

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.

- 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
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.
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 food environment
NE8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
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 to reduced priced meals
SM8	Free Drinking water is available during meals
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards
SM2	Addresses access to the USDA School Breakfast Program
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them
SM5	Specifies how families are provided information about determining eligibility for free / reduced price meals.
SM6	Specifies strategies to increase participation in school meal programs
SM10	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 (Smart Snacks) for all food and beverages sold to students during the school day
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
NS2	USDA Smart Snack standards are easily accessed in the policy.
NS8	Addresses foods and beverages containing caffeine at the high school level
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 day.
	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
PEPA7	Address 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
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	Address recess for all elementary school students
PEPA14	Addresses physical activity breaks during school
PEPA16	District addresses active transport for all K-12 students who live within walkable / bikeable distance

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	Section 5: Wellness Promotion and Marketing
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
WPM1	Encourages staff to model healthy eating and physical activity behaviors
WPM2	Addresses strategies to support employee wellness
WPM3	Addresses using physical activity as a reward
WPM4	Addresses physical activity not being used as a punishment
WPM5	Addresses physical activity not being withheld as a punishment
WPM6	Specifies marketing to promote healthy food and beverage choices
WPM8	Specifically addresses marketing on school property
WPM9	Specifically addresses marketing on educational materials
WPM10	Specifically addresses marketing where food is purchased
WPM11	Specifically addresses marketing in school publications and media
WPM12	Specifically addresses marketing on through fundraisers and corporate sponsored programs
	Section 6: Implementation, Evaluation & Communication
IEC2	Addresses how all relevant stakeholders 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: 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 compare to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy
IEC7	Addresses a plan for updating policy based on results of the triennial assessment
IEC1	Addresses the establishment of an ongoing district wellness

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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 either (1) a written policy score of 1 **and** an interview practice score of 0 or (2) a written policy score of 2 **and** an interview practice score of 1 or 0. **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
SM7	Addresses the amount of “seat time” students have to eat school meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools
NS2	USDA Smart Snack standards are easily accessed in the policy
NS7	Exemptions for infrequent school-sponsored fundraisers
	Section 4: Physical Education and Physical Activity
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
PEPA15	Addresses joint or shared-use agreements for physical activity participation at all schools
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication
IEC8	Addresses the establishment of an ongoing school building level wellness committee