

**Loleta Elementary School District**  
**Triennial Assessment**  
Completed June 2021

In accordance with the [2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

Loleta Elementary School District used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

**PART 1: Comparison to a model School Wellness Policy**

- See completed WellSAT 3.0 Scorecard (Attachment 1).

**PART 2: Local measurement of compliance with School Wellness Policy**

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard and analyzed using the WellSAT Worksheet 3 (Attachment 2).

**PART 3: Description of the district's progress toward achieving goals described in the policy**

- See completed WellSAT Worksheet 4 (Attachment 3).

## Attachment 1: WellSAT 3.0 Scorecard

4/7/2021 WellSAT: Rudd Center — Your District's Scorecard

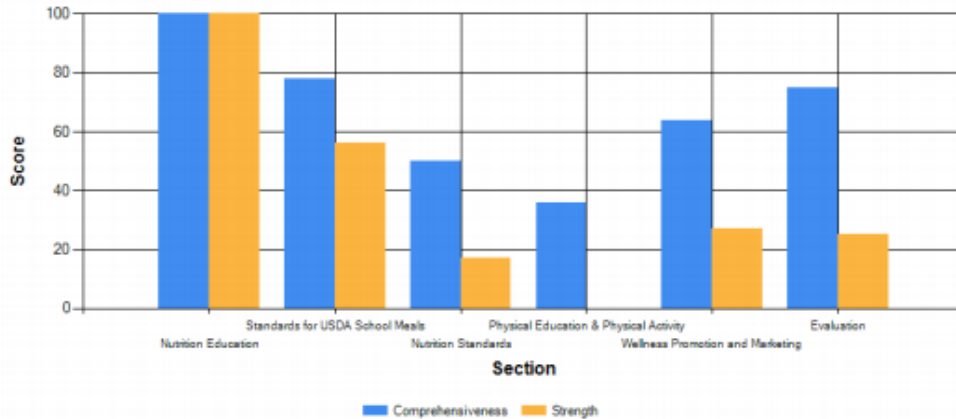
# Loleta Union School District Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.



Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

**Version: 3.0**

**Policy Name: 2021 Wellness Policy Assessment**







### Section 1. Nutrition Education Rating

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.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	 Nutrition education addresses agriculture and the food system.	2

<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	<b>100</b>

[Click here for Nutrition Education Resources](#)


### Section 2. Standards for USDA Child Nutrition Programs and School Meals Rating

<b>SM1</b>	 Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>2</b>
<b>SM2</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>SM3</b>	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>2</b>
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	<b>2</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs.	<b>1</b>
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.	<b>2</b>
<b>SM8</b>	 Free drinking water is available during meals.	<b>0</b>
<b>SM9</b>	<del>Standard</del> Specifies annual training for food and nutrition services staff in accordance with USDA Professional	<b>1</b>
<b>SM10</b>	 Addresses purchasing local foods for the school meals program.	<b>0</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."	<b>78</b>

	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	<b>56</b>
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[Click here for School Food Resources](#)


### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages Rating

<b>NS2</b>	USDA Smart Snack standards are easily accessed in the policy.	<b>0</b>
<b>NS6</b>	 Addresses fundraising with food to be consumed during the school day.	<b>2</b>
<b>NS9</b>		<b>1</b>
<b>NS10</b>		<b>1</b>
<b>NS12</b>	Addresses food not being used as a reward.	<b>0</b>

<b>NS13</b>	Addresses availability of free drinking water throughout the school day.	<b>0</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if the rating is "0."	<b>50</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 6. Multiply by 100.	<b>17</b>

[Click here for Nutrition Standards Resources](#)

### Section 4. Physical Education and Physical Activity Rating


<b>PEPA1</b>	 There is a written physical education curriculum for grades K-12.	<b>0</b>
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<b>PEPA2</b>		<b>0</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>1</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>0</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.	<b>0</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>1</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>0</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>0</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>0</b>
<b>PEPA11</b>	<del>2</del> Addresses family and community engagement in physical activity opportunities at all schools.	<b>0</b>
<b>PEPA12</b>	<del>1</del> Addresses school-based opportunities for physical activity for all students including clubs,	<b>0</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>1</b>
<b>PEPA14</b>	<del>2</del> Addresses physical activity breaks during school.	<b>1</b>
<b>PEPA16</b>		<b>1</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."	<b>36</b>

