Triennial Assessment Report: Eastconn 2025 (3/2025)
District: EASTERN CONNECTICUT REGIONAL EDUCATIONAL SERVICE CENTER (EAS

Introduction

The Wellness Committee meets regularly multiple times each year to review and reflect on our practices in comparison to
previous years. It is similar to previous assessments. Our Committee is comprised of admin, reps from our 2 smaller districts, head nurse, food service director, PE lead, community member/ principal. The members represent various areas throughout the Eastconn community and 2 districts that we service. The process was completed in May.

Strong Policies and Aligned Practices

The Wellness Committee meets regularly each year to review and reflect on our practices in comparison to previous years. We are looking to improve the policy by including missing language on multiple federal requirements. Our practices in PE and Nutrition education will be expanded on moving forward. In using the WellSAT tool, we can revise and improve our policy.

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

Create Practice Implementation Plan

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To support the effective implementation and compliance of our wellness policy, we are developing clear structures and systems to define responsibilities and ensure accountability. In addition, we are working to incorporate sequential nutrition education into our elementary curriculum and are reviewing the number of physical education minutes provided at each grade level. This plan will be a focus in the upcoming school year, with the goal of implementing key components over the course of the year. To help guide our efforts, we will meet regularly to get feedback from the school community.

		Policy Score	Practice Score	
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**	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**1**	**0**	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	**2**	**1**	

Update Policies

The responsibility for updating the wellness policy will be shared by the Wellness Committee. An Administrator will present policy revisions to the Executive Board for approval. These updates are scheduled to take place in the upcoming school year. Policy practices will be included in professional development days starting at the beginning of the new school year. Throughout the school year the practices will be reviewed at quarterly Wellness Committee meetings.

		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?	**1**	**2**	

FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	**0**	**2**	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	**0**	**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?	**0**	**2**	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	**1**	**2**	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**1**	**2**	
FR15	How is the wellness policy made available to the public?	**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?	**1**	**2**	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	**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**	
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**	
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**	**2**	
NES10	Are foods or beverages containing caffeine sold at the high school level?	**0**	**2**	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	**0**	**2**	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	**1**	**2**	
NE7	Does nutrition education address agriculture and the food system?	**0**	**2**	
PEPA3	How does your physical education program promote a physically active lifestyle?	**1**	**2**	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	**0**	**2**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**0**	**2**	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**1**	**2**	

PEPA13	Is there daily recess for all grades in elementary school?	**0**	**2**	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**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?	**0**	**2**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**0**	**2**	
EW1	Are there strategies used by the school to support employee wellness?	**0**	**2**	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**0**	**2**	
IC1	Is there an active district-level wellness committee?	**0**	**2**	
IC2	Is there an active school-level wellness committee?	**0**	**2**	

Opportunities for Growth

We will continue to follow the guidelines outlined in existing policy, staff handbooks, and federal requirements of the school nutrition department. We are committed to increasing the engagement and activity of our Wellness Committee in the upcoming school year. The Wellness Committee in collaboration with the Executive Board will review all applicable policies and make updates over the course of the school year.

	Policy Score	**Practice Score**	

FR13	Which groups are represented on the district-level wellness committee?	**1**	**1**	
FR16	Is wellness policy implementation evaluated every three years?	**1**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**0**	**0**	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	**1**	**1**	
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?	**0**	**0**	
PEPA6	How many minutes per week of PE does each grade in high school receive?	**0**	**0**	
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**	

Conclusion

The Wellness Committee plays an important role in making sure that our Wellness Policy stays up to date with all required Federal language/requirements and to continually check in with the school community to be sure best practices are occurring. The WellSAT tool has helped us see where we need to improve and revise policy language. It has also helped us see where we need to improve practices and where we are exceling with good practices. We have also seen that there is a need for revisions in policy. Policy revisions will be

implemented within the coming school year.

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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