

Worksheet 4: Summary of Findings

This document assists local educational agencies (LEAs) with meeting the U.S. Department of Agriculture’s (USDA) triennial assessment requirements for the 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.



This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the LEA’s progress toward meeting their wellness goals. Not all districts will have information to share in all four sections. Note: in Section 3 and Section 4, the LEA is only required to comment on federally required items, but may add information about other wellness topics if desired.

Section 1 (Strong Policies and Aligned Practices). If applicable, write a narrative below to describe your district’s areas of success in meeting its wellness goals.

RSD #18 has the strongest alignment between wellness policy and practice in PE and Physical Activity and Wellness Promotion and Marketing but for the entire assessment, out of 59 relevant questions, 37 show strong alignment, 8 need practice to match policy, 9 need policy to match practice and 5 are showing opportunity for growth in both policy and practice.

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Section 2 (Create Practice Implementation Plans). If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

RSD #18 will refocus the efforts of the existing wellness committee, to include annual assessment and adjustment as required to ensure strong alignment of practice to policy. The committee will also work on promoting wellness initiatives such as student bike riding to and from school, and farm to school nutrition education.

The district will evaluate and assess PE minutes at both ES and MS levels to try and meet NASPE guidelines.

Section 3 (Update Policies). If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

While practice was overall very strong, the district wellness policy needs to be updated to include:

- *Free/reduced meal confidentiality requirements,
- *Availability of free water at meals,
- *Availability of breakfast and associated timing,
- *The inability to serve caffeinated food and beverages
- *The requirement to market healthy food on vending machines, display racks, paper goods etc.

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Section 4 (Opportunities for Growth). If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

The district has 5 identified areas for growth opportunities, where there is neither policy nor practice. These are:

- *Food based celebrations during the school day. This is a common occurrence that needs curtailing, and policy to support this. This is a federal requirement

- *Service of foods and beverages to after school groups/clubs that do not follow nutrition standards

- *Sale of food and beverages through fundraising and corporate incentive items that do not meet Smart Snack criteria to be after school or off campus

- *Creation of school based wellness committees

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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_4_Summarizing_Findings.docx.



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