

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.



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.

Vernon Public Schools updated their district wellness policy in 2020 to reflect the updated national guidelines for School Wellness Policies. Since implementing the new policy, **the district has had several areas of success where there are strong policies written and aligned practices in the schools.** Nutrition education is being provided in the schools to increase student knowledge around healthy choices. All meal programs are in compliance with the Healthy Hunger-Free Kids Act, the Food & Nutrition Services Department uses marketing strategies to promote healthy food and beverage choices at school. The district offers breakfast at every school every day by making it part of the school day. In elementary school, breakfast is served Grab N’ Go style in the cafeteria and students can eat it in their classroom, allowing adequate time to sit, eat, and enjoy their breakfast. All school lunch periods are 30 minutes, which provides enough time for students to relax and enjoy their meal. Free drinking water is available to all students during meals and throughout the school day. Water bottle fillers have been outfitted in all schools to encourage water consumption. All foods sold to students during the school day meet Connecticut State Department of Education (CSDE) nutrition standards including those snacks sold as competitive foods, a la carte, in vending machines, and in school stores. There is no food or beverage marketing on the school campuses during the school day that does not meet the CSDE nutrition standards.

All schools ensure that children who are receiving free or reduced-price meals cannot be identified by using an electronic nutrition data system and Personal Identification Numbers at the cash register. The district accepts meal applications throughout the school year, and the Food & Nutrition Services Department notifies families by letter of their eligibility status within 10 days of receiving the application. Meal applications are kept in locked cabinets and student eligibility

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status is kept confidential. Student eligibility is shared only within the Food & Nutrition Services Department and school personnel (teachers, administrators, counselors, etc.) do not have access to student eligibility status.

Physical education is an integral part of the school day, and the district has a written PE curriculum that is implemented consistently for every grade. The PE program in the district is intended to promote a physically active lifestyle and staff are encouraged to model healthy eating and physical activity behaviors in front of students. All PE classes are taught by state certified and licensed teachers that receive ongoing professional development. The district does not allow PE substitutions or exemptions which ensures that all students are meeting PE requirements. Elementary students are provided with at least 20 minutes of recess every day as a way to exercise during the school day through unstructured play. Physical activity is never used as a punishment in schools. Community members are encouraged to use the school buildings and facilities when school is not in session for physical activity.

To ensure district wellness goals are being met, there is an active district level wellness committee that meets several times per year. The district wellness committee is made up of many different people with a range of roles in the schools and community. There are building-level officials that are responsible for the implementation and compliance with the wellness policy at each school. The wellness committee assess implementation of the wellness policy at least once every three years as part of the triennial assessment. The wellness policy has been revised based on the triennial assessment after meeting with the district wellness committee. All required pieces of the triennial assessment are available to the public online.

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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 some areas, there is a written policy that doesn't align with practice implementation.

The district has goals for Nutrition Education written into the wellness policy, but the goals are not being clearly implemented. Nutrition Education is not being integrated into other subjects beyond health education, and it is not clearly mentioned in the wellness policy. The wellness policy has a written recommendation regarding food-based celebrations in elementary classrooms, but the wellness committee is not confident that these recommendations are being communicated or implemented. The wellness policy has a written recommendation regarding the use of food as a reward in the classroom for good behavior, but the recommendation is not being implemented (i.e. food is being used as a reward).

The district's current PE curriculum is not aligned with national and/or state standards. Modifications are currently underway. Students in the district receive PE every week, but the amount of instructional time falls short of NASPE recommendations at every level. The district wellness policy mentions the importance of families engaging in physical activity, but there are no opportunities for families to engage in physical activity at school. The district wellness policy encourages the use of physical activity breaks for students in the classroom, but the implementation of this practice is weak. The district wellness policy encourages students to walk or bike to school, but the implementation of this practice is weak. There are inconsistent strategies in the schools to support employee wellness. There is a district wellness committee, but there are not active school level wellness committees.

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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.

There are some practices that are being fully implemented at the school level, but the written policy has weak or no language around the practice. In the district wellness policy, there is no mention in the wellness policy about each grade level receiving sequential and comprehensive nutrition education, but each grade level is receiving nutrition education. There is no mention of specific strategies used to increase meal participation (ex: Smarter Lunchrooms, taste tests, Breakfast in the Classroom) despite using these strategies regularly in the cafeterias. There is no mention of prioritizing local procurement, but the Food & Nutrition Director does procure locally. There is a weak mention of food and beverage fundraisers that sell items to be consumed during the school day, but this is not happening in schools. The policy should be updated to include a stronger statement regarding student engagement in physical activity before and after school. Teachers never withhold physical activity as a classroom management tool, but this is not reflected in the wellness policy. There is no food or beverage marketing on school property, educational materials, or where food is purchased that do not meet smart snacks. This should be written into the policy.

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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.

There are some items that are not addressed in the policy or in practice. There is no nutrition education taught at the elementary level. There is no nutrition education linked to school food service. The nutrition education program does not address agriculture and the food system. There is no communication with before or after school programs regarding what can/should be served to students during the programs. Teachers are not encouraged to use physical activity as a reward, in policy or practice. There is food and beverage marketing through fundraisers (ex: cookie sales, popcorn, etc).

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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](#) 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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