



The Wellness Policy Triennial Assessment

Rocky Hill Public Schools recently conducted an assessment of its wellness policy and practices using the following steps:

Step 1: Completed the Wellness School Assessment Tool (WellSAT) 3.0 to assess compliance of the district's wellness policy with federal requirements.

Step 2: Completed the WellSAT-I (Interview) to assess compliance of the wellness policy and federal requirements with the district's practices.

Step 3: Identified connections between policy and practice by comparing the written policy with wellness practices (compared results of WellSAT 3.0 and WellSAT-I).

This letter summarizes the results of the assessment and is being made public via posting on the district website at www.rockyhillps.com. It identifies the connections between policy and practice. The purpose of this summary is to describe the district's progress toward meeting our wellness goals.

Section 1 (Strong Policies and Aligned Practices)

Rocky Hill Public Schools is in compliance with federal requirements. We have a district Wellness Committee that meets at a minimum of three times per year and is representative of relevant stakeholders throughout the district. The district's Wellness Policy is available on the Rocky Hill Public Schools website.

We have strong policies and practices in place. The district integrates nutrition lessons into the curriculum, provides free and easy access to drinking water for all students, implements professional development for our food and nutrition staff, and ensures that any food and beverage fundraisers comply with the Smart Snacks standards. The district exceeds the standard meal time requirements (10 minutes for breakfast and 20 minutes for lunch) with up to 20 minutes for breakfast and 30-43 minutes for lunch (depending upon grade level). The district also has a written physical education curriculum that aligns with national and/or state physical education standards and promotes a physically active lifestyle. Teachers encourage movement and exercise outside of the PE classes.



Section 2 (Create Practices Implementation Plan)

There is a strong partnership between the district and the food service provider. Communications to staff, students, and families has expanded to include a nutrition app which explains the allergy information and nutritional value of school meals and encourages healthy food choices. In addition, the district partners with our food service vendor to provide healthy nutrition options for staff during the school day as well as by supporting a student wellness program and a healthy foods competition for students.

The district has made efforts to eliminate any social stigma and overt identification of students who are eligible for free or reduced price meals. Computerized terminals require only that a student enter his or her ID number to access a meal according to the student's eligibility status. Delinquent meal accounts are managed via electronic messages to households.

Additionally, the District Wellness Committee uses the triennial assessment results to guide and inform the work throughout the school year. The members of the district committee serve as liaisons to the school-based wellness committees in each of our five schools.

Section 3 (Update Policies)

The district has identified a number of areas where we are successfully implementing wellness practices in our schools; however, there are additional practices which guide our work and are not explicitly identified in the Wellness Policy. Rather, other Board of Education policies support the wellness work being implemented. For example, the 3000 series contains policies on the Code of Conduct for Child Nutrition Programs. The 5000 series contains information on physical activity, unrestricted play, and recess as well as information on fundraising activities in order to ensure compliance with Smart Snacks standards.

Section 4 (Opportunities for Growth)

Overall, the district has strong wellness policies and practices in place. The Wellness Committee will continue to meet to discuss appropriate practices and oversee the implementation in our schools. In summary, the Rocky Hill Public Schools remain committed to promoting the physical wellbeing of all students. This goal is accomplished via the strong curriculum present in our health and physical education classes, a district nutritional plan that meets all federal and state standards, and the promotion of non-instructional physical activities such as regularly scheduled recess periods (elementary schools) and both intramural and interscholastic athletic programs.