

Triennial Assessment Report: New Britain 2025 (3/2025)

District: NEW BRITAIN

Introduction

The Triennial Assessment of the Consolidated School District of New Britain's Wellness Policy is a federally mandated review conducted every three years to evaluate the implementation and effectiveness of the district's wellness policy. This assessment measures the strength of the policy, how well the policy is being followed, it assesses the achievement of wellness goals, and compares the policy to current best practices. The results help identify areas for improvement, ensure compliance with USDA requirements, and supports the promotion of a healthy school environment for students and staff. The assessment took approximately 3 months to complete and was conducted by members of the district wellness committee, school principals, district staff and community members.

Strong Policies and Aligned Practices

The Consolidated School District of New Britain has made consistent progress and demonstrated strong commitment in meeting and exceeding wellness policy goals across all assessed items. This success highlights the effectiveness of our wellness initiatives and the alignment between district-level policy development and school-level implementation.

The district complies with all USDA and Connecticut state requirements regarding school meals. We offer both breakfast and lunch through the School Breakfast Program and the National School Lunch Program. These meals are available at all schools, to all students for free through the Community Eligibility Program.

		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	☆

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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	☆
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	☆
NES1	Does the district offer breakfast every day to all students?	2	2	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	2	☆

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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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	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	☆
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	☆
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	☆
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	☆

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PEPA15	Does the district have “joint-use” or “shared-use” agreements?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

To ensure full compliance with all components of the Local School Wellness Policy (LSWP), our district will look to develop a plan that address the gaps identified in this section. While our written policy meets federal requirements, several practices are either partially implemented or not yet implemented consistently across all schools. The implementation plans will support staff in translating policy into daily actions, reinforcing a healthy school environment.

During the 2025 -2026 school year the wellness committee will work on an awareness campaign to share with staff and families about the district wellness policy.

		Policy Score	Practice Score	
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	1	
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	1	
NES13	Do teachers or school staff give students food as a reward?	2	1	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	2	1	

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NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	0	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	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?	2	1	
NE7	 Does nutrition education address agriculture and the food system?	2	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	1	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	2	0	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	

Update Policies

This section of the assessment highlights areas where our district is already implementing effective practices but lacks corresponding policy language, or where policy language is weak or missing altogether. To ensure full compliance with federal requirements and to strengthen our wellness policy overall, we are committed to updating our written policies to reflect current practices and reinforce our commitment to student wellness.

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FR5 – Ensuring school nutrition program directors, managers, and staff meet the USDA’s required annual continuing education/training hours.

FR11 – Regulating foods and beverages served at class parties and other school celebrations in elementary schools.

Although we have strong practices in place for both, the written policy does not currently include specific language affirming these standards.

In addition to the federally required items, the district has identified the following items as priorities for policy enhancement:

NES7 – Farm to School: While our district actively prioritizes procurement of locally produced foods, this initiative is not yet reflected in written policy. We recognize the value of farm-to-school efforts in supporting both student health and local agriculture

PEPA7 – Certified PE Teachers: All physical education classes in the district are taught by certified/licensed teachers with appropriate endorsements. However, this requirement is not yet stated in policy

PEPA17 & PEPA18 – Use of Physical Activity as Reward or Punishment: Teachers are discouraged from using physical activity as punishment and are encouraged to use it as a reward. While these practices are consistently applied, clear policy language is needed to codify these expectations and protect the integrity of physical activity for all students.

The district wellness committee will review this section of the assessment and make recommendations to strengthen the policy to fall in alignment with what is being practiced.

		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 and beverages served at class parties and other school celebrations in elementary schools?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	

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PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
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Opportunities for Growth

The district wellness committee will continue to work towards aligning and strengthening our policy and practices. They will provide opportunities for staff and families to learn about the policy through an awareness campaign. The campaign will provide ideas to both staff and families about nutrition, physical activity and overall wellness.

		Policy Score	Practice Score	
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)?	1	1	
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?	0	0	
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	
EW1	 Are there strategies used by the school to support employee wellness?	1	1	
IC2	Is there an active school-level wellness committee?	0	0	

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Conclusion

By updating both our wellness policy and practices to align with federal requirements and district wellness priorities, we are taking meaningful steps toward fostering a healthier school environment. Our comprehensive, collaborative approach ensures that wellness is not only written into policy but lived out in every school across our district.

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

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