

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.



The Waterbury Public Schools District has completed the required Triennial Assessment of the Waterbury School Wellness Policy. Our Wellness Policy has many strong goals in relation to meeting the requirements set forth from the USDA on school nutrition and physical education / activity.

The Waterbury School Wellness Policy has set and reached goals that are very important to the health and wellness of our students. By setting these goals we have focused on ways to improve student's health and well-being.

Our Waterbury schools have worked to improve nutrition education through academics and physical education / physical activity. Administrators and Teachers have integrated nutrition education into core classes. Nutrition education is reinforced in the school environment. Physical education teachers have integrated nutrition education into their classes. Nutrition well-being and physical well-being are linked together for a the success towards an over-all well-being lifestyle.

Our Waterbury Food Service Department has worked to reach goals of increasing our meal participation in the schools. Waterbury Food Service Department has increased our scratch cooking in our new Central Warehouse to reach goals set for improved taste, quality and nutrient values and decreasing saturated fats and sodium values.

We have set goals to implement a plan to create an increased representation of groups to the Wellness Committee. This representation will bring new ideas on ways to further the success of our goals towards a healthier lifestyle for all Waterbury students. Increased involvement and working together will increase our success.

Waterbury is in full compliance with all federal and state requirements that regulate school meals. We will continue to work towards providing nutritious meals to the Waterbury students, increase education on the importance of a healthy diet and the increased participation and availability to enjoy an active and safe lifestyle for our Waterbury students and their families.

We will continue to work towards the goals that we have and will continue to set new goals for the school year 2021 through 2022.