

# Triennial Assessment Report: Hamden Public Schools Triennial Assessment 2025 (6/2025)

## District: HAMDEN

### Introduction

In this triennial assessment of the Hamden Public School District's wellness policies and practices, we have shown incremental improvement over previous assessments. We made some important updates to our Wellness Policy based on the previous assessment, and our real-world practice of federal requirements and best practices remain good. However, there remains areas where further policy updates will take place in the future. This triennial assessment was completed in late June 2025, by representatives of the school administration, health and physical education teachers, and representatives from the food services department.

### Strong Policies and Aligned Practices


In meeting wellness goals, federal requirements FR2, FR5, FR6, FR7, FR10, and FR16 are in this Strong Policies and Aligned Practices section.

Notably, we updated our Wellness Policy with a new section on competitive foods and beverages, and foods as rewards and fundraising. This helped in FR6, FR7, and FR10.


Additionally, the district Wellness Policy now has a section on providing drinking water to students, which helped with NES14.

		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>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	★

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<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?	<b>2</b>	<b>2</b>	☆
<b>FR16</b>	Is wellness policy implementation evaluated every three years?	<b>2</b>	<b>2</b>	☆
<b>NES1</b>	Does the district offer breakfast every day to all students?	<b>2</b>	<b>2</b>	☆
<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?	<b>2</b>	<b>2</b>	☆
<b>NES14</b>	Do students have consistent and easy access to free drinking water throughout the school day?	<b>2</b>	<b>2</b>	☆
<b>PEPA1</b>	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	<b>2</b>	<b>2</b>	☆
<b>PEPA2</b>	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	<b>2</b>	<b>2</b>	☆
<b>PEPA3</b>	How does your physical education program promote a physically active lifestyle?	<b>2</b>	<b>2</b>	☆
<b>PEPA7</b>	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	<b>2</b>	<b>2</b>	☆
<b>PEPA8</b>	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	<b>2</b>	<b>2</b>	☆




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<b>PEPA13</b>	Is there daily recess for all grades in elementary school?	<b>2</b>	<b>2</b>	
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**Create Practice Implementation Plan**

The lone federal requirement in this section is FR11. We hope to improve the practice of this requirement by communicating with staff and discouraging this activity, while offering examples of alternatives.

For FR11, and the other two items in this section, we will bring it to the attention of the reconstituted Wellness Committee and other stakeholders in the 2025-26 school year. They will be responsible for developing the practice implementation plan that will fully implement the policy as written during the school year. By the end of the 2025-26 school year we will assess progress.












		<b>Policy Score</b>	<b>Practice Score</b>	
<b>FR11</b>	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	<b>1</b>	<b>0</b>	
<b>PEPA4</b>	How many minutes per week of PE does each grade in elementary school receive?	<b>1</b>	<b>0</b>	
<b>IC1</b>	Is there an active district-level wellness committee?	<b>2</b>	<b>1</b>	

**Update Policies**











The federal requirements noted in this section are FR3, FR13, FR17, and FR18. These four federal requirements, as well as all of the other items in this section, are strong in practice (all receiving a 2 score), but policies need attention and updating. The reconstituted Wellness Committee and associated stakeholders will examine the items in this section and propose new policy language to match the implementation level. Updated policy language will be proposed to the administration to be brought to the Board of Education's Policy Committee during the 2025-26 school year.

	<b>Policy</b>	<b>Practice</b>	
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		Score	Score	
<b>FR3</b>	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	0	2	
<b>FR13</b>	Which groups are represented on the district-level wellness committee?	1	2	
<b>FR17</b>	What is included in the triennial assessment report to the public?	0	2	
<b>FR18</b>	Has the wellness policy been revised based on the previous triennial assessment?	1	2	
<b>NES2</b>	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	0	2	
<b>NES3</b>	Does your school or district provide information to families about eligibility for free or reduced-price meals?	0	2	
<b>NES4</b>	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	2	
<b>NES5</b>	Are marketing strategies used to promote healthy food and beverage choices in school?	0	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>NES10</b>	Are foods or beverages containing caffeine sold at the high school level?	0	2	
<b>NE1</b>	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	2	

