

WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

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 |
| | Our district has specific goals for nutrition education designed to promote student wellness that includes standards-based nutrition curriculum. We utilize Michigan Model for Health and an additional 10 faculty have recently been trained. Recently, our middle school added a health curriculum class. |
| | |
| | |
| | Section 2: Standards for USDA Child Nutrition Programs and School Meals |
| | Our district is compliant with USDA Nutrition Standards for reimbursable school meals and provides full access for all students for USDA School Breakfast program and lunch. |
| | |
| | |
| | Section 3: Nutrition Standards for Competitive and Other Foods and Beverages |
| | Our district is in compliance with USDA nutrition standards (Smart Snack Guidelines) for all food and beverages sold to students during the school day. |
| | |
| | |

| | |
|--|---|
| | Section 4: Physical Education and Physical Activity |
| | Our district has a strong physical education department that follows national and state standards and promotes a physically active lifestyle. Daily recess is provided for all grades in elementary school. |
| | |
| | |
| | Section 5: Wellness Promotion and Marketing |
| | Our district discourages the use of physical activity being used as a form of punishment. |
| | |
| | |
| | Section 6: Implementation, Evaluation & Communication |
| | The district level wellness committee is very strong representing a wide vary of representatives. Our wellness policy is available on the website and at our local annual give a child a chance day. |
| | |
| | |

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

| Item number | Item description |
|-------------|------------------|
|-------------|------------------|

Section 1. Nutrition Education

During PD, PE teachers will be trained on incorporating nutrition education into PE class.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

Grab-n-Go breakfast will continue to be encouraged for the upcoming school year.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Smart snack standards and calculator will be added to the website with the wellness policy for easy access and use. Fundraising and smart snack ideas and suggestions will be given to each principal at in-service for the upcoming year.

Caffeine use at the high school level has already been addressed with the development of “loaded teas”. Bans will continue on allowing drop offs of such drinks to students during the school day.

Currently no food is sold during after school programs. The newly developed guidelines will be shared with all employees and will strongly address using and withholding food as a reward.

Section 4: Physical Education and Physical Activity

The newly developed guidelines specifically address the minimum amount a time a student should spend in PE per week based on their age level.

PD during in-service will address physical activity/brain breaks during the school day.

Section 5: Wellness Promotion and Marketing

The guidelines will address and discourage ever withholding physical activity as punishment. Marketing of food products used inside the school will be address with principals and the athletic director.

| | |
|--|--|
| | |
| | Section 6: Implementation, Evaluation & Communication |
| | Easy access to the wellness policy will continue to be on the website. |
| | |
| | |

SECTION 3: UPDATE POLICIES

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 |
| | All nutrition education will be included in the guidelines along with a link for parents. |
| | |
| | |
| | Section 2: Standards for USDA Child Nutrition Programs and School Meals |
| | The specific seat time recommendations will be included in the guidelines. |
| | |
| | |

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

All schools have filtered water and free water being available both in the cafeteria and throughout the school should be addressed during the policy update.

Section 4: Physical Education and Physical Activity

Specific exemptions to PE will be listed in the guidelines. PE teachers will continue to be offered PD opportunities each year.

Section 5: Wellness Promotion and Marketing

All marketing of food products on school property will be addressed in the guidelines.

Section 6: Implementation, Evaluation & Communication

Triennial assessment information will be posted in the guidelines.

Triennial results will be made available to the public.

SECTION 4: OPPORTUNITIES FOR GROWTH

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

| Item number | Item description |
|-------------|--|
| | Section 1. Nutrition Education |
| | We will continue to train other educators as needed in Michigan Model Curriculum. |
| | |
| | |
| | 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 |
| | Principals will be encouraged to monitor exemptions to PE and limited to medical reasons. |
| | Before and after school programs will continue to be provided information and supplies to incorporate physical activity into the curriculum. |

Joint Use Agreement will be posted on the webpage along with the wellness policy. We have multiple organizations currently utilizing our grounds that promote physical activity.

Section 5: Wellness Promotion and Marketing

Section 6: Implementation, Evaluation & Communication