



Section 1: Strong Policies and Aligned Practices

Plainville Community Schools excels in meeting our wellness goals throughout the district. The goals our district has met are listed below.

Plainville Community Schools provides students Nutrition Education district wide that promotes student wellness. All students in elementary, middle, and high school receive sequential and comprehensive nutrition education. Nutrition education is also integrated into other subjects beyond health education.

Our district takes all the appropriate steps to protect the privacy of students who qualify for free and reduced priced meals. Along with assuring students privacy we also ensure all students have access to potable drinking water. Students are encouraged to bring their own reusable water bottles to school and fill them up at the water fountains. This year new refillable water fountains have been installed in all schools for students and staff to use. Water containers are also set up in each school cafeteria with cups so the students have access to free potable water during breakfast and lunch service.

Plainville Community Schools addresses compliance with USDA nutrition standards for all food and beverages sold during the school day. The School Nutrition program also regulates all food sold in a la carte. Starting the 2021/2022 school year the vending machines in the cafeterias will be removed from the middle and high schools. Students can purchase a la carte items from the school nutrition staff. There is currently no food or beverages sold in a school store.

Our district addresses qualifications for physical education teachers for grades K-12. Physical education also promotes a physically active lifestyle. After further review of our Wellness Policy our district is exceptional at addressing family and community engagement in physical activity opportunities at all schools including field days at each elementary school and a scavenger hunt throughout Plainville to encourage children to increase physical activity. The scavenger hunt is implemented through the Healthy Plainville Youth Committee. We also implement before and after school physical activity for all students including clubs, intramural, and interscholastic opportunities.

The district restricts marketing on the school campus during the school day to only those food and beverages that meet Smart Snack standards. Plainville Community Schools makes our wellness policy available to the public, identifies the officials responsible for the implementation and compliance of the Local School Wellness Policy, and addresses the assessment of district implementation of the local school wellness policy at least once every three years.

The results of the triennial assessment will be made available to the public and we will address a plan for updating the policy based on results of the triennial assessment. In Plainville, we appreciate all the hard work our stakeholders do on the Local School Wellness Policy. All the stakeholders will participate in the development, implementation, and periodic review of the local school wellness policy to assure we continue to expand on all our wellness initiatives.



Section 2: Create Practice Implementation Plans

Through our assessment we have identified we can improve upon addressing how to feed children with unpaid meal balances. To remedy this, the Food Service Director, Assistant Food Service Director and Administrators will collaborate to update the policy for all schools.



Section 3: Update Policies

During the Local School Wellness Policy evaluation there were eleven areas the district was practicing but were not written in our Wellness Policy. During the 2021/2022 school year, the Wellness Committee and administrators will update the wellness policy with the items below.

Assuring compliance with USDA standards for reimbursable meals. All meals served in Plainville Community Schools comply with the USDA standards. The district ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Each student receives a free and reduced price meal application packet at the beginning of each school year. The Wellness Policy should state how families are provided these packets for determining eligibility.

The Wellness Policy also needs to address fundraising with food to be consumed during the school day. Parents pick up any food fundraiser items from the school. The students do not bring any food items home from fundraisers. We meet all nutrition standards for all food and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.

There is a strong written physical education curriculum for grades K-12. The physical education curriculum for each grade is aligned with national and/or state physical education standards. The district also provides physical education professional development for physical education teachers. Teachers K-12 also have the opportunity to attend the statewide conference (CTAHPERD). Plainville Community Schools also has physical education exemption requirements for all students and physical education substitution for all students.



Section 4: Opportunities for Growth

Overall, our Wellness Policy compared very well to model policies. There are several practices for the 2021/2022 we would like to implement including regulation of food and beverages served at class parties and other school celebrations in elementary schools. The Wellness Committee will work with the elementary administrators to implement a policy on classroom celebrations. This will be presented to the Board of Education in the 2021/2022 school year.



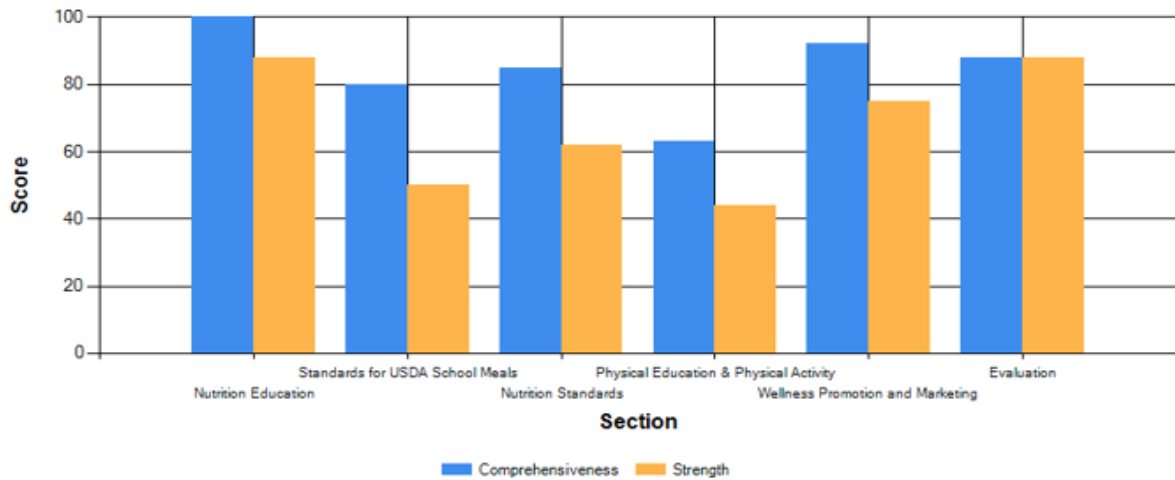
Your District's Scorecard

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: Plainville



Section 1. Nutrition Education

		Written Policy Score	Interview Practice Score
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2	2
NE6	Nutrition education is integrated into other subjects beyond health education	2	2
NE7	Links nutrition education with the school food environment.	1	1
NE8	Nutrition education addresses agriculture and the food system.	2	2
Subtotal for Section 1	Comprehensiveness Score: 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."	100	100



