

Worksheet 3: Identify Connections between Policy and Practice

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.

| Item number | Item description |
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| | Section 1. Nutrition Education |
| NE 1 | Includes goals for nutrition education that are designed to promote student wellness. |
| NE 2 | Nutrition education teaches skills that are behavior-focused, interactive, and/or participatory. |
| NE 3 | All elementary school students receive sequential and comprehensive nutrition education. |
| NE 4 | All middle school students receive sequential and comprehensive nutrition education. |
| NE 5 | All high school students receive sequential and comprehensive nutrition education. |
| NE 6 | Nutrition education is integrated into other subjects beyond health education |
| NE 7 | Links nutrition education with the school food environment. |
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| | Section 2: Standards for USDA Child Nutrition Programs and School Meals |
| SM 1 | Assures compliance with USDA nutrition standards for reimbursable school meals. |
| SM 2 | Addresses access to the USDA School Breakfast Program. |
| SM 3 | District takes steps to protect the privacy of students who qualify for free or reduced priced meals. |
| SM 4 | Addresses how to handle feeding children with unpaid meal balances without stigmatizing them. |
| SM 5 | Specifies how families are provided information about determining eligibility for free/reduced priced meals. |
| SM 8 | Free drinking water is available during meals. |
| SM 9 | Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. |
| SM 10 | Addresses purchasing local foods for the school meals program. |
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| | Section 3: Nutrition Standards for Competitive and Other Foods and Beverages |
| 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. |
| NS2 | USDA Smart Snack standards are easily accessed in the policy. |
| NS3 | Regulates food and beverages sold in a la carte. |
| NS4 | Regulates food and beverages sold in vending machines. |
| NS5 | Regulates food and beverages sold in school stores. |
| NS6 | Addresses fundraising with food to be consumed during the school day. |
| NS7 | Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day. |
| NS8 | Addresses foods and beverages containing caffeine at the high school level. |
| NS9 | Regulates food and beverages served at class parties and other school celebrations in elementary schools. |
| 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. |
| NS11 | 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. |
| NS12 | Addresses food not being used as a reward. |
| NS13 | Addresses availability of free drinking water throughout the school day. |
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| | Section 4: Physical Education and Physical Activity |
| PEPA1 | There is a written physical education curriculum for grades K-12. |
| PEPA2 | The written physical education curriculum for each grade is aligned with national and/or state physical education standards. |
| PEPA3 | Physical education promotes a physically active lifestyle. |
| PEPA4 | Addresses time per week of physical education instruction for all elementary school students. |
| 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. |
| PEPA7 | Addresses qualifications for physical education teachers for grades K-12. |
| PEPA8 | Addresses providing physical education training for physical education teachers. |
| PEPA9 | Addresses physical education exemption requirements for all students. |
| PEPA10 | Addresses physical education substitution for all students. |

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| PEPA11 | Addresses family and community engagement in physical activity opportunities at all schools. |
| PEPA12 | Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. |
| PEPA13 | Addresses recess for all elementary school students. |
| PEPA14 | Addresses physical activity breaks during school. |
| PEPA15 | Joint or shared-use agreements for physical activity participation at all schools. |
| PEPA16 | District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance. |
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| | Section 5: Wellness Promotion and Marketing |
| WPM1 | Encourages staff to model healthy eating and physical activity behaviors. |
| WPM2 | Addresses strategies to support employee wellness. |
| WPM4 | Addresses physical activity not being used as a punishment. |
| WPM5 | Addresses physical activity not being withheld as a punishment. |
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| | Section 6: Implementation, Evaluation & Communication |
| IEC1 | Addresses the establishment of an ongoing district wellness committee. |
| 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. |
| IEC3 | Identifies the officials responsible for the implementation and compliance of the local wellness policy. |
| IEC4 | Addresses making the wellness policy available to the public. |
| IEC5 | Addresses the assessment of district implementation of the local wellness policy at least once every three years. |
| 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. |

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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.



| Item number | Item description |
|-------------|---|
| | Section 1. Nutrition Education |
| NE8 | Nutrition education addresses agriculture and the food system. |
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| | Section 2: Standards for USDA Child Nutrition Programs and School Meals |
| SM6 | Specifies strategies to increase participation in school meal programs. |
| SM7 | Addresses the amount of "seat time" students have to eat school meals. |
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| | Section 3: Nutrition Standards for Competitive and Other Foods and Beverages |
| | N/A |
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| | Section 4: Physical Education and Physical Activity |
| | N/A |
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| | Section 5: Wellness Promotion and Marketing |
| WPM3 | Addresses using physical activity as a reward. |
| WPM6 | Specifies marketing to promote healthy food and beverage choices. |
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| | Section 6: Implementation, Evaluation & Communication |
| | N/A |
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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, refer to *Guidance for School Wellness Policy Triennial Assessment*. For additional worksheets, visit the “What’s Next” section of the CSDE’s School Wellness Policies webpage.



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.

ACES has a comprehensive and sound wellness policy. We have implemented the policy and have had excellent results. Our scorecard reflects a high score of 88, although there is room for improvement, we will continually upgrade and update our practices. Our meal program not only follows all state and federal guidelines, but we also strive to provide excellent meals to our students, so they are properly nourished while in our care.

Worksheet 4: Summary of Findings

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.

We believe our assessment resulted in a high score, and we will continue to implement the policy and work with our school nutrition team and school leadership to provide high-quality breakfasts and lunches to our student population. Our primary goal in the upcoming year is to increase student participation in the meals program.

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.

ACES will continue to review its policy with the Board Policy Committee to ensure that all federal mandates and recommendations are included in the policy.

Worksheet 4: Summary of Findings

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.

We will continue to provide high-quality food to our students including:

- Local produce is incorporated into the program.
- Continue with the FFVP program and hopefully expand it to other schools.
- Continue to introduce new healthy options for the students.
- Continue to develop culturally created food items to meet our student demographics.

Worksheet 4: Summary of Findings

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](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 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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