

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
NE6	Health Education integrated into other subjects
NE7	Nutrition education linked to school food environment
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM2	Breakfast
SM6	Increase school meal participation
SM8	Water
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1	Smart Snack Nutrition
NS3	Café snacks – Smart Snack
	Section 4: Physical Education and Physical Activity
PEPA1	Physical Education Curriculum
PEPA2	Promote Healthy Foods
PEPA 7	PE instructed by certified teacher
PEPA13	Daily recess
PEPA14	Addresses physical breaks in school
	Section 5: Wellness Promotion and Marketing
WPM3	Physical activity as a reward

WPM6	Promote Healthy Food & Beverages
WPM7	Restricts Foods to meet Smart Snack standards
	Section 6: Implementation, Evaluation & Communication
ICE1	Wellness Committee
ICE2	Wellness Committee members
ICE3	Compliance
ICE4	Wellness Policy on-line

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
NE1	Standards based nutrition education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM9	Training implemented but not the number of hours referenced
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Celebrations in school
	Section 4: Physical Education and Physical Activity
PEPA4	Minutes of PE per week
	Section 5: Wellness Promotion and Marketing
WP2	Employee wellness

	Section 6: Implementation, Evaluation & Communication

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
SM10	Purchase more local foods
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
PEPA8	PD PE Teachers
	Section 5: Wellness Promotion and Marketing

	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
SM9	More advanced training
SM10	More purchasing of local foods
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	Class celebrations
	Section 4: Physical Education and Physical Activity
PEPA4	Minutes of PE per week
	Section 5: Wellness Promotion and Marketing

	Section 6: Implementation, Evaluation & Communication