

Summary of Findings for the IDYCA Wellness Policy

The Wellness policy sections 1, 2, 3, and 5 from the WellSat 3:0 and WellSat-I show strong and aligned Policies.

The Wellness policy Section 4 of WellSat 3:0 and WellSat-I shows that the Physical Education and Activity may need to be addressed. The policy states we have a written curriculum and that written curriculum is from the National Guard and we follow those guidelines. Wording in the wellness policy may need to change. As well as wording about exemptions and substitutions to physical education. Something to find out more about is whether our cycle break training meets the requirement for professional Training.

The Wellness policy Section 6 of the WellSat 3:0 and WellSat-I states that the Triennial assessment is going to happen every three years, however it didn't happen in the right time frame. Due dates will be clearly defined and made to rectify this in the future.

The Wellness policy Section 5 about physical activity being used as a punishment or reward is unclear and may need different wording to make it strong and aligned with the WellSat 3:0 and WellSat-I.

The Wellness policy Section 2 of the WellSat3:0 and WellSat-I states that you need to encourage participation of the meals. We have 100% participation. So there is no way to encourage more participation. There is also no local foods from which to purchase from so it is hard to be in alignment with that part.

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
NE1	Strong and Aligned Policy
NE2-8	Strong and Aligned Policy
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1,3,8,9	Strong and Aligned Policy
SM 2, 4, 5,6	Strong and Aligned Policy
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
All sections	Strong and Aligned Policy
	Section 4: Physical Education and Physical Activity
PEPA 3, 6, 7, 12,	Strong and Aligned Policy
	Section 5: Wellness Promotion and Marketing
WPM7	Strong and Aligned Policy
WPM 6, 9, 10, 11, 12	Strong and Aligned Policy
	Section 6: Implementation, Evaluation & Communication

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
	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
PEPA 1, 2	The district or academy follows the guidelines set forth by the national guard for physical education curriculum. It aligns with the military division, but may need to address the wording in the wellness policy to reflect that.
PEPA 8	We have cycle break training that may meet the requirements for the professional Training. Wording may need to be included.

PEPA 9, 10	Wording in Policy may not show exemptions or substitutions to physical education, if needed.
	Section 5: Wellness Promotion and Marketing
WPM 1, 2, 3	Teachers did not realize that they have access to the state wellness program. Wording may be changed to help make everyone aware.
	Section 6: Implementation, Evaluation & Communication
IEC7	The wellness policy states that the Triennial assessment is going to happen every three years, however it didn't happen in the time frame it was suppose to happen. A plan has been made to make sure that it doesn't happen again. A plan with a year that the triennial is next due will be included.

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

	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
WPM 3, 4, 5	There is no wording used about Physical activity as punishment or rewards. May need to change that.
	Section 6: Implementation, Evaluation & Communication

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
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
Sm 7	District has 100% participation but language in policy doesn't state that and there is no way to increase participation as it is already at 100%.
SM 10	These is not any local foods to purchase from. Not sure how to change this part of the policy.
	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