

## WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

**Instructions:** Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

## SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- Describe the items that received a written policy score of 2 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	<b>Section 1. Nutrition Education</b>
NE1	Includes goals for nutrition education that are designed to promote student wellness.
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE3	All elementary school students receive sequential and comprehensive nutrition education.
NE4	All middle school students receive sequential and comprehensive nutrition education.
NE5	All high school students receive sequential and comprehensive nutrition education.
NE6	Nutrition education is integrated into other subjects beyond health education
NE7	Links nutrition education with the school food environment.
	<b>Section 2: Standards for USDA Child Nutrition Programs and School Meals</b>
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM10	Addresses purchasing local foods for the school meals program.
	<b>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</b>
NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.

<b>NS3</b>	Regulates food and beverages sold in a la carte.
<b>NS4</b>	Regulates food and beverages sold in vending machines.
<b>NS5</b>	Regulates food and beverages sold in school stores.
<b>NS6</b>	Addresses fundraising with food to be consumed during the school day.
<b>Section 4: Physical Education and Physical Activity</b>	
<b>PEPA1</b>	There is a written physical education curriculum for grades K-12.
<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.
<b>PEPA11</b>	Addresses family and community engagement in physical activity opportunities at all schools.
<b>PEPA12</b>	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
<b>PEPA13</b>	Addresses recess for all elementary school students.
<b>Section 5: Wellness Promotion and Marketing</b>	
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.
<b>WPM7</b>	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
<b>Section 6: Implementation, Evaluation &amp; Communication</b>	
<b>IEC3</b>	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
<b>IEC4</b>	Addresses making the wellness policy available to the public.
<b>IEC5</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years.

## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN- N/A



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The Connecticut State Department of Education (CSDE) recommends working with key stakeholders and developing a plan to fully implement the policy as written.

- ▶ Enter the items that received a written policy score of 1 or 2 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication

## SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- ▶ Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	<b>Section 1. Nutrition Education</b>
NE8	Nutrition education addresses agriculture and the food system.
	<b>Section 2: Standards for USDA Child Nutrition Programs and School Meals</b>
SM2	Addresses access to the USDA School Breakfast Program.

<b>SM4</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.
<b>SM6</b>	Specifies strategies to increase participation in school meal programs
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.
<b>SM8</b>	Free drinking water is available during meals.
<b>SM9</b>	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
	<b>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</b>
<b>NS2</b>	USDA Smart Snack standards are easily accessed in the policy
<b>NS7</b>	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.
<b>NS8</b>	Addresses foods and beverages containing caffeine at the high school level.
<b>NS9</b>	Regulates food and beverages served at class parties and other school celebrations in elementary schools.
<b>NS10</b>	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming
<b>NS11</b>	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.
<b>NS12</b>	Addresses food not being used as a reward.
<b>NS13</b>	Addresses availability of free drinking water throughout the school day
	<b>Section 4: Physical Education and Physical Activity</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.
<b>PEPA14</b>	Addresses physical activity breaks during school
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.
	<b>Section 5: Wellness Promotion and Marketing</b>

<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.
<b>WPM2</b>	Addresses strategies to support employee wellness.
<b>WPM3</b>	Addresses using physical activity as a reward.
<b>WPM4</b>	Addresses physical activity not being used as a punishment.
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
<b>WPM10</b>	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, schoolsponsored Internet sites, and announcements on the public announce
<b>WPM12</b>	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).
	<b>Section 6: Implementation, Evaluation &amp; Communication</b>
<b>IEC2</b>	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.

## SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- ▶ Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	<b>Section 4: Physical Education and Physical Activity</b>
PEPA5	Addresses time per week of physical education instruction for all middle school students.
PEPA6	Addresses time per week of physical education instruction for all high school students.
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
	<b>Section 5: Wellness Promotion and Marketing</b>
	<b>Section 6: Implementation, Evaluation &amp; Communication</b>
IEC1	Addresses the establishment of an ongoing district wellness committee
IEC6	Triennial assessment results will be made available to the public and will include:
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.