<b>Subtotal for Section 4</b>	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	<b>0</b>
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[Click here for Resources on Physical Activity in Schools](#)

### Section 5. Wellness Promotion and Marketing Rating

<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>0</b>
<b>WPM2</b>	 Addresses strategies to support employee wellness.	<b>1</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>0</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>1</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>1</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>1</b>
<b>WPM7</b>	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards	<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment)	<b>2</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>2</b>
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., 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).	<b>0</b>
<b>WPM12</b>	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).	<b>0</b>

<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	<b>64</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	<b>27</b>

[Click here for Wellness Promotion and Marketing Resources](#)

### Section 6. Implementation, Evaluation & Communication Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IEC2</b>	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school	<b>0</b>
<b>IEC3</b>	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>1</b>
<b>IEC4</b>	Addresses making the wellness policy available to the public.	<b>0</b>
<b>IEC5</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>2</b>
<b>IEC6</b>	Triennial assessment results will be made available to the public and will include:	<b>1</b>
<b>IEC7</b>	Addresses a plan for updating policy based on results of the triennial assessment.	<b>1</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>1</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	<b>75</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	<b>25</b>

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>67</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>38</b>

[Federal Requirement](#)   [Farm to School](#)   [CSPAP](#)

[www.wellsat.org/scores\\_print\\_friendly.aspx](http://www.wellsat.org/scores_print_friendly.aspx) 5/5



## Attachment 2: WellSAT 3.0 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.

### 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.

Item number	Item description
	<b><i>Section 1. Nutrition Education</i></b>
NE1	Nutrition education is designed to promote student wellness
NE2	Nutrition education is behavior focused, interactive and/or participatory
NE3	Elementary students receive sequential and comprehensive nutrition education
NE4	Middle school students receive sequential and comprehensive nutrition education
NE6	Nutrition education is integrated into other subjects beyond health education
NE7	Nutrition education is linked with school food environment
NE8	Nutrition education addresses agriculture and the food system
	<b><i>Section 2: Standards for USDA Child Nutrition Programs and School Meals</i></b>
SM1	School is in compliance with USDA nutrition standards for reimbursable school meals
SM2	School offers access to USDA School Breakfast Program
SM3	The privacy of students who qualify for free or reduced meals is protected
SM4	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
SM5	Families are provided information about determining free or reduced priced meals
SM7	Students are given appropriate amount of “seat time” to eat school meals
	<b><i>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</i></b>
	<b><i>Section 4: Physical Education and Physical Activity</i></b>
	<b><i>Section 5: Wellness Promotion and Marketing</i></b>

<b>WPM7</b>	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snack Standards
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment)
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks or other printed or electronic educational materials)
	<b><i>Section 6: Implementation, Evaluation &amp; Communication</i></b>
<b>IEC5</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years

## 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.

<b>Item number</b>	<b>Item description</b>
	<b><i>Section 1. Nutrition Education</i></b>
	<b><i>Section 2: Standards for USDA Child Nutrition Programs and School Meals</i></b>
	<b><i>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</i></b>
<b>NS6</b>	Addresses fundraising with food to be consumed during the school day
	<b><i>Section 4: Physical Education and Physical Activity</i></b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle
<b>PEPA7</b>	Addresses qualifications for physical education teachers grades K-12
<b>PEPA16</b>	District addresses active transport(Safe Routes to School) for all K-12 students who live within walkable/bikeable distance
	<b><i>Section 5: Wellness Promotion and Marketing</i></b>
	<b><i>Section 6: Implementation, Evaluation &amp; Communication</i></b>
<b>IEC1</b>	<b>Addresses the establishment of ongoing district wellness committee</b>
<b>IEC7</b>	<b>Addresses a plan for updating policy based on the results of the triennial</b>

	<b>assessment</b>
<b>IEC8</b>	<b>Addresses the establishment of an ongoing school building level wellness committee</b>

