

Triennial Assessment Report: Amity Regional School District No. 5

Triennial Assessment 2025 (6/2025)

District: REGIONAL 05

Introduction

The U.S. Department of Agriculture's (USDA) Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires that each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete an assessment of their local school wellness policy (LSWP) at least once every three years.

A LSWP is a written document of official policies that guide a LEA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The LSWP requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. These laws require LEAs participating in the NSLP and SBP to develop and implement a LSWP. The responsibility for LSWP development is at the local level to allow each school district and institution to address their unique needs.

Assessment Requirements

The USDA's Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires LEAs to complete an assessment of their LSWP at least once every three years. LEAs must complete the first LSWP assessment by June 30, 2022. The LEA's assessment must:

- measure the extent to which the LEA complies with the LSWP;
- describe how the language in the LEA's LSWP compares to the model wellness policy (WellSAT 3.0);
- describe the LEA's progress toward meeting their LSWP goals.

LEAs must make the triennial assessment results available to the public. The Connecticut State Department of Education (CSDE) will review this documentation during the next LEA's Administrative Review.

04/2025

Amity Regional School District No. 5 used the following resources and worksheets provided by the Connecticut

State Department of Education and the UConn Rudd Center to complete the District's triennial assessment process:

- District's LSWP and associated local procedures and regulations
- Wellness School Assessment Tool (WellSAT 3.0): www.wellsat.org
- Wellness School Assessment Tool Interview
- Worksheet 1: Written Policy Scores from WellSAT 3.0
- Worksheet 2: Interview Practice Scores from WellSAT-I
- Worksheet 3: Identify Connections between Policy and Practice
- Worksheet 4: Summary of Findings

Strong Policies and Aligned Practices

Amity Regional School District No. 5 has demonstrated significant progress in meeting its wellness goals through strong policies and fully aligned practices. This commitment is reflected in our WellSAT Triennial Assessment, where we have consistently earned high ratings in key areas of wellness policy implementation.

Our district ensures full compliance with federal wellness policy requirements, including those outlined in the Healthy, Hunger-Free Kids Act of 2010. Specific federal mandates addressed in this section include:

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

Nutrition Standards for School Meals: Our district adheres to the USDA nutrition guidelines, ensuring that all meals meet federal standards for portion sizes, calorie limits, and nutrient content.

Competitive Foods and Beverages: We enforce Smart Snacks in School standards, ensuring that all food and beverages sold outside the meal programs align with federal requirements.

Physical Activity and Education: We provide students with opportunities for physical activity throughout the school day and maintain a high-quality physical education curriculum that meets national and state standards.

Stakeholder Engagement: Our district actively involves parents, students, school health professionals, and community members in the development and review of wellness policies.

Progress Since the Last Triennial Assessment

Several items in this section were previously in other categories but have now improved due to intentional policy revisions and enhanced implementation practices.

Key improvements include:

Strengthened Nutrition Education: We have expanded our nutrition education curriculum, integrating it into health and science courses to provide students with a more comprehensive understanding of healthy eating habits.

Enhanced School Meal Programs: Our Food Services Department has made targeted improvements in menu offerings, incorporating more fresh, locally sourced ingredients and reducing processed foods.

Increased Physical Activity Opportunities: We have expanded movement breaks and integrated additional structured physical activity opportunities into the school day, particularly for students who do not participate in physical education classes.

Improved Wellness Policy Communication: We have enhanced transparency and community engagement by regularly communicating wellness initiatives and policy updates to stakeholders through newsletters, the district website, and school-wide events.

Through these efforts, Amity Regional School District No. 5 continues to foster a culture of health and wellness, ensuring that all students have access to nutritious meals, ample physical activity, and a supportive learning environment that prioritizes their well-being.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

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	☆
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	☆
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	☆
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	☆
FR13	Which groups are represented on the district-level wellness committee?	2	2	☆
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	2	☆

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

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	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	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	☆
NES10	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
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	2	☆

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

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	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	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	☆
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	☆
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	☆
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	☆

**Triennial Assessment Report: Amity Regional School District No. 5
 Triennial Assessment 2025 (6/2025)
 District: REGIONAL 05**

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	
IC2	Is there an active school-level wellness committee?	2	2	

Create Practice Implementation Plan

Amity Regional School District No. 5 Local School Wellness Policy (LSWP) Implementation Plan

Federal Requirements and Compliance

The Amity Regional School District No. 5 is committed to ensuring full compliance with all federal requirements under the Local School Wellness Policy (LSWP). This includes adherence to USDA nutrition standards for school meals, Smart Snacks guidelines, the protection of student privacy for free and reduced-price meals, and the promotion of nutrition education and physical activity. Additionally, our district will ensure that the wellness policy is reviewed and updated based on triennial assessments and made publicly available.

Improvement of Implementation Practices

To strengthen the implementation of the LSWP, our district will focus on the following areas:

Enhancing access to the USDA School Breakfast Program and increasing participation in school meal programs.

Expanding nutrition education in middle and high schools and integrating it across other subjects.

Establishing guidelines for food and beverages served after school.

The district wellness committee, led by the Assistant Superintendent and including food services personnel, physical education staff, school nurses, building administrators, and parent/BOE representative, will oversee the development and execution of the practice implementation plan. Each school will also have a designated wellness representative responsible for ensuring compliance at the building level.

