

Worksheet 3: Identify Connections between Policy and Practice

This document assists local educational agencies (LEAs) with meeting the U.S. Department of Agriculture’s (USDA) triennial assessment requirements for the local school wellness policy (LSWP). For information on the triennial assessment process, review [Guidance for School Wellness Policy Triennial Assessment](#). For additional worksheets, visit the “[Monitoring and Evaluation](#)” section of the CSDE’s School Wellness Policies webpage.



The USDA requires that LEAs must publicly share the results of their wellness policy triennial assessment (e.g., through the district’s website). Information shared with the public must include 1) how the language in the LEA’s wellness policy compares to the model wellness policy; and 2) areas where there is a strong or weak policy, but practice implementation is either absent or limited.

This worksheet includes four sections that assess the connections between the LEA’s wellness policy and practices. The table below summarizes which sections the LEA must post to meet the USDA’s LSWP requirement for public notification.

Assessing Connections between the LEA’s Wellness Policy and Practices		
Section	Page	Public Posting Required
1 – Strong Policies and Aligned Practices	2	Yes
2 – Create Practice Implementation Plan	3	Yes
3 – Update Policies	4	No *
4 – Opportunities for Growth	5	No *
* LEAs may choose to share this information or additional materials as desired.		

Instructions: Use the LEA’s **WellSAT 3.0 scorecard** to enter the applicable policy item numbers and descriptions for each of the four sections. Post the information for sections 1 and 2 on the district’s website and share through other communication channels.

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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
	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
Federal Requirement	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. All snack foods and beverages for after school programs are on the state approved list of foods and beverages.
Federal Requirement	NS3 Regulates food and beverages sold in a la carte. All snack foods and beverages sold a la carte in the cafeteria are on the state approved list of foods and beverages.
Federal Requirement	NS4 Regulates food and beverages sold in vending machines. Foods and beverages are not sold from vending machines to students. (There are no student accessible vending machines for students.)
Federal Requirement	NS5 Regulates food and beverages sold in school stores. There are no school stores which sell foods and beverages to students.
Federal Requirement	NS6 Addresses fundraising with food to be consumed during the school day. There are no fundraisers which sell foods to students during the school day.
	NS8 Addresses foods and beverages containing caffeine at the high school level. Foods and beverages containing caffeine are not sold to students at the high school.
	NS12 Addresses food not being used as a reward. Food is not used as a reward for students.
	Section 4: Physical Education and Physical Activity
	PEPA1 There is a written physical education curriculum for grades K-12. Curriculum is written and is a living document updated annually by P.E. staff.
	PEPA2 The written physical education curriculum for each grade is aligned with national and/or state physical education standards. The district curriculum is aligned with the state standards.

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	PEPA7 Addresses qualifications for physical education teachers for grades K-12. All HPE teachers are state certified and licensed to teach.
	PEPA13 Addresses recess for all elementary school students. Use N/A if no elementary schools in district. There is daily recess offered at all elementary schools for 30 minutes, supervised by certified and non-certified staff. Staff ensure appropriate activities are scheduled.
	PEPA15 Joint or shared-use agreements for physical activity participation at all schools. Various community organizations use district facilities for activities.
	Section 5: Wellness Promotion and Marketing
	WPM4 Addresses physical activity not being used as a punishment. Board of Education policy 5144.4, Physical Exercise and Discipline of Students prohibits this practice.
	Section 6: Implementation, Evaluation & Communication
	IEC2 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. The Committee is comprised of parents, students, Food Service staff, Athletic Director, school administrators and health department representatives.
	IEC4 Addresses making the wellness policy available to the public. The Wellness Policy (#6142.101) is on the Bloomfield Public School web site and is available to the public under the Board of Education section. This Policy is based on a model policy created by the Connecticut Association of Boards of Education (CABE).

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Section 2 – Create Practice Implementation Plan



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
	NE6 Nutrition education is integrated into other subjects beyond health education. An example of nutrition education being integrated into other subjects would be at the High School with the “Farm to Table” concept. A garden is cultivated at the school.
	NE7 Links nutrition education with the school food environment. Next steps would be for the teachers and food service staff to collaborate in connecting nutrition education with the foods and beverages that are in school.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
Federal Requirement	SM1 Assures compliance with USDA nutrition standards for reimbursable school meals. District regulations will be updated to include the specific citation for the Healthy Hunger-Free Kids Act to include <i>7 CFR 210.10</i> .
	SM2 Addresses access to the USDA School Breakfast Program. District regulations will be strengthened to indicate that breakfast will be offered in every school daily.
Federal Requirement	SM3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals. District regulations will be updated to include a statements relative to student meal eligibility privacy.
	SM5 Specifies how families are provided information about determining eligibility for free/reduced priced meals. District regulations will be updated to include information about the meal application process (packets are mailed annually and are available on-line).
	SM6 Specifies strategies to increase participation in school meal programs. District regulations will be updated to include current and future strategies (breakfast in the classroom, grab and go meals, etc.) to increase meal participation.
	SM7 Addresses the amount of “seat time” students have to eat school meals. The committee will consider ways to better clarify the amount of seat time during meals.
Federal Requirement	SM8 Free drinking water is available during meals. The committee will consider ways to specify and/or describe how drinking water is available at each school during meals.
Federal Requirement	SM9 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. District regulations will be updated to indicate that Food Services staff are trained annually and meet the USDA Professional Standards requirements.
	SM10 Addresses purchasing local foods for the school meals program. The committee will consider ways so that local foods can be incorporated into school meals programs.