### 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.

<b>Item number</b>	<b>Item description</b>
	<b><i>Section 1. Nutrition Education</i></b>
	<b><i>Section 2: Standards for USDA Child Nutrition Programs and School Meals</i></b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs
<b>SM8</b>	Free drinking water is available during meals
<b>SM9</b>	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards
	<b><i>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</i></b>
<b>NS1</b>	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the day
<b>NS2</b>	USDA Smart Snack standards are easily accessed in the policy
<b>NS3</b>	Regulates food and beverages sold a la carte
<b>NS4</b>	Regulates food and beverages sold in vending machines
<b>NS5</b>	Regulates food sold in student stores
<b>NS10</b>	Addresses nutrition standards for all food and beverages <i>served</i> to students after the school day, including before/after care on school grounds, clubs and after school programming
<b>NS11</b>	Addresses nutrition standards for all food and beverages <i>sold</i> to students after the school day, including before/after care on school grounds, clubs and after school programming
<b>NS12</b>	Addresses food not being used as a reward

<b>NS13</b>	Addresses availability of free drinking water throughout the school day
	<b><i>Section 4: Physical Education and Physical Activity</i></b>
<b>PEPA13</b>	Addresses recess for all elementary school students
<b>PEPA14</b>	Addresses physical activity breaks during school
<b>PEPA 15</b>	Joint or shared use agreements for physical activity participation at all schools
	<b><i>Section 5: Wellness Promotion and Marketing</i></b>
<b>WPM1</b>	Encourages staff to model healthy behavior and physical activity behaviors
<b>WPM2</b>	Addresses strategies to support employee wellness
<b>WPM3</b>	Addresses using physical activity as a reward
<b>WPM4</b>	Addresses physical activity not being used as a punishment
<b>WPM5</b>	Addresses physical activity not being withheld as punishment
<b>WPM10</b>	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)
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screensavers, school-sponsored internet sites and announcements on the PA system)
<b>WPM12</b>	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 in exchange for proof of purchases of company products, such as Box Tops for Education)
	<b><i>Section 6: Implementation, Evaluation &amp; Communication</i></b>
<b>IEC3</b>	Identifies the officials responsible for the implementation and compliance off the local school wellness policy
<b>ICE6</b>	Triennial assessment results will be made available to the public

## **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.

Item number	Item description
	<b><i>Section 1. Nutrition Education</i></b>
	<b><i>Section 2: Standards for USDA Child Nutrition Programs and School Meals</i></b>
SM10	Addresses purchasing local foods for the school meals program
	<b><i>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</i></b>
	<b><i>Section 4: Physical Education and Physical Activity</i></b>
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA2	
PEPA4	Addresses time per week of physical education instruction for all elementary school students.
PEPA5	Addresses time per week of physical education instruction for all middle school students.
PEPA8	Addresses providing physical education training for physical education teachers.
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.
PEPA12	
	<b><i>Section 5: Wellness Promotion and Marketing</i></b>
WPM6	Specifies marketing to promote healthy food and beverage choices.
	<b><i>Section 6: Implementation, Evaluation &amp; Communication</i></b>
IEC4	Addresses making the wellness policy available to the public.

## Attachment 3: WellSAT 3.0 Worksheet 4: Summary of Findings



### **SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES**

Loleta School District has successfully detailed and implemented wellness practices related to nutrition education, school meals, and promoting wellness, in accordance with USDA regulations.



### **SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN**

Due to COVID-19, some of the practices outlined in the Local School Wellness Policy have not been able to be implemented to the fullest extent. The Loleta District Wellness Committee will resume in school year 2021-22 to work on developing a plan to implement and reinstate all federal requirements in light of schools reopening and the end of the pandemic, including: specific policy for competitive foods and foods and beverages served outside of cafeteria, the implementation, evaluation, and communication of the school wellness policy.



### **SECTION 3: UPDATE POLICIES**

The Loleta District Wellness Committee will reconvene in the Fall of 2021-22 SY and will review all federally required policy updates and provide edits to be reviewed by the School Board during SY 21-22, specifically addressing nutrition standards (both school meals and competitive and other food beverages), physical education and activities, wellness promotion and marketing.



### **SECTION 4: OPPORTUNITIES FOR GROWTH**

The Loleta School District Wellness Committee will review the Opportunities for Growth and will prioritize updating all federally required elements of the Local School Wellness Policy in the immediate future. Based on the results of this Triennial Assessment, the Wellness Committee will develop an action plan for the next 3 years with particular focus on physical education and physical activity.

## **USDA Nondiscrimination Statement**

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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