the Wellness Committee members, including District level Administration, reviewing our current District Policy, to a model policy provided. The goal being to align our Districts policy with Federally required standards, as well as best practices that are measurable and achievable.

Based on the review process we are able to report that Ansonia Public Schools has made important improvements over our last Assessment, while identifying opportunities to expand and strengthen our existing policy moving forward.

Strong Policies and Aligned Practices

In the section of our review that measures where our policies are strong, and our actual practices are aligned and strong there are a number of Federally required items. Importantly requirements that cover having specific nutrition goals for the district, ensuring that the proper and required amount of training is taking place for all nutrition professional positions, and ensuring all food being served and sold in our schools to children meets or exceeds USDA nutrition standards. Our Nutrition Education also scored very strongly focusing on all children at each school level receiving education. Physical Education and Physical Activity also scored strongly in this category, with focuses on structured curriculum for each age group and maximum participation in the physical education programs at each level.

Many of these items were in place for our previous Triennial Assessment however they were not communicated well within our last policy. Adjustments were made to clarify practices for these items.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
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?	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	☆

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	2	2	☆
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	2	☆
NES1	Does the district offer breakfast every day to all students?	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	☆
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	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	2	☆
NE5	Is nutrition education integrated into other subjects beyond health 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	☆

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2	☆
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	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	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
EW1	 Are there strategies used by the school to support employee wellness?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

In this next section of the Assessment, these metrics are where we as a District need to better align our practices with the written policies in place. There are 3 federally required line items that fell within this category. Two of those items deal directly with the Wellness Committee make up. Upon review, our Wellness Committee moving forward will need to expand, and both ensure that at the individual school level were are ensuring compliance, as well as adding members to the committee to ensure that all parties impacted by the district Wellness Policy are represented within the committee. The District also needs to make improvements over what foods we encourage our schools to serve when they are having class parties.

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR13	Which groups are represented on the district-level wellness committee?	2	1	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	0	
NES12	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	1	

Update Policies

This category involves areas where our practices are strong, however we need to make changes and or add to our Wellness Policy itself to accurately reflect the actions and instructions taking place in our District. There are several federal requirements within this category including Meal Patterns meeting all nutrient levels and requirements, as well as several items that direct the accessibility of our Wellness Policy to the community and our compliance with the reviewing our Wellness Policy. Other areas addressed within this category cover healthy food options that are either made available or restricted from students during the school day. The Wellness Committee will delegate to the Food Service Director or appropriate District level administrator to ensure that the correct policy and language is added to our existing Wellness Policy in a manner that accurately reflects the individual practices that fell into this category. The timeline for these adjustments will be established when the Wellness Committee meets before school year 2025-2026.

	Policy Score	Practice Score	

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

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?	1	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?	1	2	
FR15	How is the wellness policy made available to the public?	0	2	
FR16	Is wellness policy implementation evaluated every three years?	0	2	
FR17	What is included in the triennial assessment report to the public?	0	2	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	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?	0	2	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	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)?	1	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	0	2	
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Opportunities for Growth

This category addresses areas where our District policy is lacking written policies to be implemented within the district. Only one federal requirement ended up in this category. The rest of the items are best practices that have been implemented in other districts or encourage by USDA to be reviewed and implemented if applicable to our district.

An Implementation plan will be created to ensure that the federally required line item, which deals with marketing within our schools, is created, the policy written and approved, and then measures are taken to ensure the proper implementation of this policy at the district and school level to ensure compliance, and to better serve our students and employees.

The non federally required items that fell into this category will be reviewed by the Wellness Committee to determine if they are applicable to our district. If so, implementation plans will be created by Wellness Committee members in conjunction with school level staff to ensure that once the policies are written, they are effectively administered and incorporated into our schools.

The Federally required policy addressing marketing in school will be completed by the School Nutrition Director, for review and approval by the Wellness Committee, Superintendent, and Board of Education. This implementation plan will be completed before the first Board of Education Meeting of School year 2025-2026 so that it can be reviewed by the Board for approval.

		Policy Score	Practice Score	
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?	0	0	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	1	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	1	
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?	0	1	

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

NES13	Do teachers or school staff give students food as a reward?	0	0	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	0	0	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	0	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA16	What proportion of students walk or bike to school?	0	1	

Triennial Assessment Report: Ansonia Public Schools Triennial Assessment 2025 (5/2025)

District: ANSONIA

PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	0	
IC2	Is there an active school-level wellness committee?	0	0	

Conclusion

In Conclusion, Ansonia Public Schools Triennial Assessment of our District Wellness Policy demonstrated that our current Wellness Policy is strongly aligned with the practices that are taking place in our schools. All but one of the federal requirements are currently addressed. For the majority of the line items in the model policies, Ansonia Public schools has strong practices in place. There are areas where those practices need to be better defined and described within the policy document itself.

The Wellness Committee will meet and review the suggested and required additional information and determine what and how it will be addressed and documented moving forward.

Revisions to the Wellness Policy will be recommended to the Superintendent before being submitted to the Board of Education for final approval. The District Wellness Policy and the results of this assessment can always be found under the School Nutrition tab of Ansonia Public Schools website.

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

**Triennial Assessment Report: Ansonia Public Schools Triennial
Assessment 2025 (5/2025)
District: ANSONIA**

For more resources, visit: wellsat.org/resources

Triennial Assessment Report: Ansonia Public Schools Triennial Assessment 2025 (5/2025) District: ANSONIA

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