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	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	NS2 USDA Smart Snack standards are easily accessed in the policy. District regulations will be updated to include a link to the Connect Nutrition Standards.
	NS7 Exemptions for infrequent school-sponsored fundraisers. The committee will consider the continuation for food and beverage exemptions for fundraisers.
Federal Requirement	NS9 Regulates food and beverages served at class parties and other school celebrations in elementary schools. The committee will continue to recommend (as opposed to require) that school celebrations serve only healthy foods.
	NS10 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. District regulations will be updated to specify that foods and beverages served to students after the school day or during before/after care programs will meet Connecticut School Nutrition Standards.
	NS13 Addresses availability of free drinking water throughout the school day. District regulations will be strengthened to better clarify the availability of free drinking water throughout the school day.
	Section 4: Physical Education and Physical Activity
	PEPA3 Physical education promotes a physically active lifestyle. The program follows NASPE fitness standards and is assessed by the 3 rd generation CPFT.
	PEPA6 Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district. The High School students in Bloomfield are required to receive a one full credit of PE during their high school years. They receive 90 minutes per week in a first-semester class followed up by 60 minutes per week in the second semester.
	PEPA8 Addresses providing physical education training for physical education teachers. Professional Development for the teachers is offered on a consistent basis for the department. The topics are very specific such as curriculum writing, CPR and first aid recertification, starting g new at golf, etc.
	PEPA9 Addresses physical education exemption requirements for all students. The only exceptions allowed are illness or injury.
	PEPA10 Addresses physical education substitution for all students. All students take PE, there are no substitutions.
	PEPA11 Addresses family and community engagement in physical activity opportunities at all schools. Family members are invited to activity night throughout the school year. They are also invited to volunteer at Field Day events and have access to the High School track for recreational activities.
	PEPA14 Addresses physical activity breaks during school. Regular activity breaks in the class are provided by individual teachers.
	PEPA 16 District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. Very few students walk or bike to school due to the lack of sidewalks and safety concerns.
	Section 5: Wellness Promotion and Marketing
	WPM2 Addresses strategies to support employee wellness. Regular communications to staff from health insurer, employee assistance program, and the benefits office provide employees with wellness information, such as stress management, telehealth options, and health management. Annual Health Fair provides employees with information regarding all benefits, including wellness.

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	WPM3 Addresses using physical activity as a reward. WPM3: Physical activity is used on occasion and encouraged throughout the district as a reward for various positive reasons.
	WPM6 Specifies marketing to promote healthy food and beverage choices. District regulations will be updated to include the practice of the promotion of healthy foods and beverages.
	WPM7 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. FED District regulations will be strengthened to clarify that foods marketed during the school day will only include those that meet the Connecticut Nutrition Standards for Healthy Food Certification.
	WPM8 Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment). WPM8: BPS does not use sponsorships from food and beverage vendors nor do we promote those companies and/or products.
	WPM9 Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials). The School District does not use food or beverage marketing on educational materials.
	WPM10 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, etc.). The School District does not use food or beverage marketing where food is purchased.
	WPM11 Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system). The School District does not use food or beverage marketing in school publications and media.
	WPM12 Specifically addresses marketing through fundraisers and corporate incentive programs (such as Box Tops for Education). The School District does not use food or beverage marketing through fundraisers and corporate-incentive programs
	Section 6: Implementation, Evaluation & Communication
	IEC8 Addresses the establishment of an ongoing school building level wellness committee. Each school has a Wellness Committee as part of its Climate Committee.

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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
	Section 1: Nutrition Education
Federal Requirement	NE1 Includes goals for nutrition education that are designed to promote student wellness. The district plans to promote nutrition education as a "next step" once a health teacher is hired for the district.
	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
Federal Requirement	IEC3 Identifies the officials responsible for the implementation and compliance of the local wellness policy. The school principals are responsible for wellness policy implementation and compliance. They ensure compliance through review by school Climate Committee.
Federal Requirement	IEC6 Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school

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	<p>wellness policies;</p> <p>3. A description of the progress made in attaining the goals of the local school wellness policy. Schools are working toward compliance with Wellness Policy. The District's Wellness Policy is based upon the Connecticut Association of Boards of Education model policy.</p>

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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
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	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication
Federal Requirement	IEC5 Addresses the assessment of district implementation of the local wellness policy at least once every three years. This requires discussion and decision of Wellness Committee.
Federal Requirement	IEC7 Addresses a plan for updating policy based on results of the triennial assessment There will be a revision to the Administrative Regulation of the Wellness Policy based on Triennial Assessment.

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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/Triennial_Assessment_Worksheet3_Identifying_Connections_Policy_Practice.docx.



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