

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for WellSAT 3.0

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, review [Guidance for School Wellness Policy Triennial Assessment](#). For additional worksheets, visit the “What’s Next” section of the CSDE’s School Wellness Policies webpage. **Scoring: 0- Policy topic is not mentioned. 1- Policy topic is mentioned in a vague, or suggested manner. 2 - Policy topic is addressed in a specific, required manner.**







Federal Requirement

Section 1: Nutrition Education (NE)			Score
	NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
	NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
	NE3	All elementary school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have elementary schools).	2
	NE4	All middle school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have middle schools).	2
	NE5	All high school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have high schools).	2
	NE6	Nutrition education is integrated into other subjects beyond health education.	1
	NE7	Links nutrition education with the food environment.	1
	NE8	Nutrition education addresses agriculture and the food system.	0


Local School Wellness Policy Triennial Assessment






Worksheet 1: Scorecard for the WellSAT 3.0

Section 2: Standards for USDA Child Nutrition Programs and School Meals (SM)		Score
	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
	2 Addresses access to the USDA School Breakfast Program.	0
	3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
	4 Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
	5 Specifies how families are provided information about determining eligibility for free/reduced price meals.	0
	6 Specifies strategies to increase participation in school meal programs	0
	7 Addresses the amount of “seat time” students have to eat school meals.	1
	8 Free drinking water is available during meals.	0
	9 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
	10 Addresses purchasing local foods for the school meals program.	0

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (NS)		Score
	NS 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.	1
	NS 2 USDA Smart Snack standards are easily accessed in the policy.	0

	NS 3	Regulates food and beverages sold in a la carte.	1
	NS 4	Regulates food and beverages sold in vending machines	1
	NS 5	Regulates food and beverages sold in school stores.	1
		6 Addresses fundraising with food to be consumed during the school day.	1
	NS 7	Exemptions for infrequent school-sponsored fundraisers. (Connecticut has adopted an exemption policy that allows for no school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks.)	2
	NS 8	Addresses foods and beverages containing caffeine at the high school level.	2
	NS 9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
		0 Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
		1 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.	2
		2 Addresses food not being used as a reward.	2
		3 Addresses availability of free drinking water throughout the school day	0

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0


Section 4: Physical Education Physical Activity (PEPA)			Score
	PEPA 1	There is a written physical education curriculum for grades K-12.	2
	PEPA 2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2

PEPA 3	Physical education promotes a physically active lifestyle.	2
PEPA 4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA 5	Addresses time per week of physical education instruction for all middle school students	1
PEPA 6	Addresses time per week of physical education instruction for all high school students.	1
PEPA 7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA 8	Addresses providing physical education training for physical education teachers.	
PEPA 9	Addresses physical education exemption requirements for all students.	
	10 Addresses physical education substitution for all students.	
	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.	
	13 Addresses recess for all elementary school students	
	14 Addresses physical activity breaks during school.	
	15 Addresses joint or shared-use agreements for physical activity participation at all schools.	
	16 District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0







Section 5: Wellness Promotion and Marketing Section (WPM)		Score
	Encourages staff to model healthy eating and physical activity behaviors.	

		Addresses strategies to support employee wellness.	
		Addresses using physical activity as a reward.	
		Addresses physical activity not being used as a punishment.	
		Addresses physical activity not being withheld as a punishment.	
		WPM6 Specifies marketing to promote healthy food and beverage choices.	
		M7 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	
		Specifically addresses marketing on school property (e.g., signs, scoreboards, sports equipment).	
		WPM9 Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	
		WPM10 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, etc.).	
		WPM11 Specifically addresses marketing in school publications and media advertisements in school publications, school radio stations, in school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	
		WPM12 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).	

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

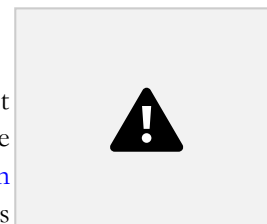
Section 6: Implementation, Evaluation, and Communication (IEC)		Score
	IEC1 Addresses the establishment of an ongoing district wellness committee.	

	<p>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.</p>	
	<p>3 Identifies the officials responsible for the implementation and compliance of the local wellness policy.</p>	
	<p>4 Addresses making the wellness policy available to the public.</p>	
	<p>5 Addresses the assessment of district implementation of the local wellness policy at least once every three years.</p>	
	<p>6 Triennial assessment results will be made available to the public and will include:</p> <ol style="list-style-type: none"> 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. 	
	<p>7 Addresses a plan for updating policy based on results of the triennial assessment</p>	
	<p>8 Addresses the establishment of an ongoing school building level wellness committee.</p>	

Local School Wellness Policy Triennial Assessment

Worksheet 1: Scorecard for the WellSAT 3.0

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/>



Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

This institution is an equal opportunity provider. The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.

(1) mail: U.S. Department of Agriculture