

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, 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.



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 N/A	4	No *
4 – Opportunities for Growth N/A	5	No *
* Any federal requirements in these sections must be reported. Otherwise, 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 all federal requirements and 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
NE 1, 2, 3, 4, 5, 6	Goals for Nutrition Education
	Health and Nutrition Education implemented sequentially in a comprehensive manner with key concepts and opportunities for skill development. Lessons emphasize educational strategies most likely to promote habits for good health with developmentally appropriate and culturally relevant. Concepts are also linked to other subjects such as math, language arts and science.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 1, 2, 3, 6, 7, 8	Implementation of HHFKA in full, NSBP offered in all schools, district participates in CEP, promotions ongoing (e.g PLOYT), adequate meal time, water access for students
SM 9	Professional development program is planned and implemented in accordance with the USDA Professional standards for all FCNS staff. Compliance in full.
SM 10	Strong local procurement program as standard operating procedures. (Program initiated in 2016 and ongoing to 2022-23 SY.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 1, 2, 3, 4, 5, 6, 7, 8, 9	All sources of food and beverage sales fully comply with CT Nutrition Standards (CNS) all beverages sold meet state statute (CGS section 10-221q). All food and beverages USDA smart snack standards compliant. Strong policies and practices are in place. Compliant in full.
	Section 4: Physical Education and Physical Activity
PEPA 4, 5, 6, 7, 8, 10	PE is incorporated into curricula and adequate time is allotted to students in an age & skill appropriate manner. Focus is placed on moderate to vigorous physical activity. Recess for elementary students is incorporated into the schedule and Middle and HS student health curriculum focuses on physical, social emotional wellness.

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	Section 5: Wellness Promotion and Marketing
WPM2	A strong employee wellness program has been established and ongoing. Employees have access to regular classes (remote) and informational articles and newsletters. Modalities used to assure inclusion of all staff levels.
	Section 6: Implementation, Evaluation & Communication
IEC1, 2, 3 & 8	Wellness Committee with appropriate roles. Leadership is strong and established.
IEC 5	Triennial assessment conducted and CDE tools utilized.
IEC 4 & 6	Triennial assessment to public per requirements.

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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
NE 7 & 8	Some nutrition education is linked to agriculture but not district wide. Plans are underway to hire a HPS School Garden Coordinator
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	School-based celebrations ongoing reinforcement of policy for current and new staff.
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
SM 10	A strong Farm to School promotion and proactive is in place plans to continue
WPM 7	Marketing restrictions reinforcement of policy
	Section 6: Implementation, Evaluation & Communication
IEC57	Public posting and Revision of the wellness policy based on triannual assessment

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IE C7	Revision of District Wellness Policy pending school survey – in process
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Section 3 – Update Policies N/A



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
N/A	
	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

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Section 4 – Opportunities for Growth N/A

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 either (1) a written policy score of 0 **and** an interview practice score of 0 or 1 or (2) a written policy score of 1 **and** an interview practice score of 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1: Nutrition Education
N/A	
	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

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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_3_Identifying_Connections_Policy_Practice.docx.



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