

# 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	4	No *
4 – Opportunities for Growth	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, 5, 6, 7 & 8	The Districts Head of Curriculum is confident that Nutrition and Wellness does follow the guidelines that are set
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 1, 2, 3, 4, 5, 8 & 9	Nutrition Coordinator is confident that our District follows all USDA and CSDE healthy food guidelines
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 1-8, 10, 11 & 13	Nutrition Coordinator follows all healthy food guidelines and purchases foods only listed on the Acceptable Food List
	Section 4: Physical Education and Physical Activity
PEPA 1-3, 7, 10, 13, 14 & 15	The District is confident that we follow the weekly guidelines set for physical education and physical activity
	Section 5: Wellness Promotion and Marketing
WPM 1-5	The District is confident that we promote health and wellness. Extra physical activity is rewarded such as extra recess. Physical Activity is never used as punishment or withheld from any student. Healthy, smart choice snacks and beverages are encouraged
	Section 6: Implementation, Evaluation & Communication

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IEC 1,2 &4	
	The District does have a wellness committee which does include 6-8 roles listed. Policy is posted on the Colchester website.

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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
NE4	Nutrition education is given to most students in middle school
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM6	No specific strategies are used to increase participation in school meals
SM7	20 minutes to sit for lunch is currently not consistent because of increase of meals due to free breakfast/lunch for all students
SM10	No current effort is given for farm to school produce/foods
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Restrictions for food-based celebrations during the school day in elementary schools are not always followed
NS10	Not completely confident that food in classrooms is not used as a reward
	Section 4: Physical Education and Physical Activity
PEPA4	Students receive 80 minutes of PE, an additional 20 mins/day for recess in elementary school
PEPA5 & 6	Middle/High school does not consistently receive 225 hours of PE weekly
PEPA16	Zero students walk/bike to school at elementary level. Between 5-20% of students walk/bike to middle/high school
PEPA 11	Physical activity involving families/community was offered different times of the year before Covid – we will get back to that.
PEPA 12	Physical Activity is offered to students through sports and social services
	Section 5: Wellness Promotion and Marketing

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	Section 6: Implementation, Evaluation & Communication
IEC 3, 5, 6, 7, 8	Currently we have an interim superintendant and new assistant who are not currently up to date with our committee. Before Covid the committee did meet 3 to 4 times a year which included all necessary attendees. This will start up again for the school year 2022-23

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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
	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 12	There is no marketing of labels or promotion of products used, however it is not written in our policy
	Section 6: Implementation, Evaluation & Communication

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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 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
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 6	No current marketing for increase in participation in school meals in policy or practice
SM 10	Nothing is written in our policy about farm to school program and we currently do not participate in local farm to table
	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](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Worksheet_3_Identifying_Connections_Policy_Practice.docx).



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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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