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<b>NE2</b>	Do all elementary school students receive sequential and comprehensive nutrition education?	<b>1</b>	<b>2</b>	
<b>NE3</b>	Do all middle school students receive sequential and comprehensive nutrition education?	<b>1</b>	<b>2</b>	
<b>NE7</b>	 Does nutrition education address agriculture and the food system?	<b>0</b>	<b>2</b>	
<b>PEPA9</b>	What percentage of students do you estimate do not take PE each year due to exemptions?	<b>0</b>	<b>2</b>	
<b>PEPA15</b>	Does the district have "joint-use" or "shared-use" agreements?	<b>0</b>	<b>2</b>	
<b>PEPA17</b>	 Are teachers encouraged to use physical activity as a reward for students?	<b>0</b>	<b>2</b>	
<b>PEPA18</b>	Do teachers ever use physical activity as a punishment?	<b>1</b>	<b>2</b>	
<b>IC2</b>	Is there an active school-level wellness committee?	<b>1</b>	<b>2</b>	

**Opportunities for Growth**














There are opportunities for growth in our policy and practice. Federal requirements in this section include FR1, FR4, FR12, FR14, and FR15. These federal requirements will be given special priority by our district Wellness Committee and associated stakeholders to consider new policy language as well as stronger implementation in practice. Right after the the federal requirements, this same group will examine the other items in this section. Considering the amount of work involved, the Wellness Committee and associated stakeholders will begin this work during the 2025-26 school year, and develop implementation plans and updated policy language by the end of the 2026-27 school year. From there it will be presented to school administration and the Board of Education's Policy Committee to be carried out.

	<b>Policy Score</b>	<b>Practice Score</b>	
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<b>FR1</b>	Does the district have specific goals for nutrition education designed to promote student wellness?	<b>1</b>	<b>1</b>	
<b>FR4</b>	Is free (i.e., no cost to students) drinking water available to students during meals?	<b>1</b>	<b>1</b>	
<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?	<b>1</b>	<b>1</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>FR15</b>	How is the wellness policy made available to the public?	<b>0</b>	<b>1</b>	
<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?	<b>0</b>	<b>1</b>	
<b>NES7</b>	 In your district, is it a priority to procure locally produced foods for school meals?	<b>0</b>	<b>1</b>	
<b>NES13</b>	Do teachers or school staff give students food as a reward?	<b>0</b>	<b>0</b>	
<b>NE4</b>	Do all high school students receive sequential and comprehensive nutrition education?	<b>1</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>	

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<b>PEPA5</b>	How many minutes per week of PE does each grade in middle school receive?	<b>1</b>	<b>1</b>	
<b>PEPA6</b>	How many minutes per week of PE does each grade in high school receive?	<b>1</b>	<b>1</b>	
<b>PEPA11</b>	 Are there opportunities for families and community members to engage in physical activity at school?	<b>1</b>	<b>1</b>	
<b>PEPA12</b>	 Are there opportunities for all students to engage in physical activity before and after school?	<b>1</b>	<b>1</b>	
<b>PEPA14</b>	 Do teachers provide regular physical activity breaks for students in the classroom?	<b>0</b>	<b>1</b>	
<b>PEPA16</b>	What proportion of students walk or bike to school?	<b>0</b>	<b>1</b>	
<b>PEPA19</b>	Do teachers ever withhold physical activity as a classroom management tool?	<b>1</b>	<b>1</b>	
<b>EW1</b>	 Are there strategies used by the school to support employee wellness?	<b>0</b>	<b>1</b>	
<b>EW2</b>	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	<b>0</b>	<b>0</b>	

**Conclusion**

In this triennial assessment of the Hamden Public School District's wellness policies and practices, we have shown incremental improvement. We made some important updates to our Wellness Policy based on the previous assessment, including sections on:

- Competitive foods and beverages, and foods at celebrations, as rewards, and fundraising

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- Nutrition promotion
- Nutrition education
- Providing drinking water to students

Our real-world practice of federal requirements and best practices remain good and we have numerous strong policies and aligned practices. However, this assessment also demonstrates there is work to be done to improve both our policies and practices. Our Wellness Committee and associated stakeholders will work together to create a practice implementation plan, update policies, and pursue opportunities for growth.

### 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

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# **Triennial Assessment Report: Hamden Public Schools Triennial Assessment 2025 (6/2025) District: HAMDEN**

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