

Worksheet 4: Summary of Findings

This document assists local educational agencies (LEAs) with meeting the U.S. Department of Agriculture’s (USDA) triennial assessment requirements for the LSWP. For information on the triennial assessment process, review *Guidance for School Wellness Policy Triennial Assessment*. For additional worksheets, visit the “What’s Next” section of the CSDE’s School Wellness Policies webpage.



This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the LEA’s progress toward meeting their wellness goals. Not all districts will have information to share in all four sections. Note: in Section 3 and Section 4, the LEA is only required to comment on federally required items, but may add information about other wellness topics if desired.

Section 1 (Strong Policies and Aligned Practices). If applicable, write a narrative below to describe your district’s areas of success in meeting its wellness goals.

CREC’s Local School Wellness Policy (LSWP) has recently undergone a required Triennial Assessment to:

- Measure the extent to which the district activities comply with the policy statements
- Measure how CREC’s policy language compares to the model wellness policy
- Describe CREC’s progress toward meeting LSWP goals

District compliance with the LSWP was assessed using the CSDE/Rudd Center template WellSAT 2.0, which rates each section of the LSWP against the actual district practices in place. The following are identified areas of success in meeting the goals stated in the CREC LSWP:

Nutrition Promotion and Education

- All high school students currently receive sequential and comprehensive nutrition education
- Nutrition promotion goals are articulated in the LSWP

Physical Education and Activity

- The district has a written physical education curriculum that is implemented consistently for every grade and is aligned with national and state standards
- Unless exempted, all students are required to and do engage in CREC’s physical education program

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School Meal Standards

- All parts of the Healthy Hunger-Free Kids Act regulations are currently being fully implemented
- All CREC schools offer breakfast
- Confidentiality of free/reduced eligible students is ensured via electronic meal counting systems

Nutrition Standards for Competitive and Other Foods and Beverages

- All CREC schools are part of the CSDE Healthy Food Certification program, which exceeds the USDA Smart Snack regulations

Wellness Promotion and Marketing

- Teachers are encouraged to use physical activity as a reward for students
- Teachers do NOT use physical activity as a punishment
- There is NO food or beverage marketing on school signs, scoreboards, screen savers, school TV or radio stations, or in the serving and dining areas

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Section 2 (Create Practice Implementation Plans). If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

In working toward greater LSWP compliance, CREC will develop an improvement and implementation plan to:

- Ensure a working Wellness Policy Committee that meets regularly, includes the required stakeholders, and conducts the required policy activities
- Include policy verbiage about Farm to School, Put Local On Your Tray and other CT agriculture based initiatives
- More closely document the sale of foods and beverages outside the USDA meal programs in each school site (school stores, vending and fund-raisers)
- Ensure that the policy-stated amounts of recess time are scheduled into each building's academic day
- Expand the efforts to include parents and community members in reviewing, revising, and promoting the LSWP.

Section 3 (Update Policies). If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

CREC Local School Wellness Policy Updates for Compliance

To ensure complete compliance with all USDA requirements for LSWP, CREC will make the following additions and/or revisions to the policy:

- Include verbiage regarding feeding students with unpaid meal balances without stigmatizing them
- Strengthen the language regarding annual training for food service workers?
- Specify food and beverage sales restrictions for vending machines, school stores and fundraisers
- Specify policy regulations for food and beverages for class parties and other school celebrations in *ELEMENTARY SCHOOLS*
- Increase policy specificity in describing the Wellness Committee makeup, communication about the LSWP to the public, and the reporting requirements of the committee

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Section 4 (Opportunities for Growth). If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

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For information on the USDA's LSWP requirements, visit the Connecticut State Department of Education's (CSDE) School Wellness Policies website and the Rudd Center's WELLSAT website, or contact the school nutrition programs staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.



This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Worksheet_4_Summarizing_Findings.docx.



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