

Worksheet 3: Identify Connections between Policy and Practice

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
#5	All high school students receive sequential and comprehensive nutrition education.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
#1	Assures compliance with USDA nutrition standards for reimbursable school meals.
#3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
#8	Free drinking water is available during meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
#1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
#6	Addresses fundraising with food to be consumed during the school day.
	Section 4: Physical Education and Physical Activity
#3	Physical education promotes a physically active lifestyle.
#7	Addresses qualifications for physical education teachers for grades K-12.
#13	Addresses recess for all elementary school students.
	Section 5: Wellness Promotion and Marketing
#4	Addresses physical activity not being used as a punishment.
	Section 6: Implementation, Evaluation & Communication

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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 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
#1	Includes goals for nutrition education that are designed to promote student wellness.
#2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
#3	All elementary school students receive sequential and comprehensive nutrition education.
#4	All middle school students receive sequential and comprehensive nutrition education.
#7	Links nutrition education with the school food environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
#9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.
	Section 4: Physical Education and Physical Activity
#14	Address physical activity breaks during school.
	Section 5: Wellness Promotion and Marketing
#6	Specifics marketing to promote healthy food and beverage choices.
	Section 6: Implementation, Evaluation & Communication
#1	Addresses the establishment of an ongoing district wellness committee.
#2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.

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#3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
#5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.

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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
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
#2	Addresses access to the USDA School Breakfast Program.
#7	Addresses the amount of “seat time” students have to eat school meals.
#9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
#2	USDA Smart Snack standards are easily accessed in the policy.
#3	Regulates food and beverages sold in a la carte.
#4	Regulates food and beverages sold in vending machines.
#5	Regulates food and beverages sold in school stores.
#8	Addresses foods and beverages containing caffeine at the high school.
#11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.
#13	Addresses availability of free drinking water throughout the school day.
	Section 4: Physical Education and Physical Activity
#1	There is a written physical education curriculum for grades K-12.
#2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
#9	Addresses physical education exemption requirements for all students.
#10	Addresses physical education substitution for all students.
#15	Joint or shared-use agreements for physical activity participation at all schools.
	Section 5: Wellness Promotion and Marketing
#2	Addresses strategies to support employee wellness.

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#3	Addresses using physical activity as a reward.
#7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
#8	Specifically addresses marketing on school property and equipment (e.g. – signs, scoreboards, sports equipment).
#9	Specifically addresses marketing on education materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
#11	Specifically addresses marketing in school publications and media (e.g. – advertisements in schools publications, school radio stations, in-school television, computer screen savers, school-sponsored internet sites, and announcements on the public announcement (PA) system).
	Section 6: Implementation, Evaluation & Communication
#4	Addresses making the wellness policy available to the public.

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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
#6	Nutrition education is integrated into other subjects beyond health education.
#8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
#4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
#5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.
#6	Specifies strategies to increase participation in school meal programs.
#10	Addresses purchasing local foods for the school meals program.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
#7	Exemptions for infrequent school-sponsored fundraisers.
#10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on schools grounds, clubs, and after school programming.
#12	Addresses food not being used as a reward.
	Section 4: Physical Education and Physical Activity
#4	Addresses time per week of physical education instruction for all elementary school students.
#5	Addresses time per week of physical education instruction for all middle school students.
#6	Addresses time per week of physical education instruction for all high school students.
#8	Addresses providing physical education training for physical education teachers.
#11	Addresses family and community engagement in physical activity opportunities at all schools.
#12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.

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#16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
	Section 5: Wellness Promotion and Marketing
#1	Encourages staff to model healthy eating and physical activity behaviors.
#5	Addresses physical activity not being withheld as a punishment.
#10	Specifically addresses marketing where food is purchased (e.g.-exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash, and recycling containers.)
#12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g.-fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).
	Section 6: Implementation, Evaluation & Communication
#6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA’s local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
#7	Addresses a plan for updating policy based on results of the triennial assessment.
#8	Addresses the establishment of an ongoing school building level wellness committee.

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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](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Triennial_Assessment_Worksheet3_Identifying_Connections_Policy_Practice.docx.



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