

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-NE8	
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1-SM5 SM8-SM10	
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1-NS13	
	Section 4: Physical Education and Physical Activity
PEPA1-PEPA6 PEPA8 PEPA11- PEPA13 PEPA-16	
	Section 5: Wellness Promotion and Marketing
WPM 1- WPM11	
	Section 6: Implementation, Evaluation & Communication
IEC1-IEC7	

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
	N/A
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM6	Specific strategies to increase participation in school meal programs
SM7	Address the amount of “seat time” students have to eat school meal programs
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	N/A
	Section 4: Physical Education and Physical Activity
PEPA-7	Addresses qualifications for physical education teachers for grades K-12
PEPA-9	Addresses physical education exemption requirements for all students
PEPA-10	Addresses physical education substitution for all students
PEPA-14	Addresses physical activity breaks during school
PEPA-15	Addresses joint or shared-use agreements for physical activity participation at all schools
	Section 5: Wellness Promotion and Marketing
WPM-12	Specifically addresses marketing through fundraisers
	Section 6: Implementation, Evaluation & Communication
IEC-8	Addresses the establishment of an ongoing school building level wellness committee

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
	N/A
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM6	Specific strategies to increase participation in school meal programs
SM7	Address the amount of “seat time” students have to eat school meal programs
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	N/A
	Section 4: Physical Education and Physical Activity
PEPA-7	Addresses qualifications for physical education teachers for grades K-12
PEPA-9	Addresses physical education exemption requirements for all students
PEPA-10	Addresses physical education substitution for all students
PEPA-14	Addresses physical activity breaks during school
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	Section 5: Wellness Promotion and Marketing
WPM-12	Specifically addresses marketing through fundraisers
	Section 6: Implementation, Evaluation & Communication
IEC-8	Addresses the establishment of an ongoing school building level wellness committee

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
	N/A
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM6	Specific strategies to increase participation in school meal programs
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	N/A
	Section 4: Physical Education and Physical Activity
PEPA-7	Addresses qualifications for physical education teachers for grades K-12
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