Timeline for Implementation

By June 2025: The district wellness committee will ensure the WellSAT is made available for families to review.

By September 2025: New strategies will be implemented, including improved marketing for healthy food choices and expanded nutrition education.

Ongoing Monitoring: The district will conduct annual reviews to ensure compliance and effectiveness, making necessary adjustments.

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

Triennial Assessment (2028): The district will formally assess progress and update policies based on findings.

Assessment of Success

To evaluate the effectiveness of implementation, the district will:

Conduct periodic compliance audits in collaboration with food services and building administrators.

Monitor participation rates in school meal programs and nutrition education courses.

Assess employee wellness participation rates and physical activity engagement.

By implementing this plan, Amity Regional School District No. 5 will ensure a healthier school environment that supports student and staff well-being while maintaining full compliance with federal wellness policies.

		Policy Score	Practice Score	
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	1	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	1	
NES13	Do teachers or school staff give students food as a reward?	2	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	0	
PEPA6	How many minutes per week of PE does each grade in high school receive?	2	1	

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	
------------	---	----------	----------	---

Update Policies

The USDA’s Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires LEAs to complete an assessment of their LSWP at least once every three years. LEAs must complete the first LSWP assessment by June 30, 2025.

The LEA’s assessment must:

- measure the extent to which the LEA complies with the LSWP;
- describe how the language in the LEA’s LSWP compares to the model wellness policy (WellSAT 3.0);
- describe the LEA’s progress toward meeting their LSWP goals.

LEAs must make the triennial assessment results available to the public. The Connecticut State Department of Education (CSDE) will review this documentation during the next LEA’s Administrative Review.

06/23/2025

Amity Regional School District No. 5 used the following resources and worksheets provided by the Connecticut

State Department of Education and the UConn Rudd Center to complete the District’s triennial assessment process:

- District’s LSWP and associated local procedures and regulations
- Wellness School Assessment Tool (WellSAT 3.0): www.wellsat.org
- Wellness School Assessment Tool Interview
- Worksheet 1: Written Policy Scores from WellSAT 3.0
- Worksheet 2: Interview Practice Scores from WellSAT-I
- Worksheet 3: Identify Connections between Policy and Practice
- Worksheet 4: Summary of Finding

		Policy Score	Practice Score	
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)?	0	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	2	

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

PEPA15	Does the district have “joint-use” or “shared-use” agreements?	0	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	2	

Opportunities for Growth

Amity Regional School District No. 5 is committed to continuously improving our wellness policies and practices to ensure compliance with all federal requirements and to promote a healthy school environment. With a 93% EXCELLENT rating on our scorecard, we recognize the importance of addressing areas for growth to achieve full alignment with federal regulations and best practices.

The scorecard has identified specific areas where our district can enhance policy language and implementation efforts. Our BOE Policy Committee is aware of our need to review and update our current policy. This work is projected to happen during the 25 - 26 school year. Additionally, our district is committed to setting aspirational wellness goals beyond federal requirements, such as: Increasing student and staff engagement in wellness initiatives and expanding mental health resources and programs to support holistic well-being.

		Policy Score	Practice Score	
NES1	Does the district offer breakfast every day to all students?	1	1	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	1	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	1	

Triennial Assessment Report: Amity Regional School District No. 5
Triennial Assessment 2025 (6/2025)
District: REGIONAL 05

NE7	 Does nutrition education address agriculture and the food system?	0	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
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	0	

Conclusion

The U.S. Department of Agriculture’s (USDA) Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires that each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete an assessment of their local school wellness policy (LSWP) at least once every three years.

A LSWP is a written document of official policies that guide a LEA’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity. The LSWP requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. These laws require LEAs participating in the NSLP and SBP to develop and implement a LSWP. The responsibility for LSWP development is at the local level to allow each school district and institution to address their unique needs.

Assessment Requirements

The USDA’s Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires LEAs to complete an assessment of their LSWP at least once every three years. LEAs must complete the first LSWP assessment by June 30, 2025. The LEA’s assessment must:

- measure the extent to which the LEA complies with the LSWP;
- describe how the language in the LEA’s LSWP compares to the model wellness policy (WellSAT 3.0);
- describe the LEA’s progress toward meeting their LSWP goals.

LEAs must make the triennial assessment results available to the public. The Connecticut State Department of Education (CSDE) will review this documentation during the next LEA’s Administrative Review.

06/23/2025

Amity Regional School District No. 5 used the following resources and worksheets provided by the

Triennial Assessment Report: Amity Regional School District No. 5

Triennial Assessment 2025 (6/2025)

District: REGIONAL 05

Connecticut

State Department of Education and the UConn Rudd Center to complete the District's triennial assessment process:

- District's LSWP and associated local procedures and regulations
- Wellness School Assessment Tool (WellSAT 3.0): www.wellsat.org
- Wellness School Assessment Tool Interview
- Worksheet 1: Written Policy Scores from WellSAT 3.0
- Worksheet 2: Interview Practice Scores from WellSAT-I
- Worksheet 3: Identify Connections between Policy and Practice
- Worksheet 4: Summary of Finding

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

Triennial Assessment Report: Amity Regional School District No. 5

Triennial Assessment 2025 (6/2025)

District: REGIONAL 05

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. **Fax:**
(202) 690-7442; or
3. **Email:**
program.intake@usda.gov

This institution is an equal opportunity provider.