# Triennial Assessment Report: Torrington Public Schools (12/2025)
# District: TORRINGTON

## Introduction

Torrington is dedicated to the growth and implementations of the wellness of the students of Torrington. Torrington food and nutrition is incorporating all areas of the federal guidelines as well as bringing local into our school. The food and nutrition program looks forward to teaming up more with teachers in regards to coordinating classroom activities with our kitchens. Our policy needs to be revised to incorporate more of the federal regulations that we are currently practicing in our schools such as curriculum in regular education, physical education/health classes, and food and nutrition. We look forward to working together as a Committee to build our program.

This assessment was completed in December 2025 by the Director of Food and Nutrition as well as the Assistant Superintendent.

## Strong Policies and Aligned Practices

Torrington Public Schools are successful in meeting the federal requirements goals and practices in this section. Our policy and practice are in alignment for this assessment.

| | | 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** | **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** | ☆ |
| **FR7** | Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards? | **2** | **2** | ☆ |
| **FR13** | Which groups are represented on the district-level wellness committee? | **2** | **2** | ☆ |
| **FR15** | How is the wellness policy made available to the public? | **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** |  |
| **IC1** | Is there an active district-level wellness committee? | **2** | **2** |  |

## Create Practice Implementation Plan

Torrington Public Schools will continue to further improve upon our nutrition education being better integrated into the food environment such as incorporating a structured plan for utilizing the school gardens. Torrington recently underwent redistricting and we currently have a Wellness committee however, we need to designate new representatives at the school level. Physical education is an important part of all students needs and we will work to incorporate more physical activities in our schools.

| | | Policy Score | Practice Score | |
|---|---|---|---|---|
| **FR1** | Does the district have specific goals for nutrition education designed to promote student wellness? | **2** | **1** |  |
| **FR9** | Do all foods and beverages sold in school stores during the school day meet Smart Snack standards? | **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** |  |
| **PEPA4** | How many minutes per week of PE does each grade in elementary school receive? | **1** | **0** |  |
| **PEPA5** | How many minutes per week of PE does each grade in middle school receive? | **1** | **0** |  |

| | | | | |
|---|---|---|---|---|
| **PEPA6** | How many minutes per week of PE does each grade in high school receive? | **1** | **0** |  |
| **PEPA11** | Are there opportunities for families and community members to engage in physical activity at school? | **1** | **0** |  |
| **IC2** | Is there an active school-level wellness committee? | **2** | **1** |  |

## Update Policies

In the upcoming school year our Wellness Committee will discuss the below policies in order to better align with our practices including making our Triennial Assessment visible to members of the public and well as parents of the community. This assessment will be available on our district website as well as our current wellness policy. Torrington is working very hard to promote wellness in our district but needs to work on our current policy to reflect what is being done in our schools.

| | | **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** |  |
| **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** | **2** |  |
| **FR16** | Is wellness policy implementation evaluated every three years? | **1** | **2** |  |
| **FR17** | What is included in the triennial assessment report to the public? | **0** | **2** |  |
| **NES1** | Does the district offer breakfast every day to all students? | **0** | **2** |  |

| | | | | |
|---|---|---|---|---|
| **NES4** | Does your school use strategies to maximize participation in the school breakfast program and/ or school lunch program? | **0** | **2** |  |
| **NES5** | Are marketing strategies used to promote healthy food and beverage choices in school? | **0** | **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? | **0** | **2** |  |
| **NES7** | In your district, is it a priority to procure locally produced foods for school meals? | **1** | **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** |  |
| **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** |  |
| **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)? | **0** | **2** |  |
| **NES13** | Do teachers or school staff give students food as a reward? | **1** | **2** |  |
| **NE1** | Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills? | **1** | **2** |  |
| **NE4** | Do all high school students receive sequential and comprehensive nutrition education? | **1** | **2** |  |
| **NE5** | Is nutrition education integrated into other subjects beyond health education? | **0** | **2** |  |

## Triennial Assessment Report: Torrington Public Schools (12/2025)
## District: TORRINGTON

| | | | | |
|---|---|---|---|---|
| **PEPA1** | Does the district have a written physical education curriculum that is implemented consistently for every grade? | **1** | **2** | |
| **PEPA2** | Does the district have a written physical education curriculum that is aligned with national and/or state standards? | **1** | **2** | |
| **PEPA3** | How does your physical education program promote a physically active lifestyle? | **0** | **2** | |
| **PEPA7** | Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education? | **1** | **2** | |
| **PEPA8** | Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education? | **1** | **2** | |
| **PEPA9** | What percentage of students do you estimate do not take PE each year due to exemptions? | **0** | **2** | |
| **PEPA10** | What percentage of students do you estimate do not take PE each year due to substitutions? | **0** | **2** | |
| **PEPA13** | Is there daily recess for all grades in elementary school? | **1** | **2** | |
| **PEPA14** | Do teachers provide regular physical activity breaks for students in the classroom? | **0** | **2** | |
| **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? | **0** | **2** | |
| **PEPA18** | Do teachers ever use physical activity as a punishment? | **1** | **2** | |

## Triennial Assessment Report: Torrington Public Schools (12/2025)
## District: TORRINGTON

| | | | | |
|---|---|---|---|---|
| **PEPA19** | Do teachers ever withhold physical activity as a classroom management tool? | **1** | **2** |  |
| **EW1** | Are there strategies used by the school to support employee wellness? | **0** | **2** |  |

### Opportunities for Growth

Torrington Public Schools is committed to working on these key areas of improvement. We are still working on revising the policy based on the results from our previous assessment in 2022. The current policy we have was adopted in 2021 by Torrington's Board of Education. We need our currently policy to be revised to specifically outline what foods are allowable in accordance with our Healthy Food certification. This item in the policy is vague. With redistricting for the 25-26 school year more students fall within the walking or biking distance to school however their parents/guardians drive them or pick them up daily. We are going to work on promoting fitness in our schools which may help students with the desire to engage in walking or biking to school.  Torrington is looking forward to having our Wellness committee engage in turning around our current policy to incorporate our current practices in Torrington's schools.

| | | **Policy Score** | **Practice Score** | |
|---|---|---|---|---|
| **FR11** | Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools? | **0** | **1** |  |
| **FR18** | Has the wellness policy been revised based on the previous triennial assessment? | **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** |  |
| **NE2** | Do all elementary school students receive sequential and comprehensive nutrition education? | **1** | **1** |  |
| **NE3** | Do all middle school students receive sequential and comprehensive nutrition education? | **1** | **1** |  |

# Triennial Assessment Report: Torrington Public Schools (12/2025)
# District: TORRINGTON

| | | | | |
|---|---|---|---|---|
| **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** | **1** |  |
| **NE7** |  Does nutrition education address agriculture and the food system? | **0** | **1** |  |
| **PEPA12** |  Are there opportunities for all students to engage in physical activity before and after school? | **0** | **1** |  |
| **PEPA16** | What proportion of students walk or bike to school? | **0** | **1** |  |
| **EW2** | Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? | **0** | **1** |  |

## Conclusion

In conclusion, this assessment encourages us to continue the work we do for our students, staff and families of Torrington. We are committed to their education and overall wellness within our school district and community. We look forward to what lies ahead as we work together to improve the policy language and practices. We appreciate and value all committee members for their hard work and dedication to achieving this goal.

**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: Torrington Public Schools (12/2025)
# District: TORRINGTON

## 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, audiotape, 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.