	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	88	88
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Section 2. Standards for USDA Child Nutrition Programs and School Meals

		Written Policy Score	Interview Practice Score
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	1	2
SM2	Addresses access to the USDA School Breakfast Program.	2	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0	2
SM6	Specifies strategies to increase participation in school meal programs.	2	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	1	2
SM8	Free drinking water is available during meals.	2	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1	2
SM10	Addresses purchasing local foods for the school meals program.	0	1
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	80	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	50	80


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

		Written Policy Score	Interview Practice Score
NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1	2
NS3	Regulates food and beverages sold in a la carte.	2	2




PREPARING STUDENTS FOR SUCCESS
IN A CHANGING GLOBAL SOCIETY

LAINVILLE
COMMUNITY SCHOOLS

NS4	 Regulates food and beverages sold in vending machines.	2	2
NS5	 Regulates food and beverages sold in school stores.	2	2
NS6	 Addresses fundraising with food to be consumed during the school day.	1	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2	2
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	0	0
NS10	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.	1	1
NS11	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.	0	2
NS12	Addresses food not being used as a reward.	2	2
NS13	Addresses availability of free drinking water throughout the school day.	2	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."	85	92
	Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	62	85

Section 4. Physical Education and Physical Activity

		Written Policy Score	Interview Practice Score
PEPA1	 There is a written physical education curriculum for grades K-12.	1	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0	2
PEPA3	Physical education promotes a physically active lifestyle.	2	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2	2
PEPA8	Addresses providing physical education training for physical education teachers.	0	2



PEPA9	Addresses physical education exemption requirements for all students.	1	2
PEPA10	Addresses physical education substitution for all students.	0	2
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2	2
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2	2
PEPA13	Addresses recess for all elementary school students.	2	2
PEPA14	Addresses physical activity breaks during school.	1	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100. Do not count an item if the rating is "0."	63	81
	Strength Score: Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	44	75







Section 5. Wellness Promotion and Marketing

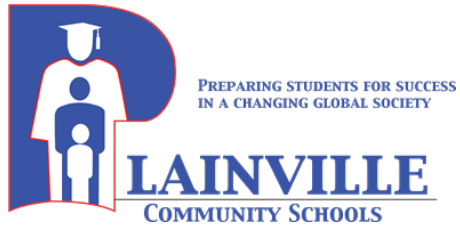
		Written Policy Score	Interview Practice Score
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2	2
WPM2	Addresses strategies to support employee wellness.	2	2
WPM3	Addresses using physical activity as a reward.	1	1
WPM4	Addresses physical activity not being used as a punishment.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



WPM11	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).	2	2
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).	0	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	92	92
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	75	75

Section 6. Implementation, Evaluation & Communication

		Written Policy Score	Interview Practice Score
IEC1	Addresses the establishment of an ongoing district wellness committee.	2	2
IEC2	 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.	2	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2	2
IEC4	 Addresses making the wellness policy available to the public.	2	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0	2
Subtotal for Section 6	Comprehensiveness Score: 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."	88	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	88	100



Overall District Policy Score

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 85</p>	<p>District Score 94</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 68</p>	<p>District Score 84</p>

 Federal Requirement
  Farm to School
  CSPAP



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.



The USDA requires that LEAs must publicly share the results of their wellness policy triennial assessment (e.g., through the district’s website). Information shared with the public must include 1) how the language in the LEA’s wellness policy compares to the model wellness policy; and 2) areas where there is a strong or weak policy, but practice implementation is either absent or limited.

This worksheet includes four sections that assess the connections between the LEA’s wellness policy and practices. The table below summarizes which sections the LEA must post to meet the USDA’s LSWP requirement for public notification.

Assessing Connections between the LEA’s Wellness Policy and Practices		
Section	Page	Public Posting Required
1 – Strong Policies and Aligned Practices	2	Yes
2 – Create Practice Implementation Plan	3	Yes
3 – Update Policies	4	No *
4 – Opportunities for Growth	5	No *
* Any federal requirements in these sections must be reported. Otherwise, LEAs may choose to share this information or additional materials as desired.		

Instructions: Use the LEA’s **WellSAT 3.0 scorecard** to enter the applicable policy item numbers and descriptions for each of the four sections. Post the information for all federal requirements and for sections 1 and 2 on the district’s website and share through other communication channels.

Local School Wellness Policy Triennial Assessment

Worksheet 3: Identify Connections between Policy and Practice

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	Includes goals for nutrition education that are designed to promote student wellness.
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE3	All elementary school students receive sequential and comprehensive nutrition education.
NE4	All middle school students receive sequential and comprehensive nutrition education.
NE5	All high school students receive sequential and comprehensive nutrition education.
NE6	Nutrition education is integrated into other subjects beyond health education.
NE8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM2	Addresses access to the USDA School Breakfast Program
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM6	Specific strategies to increase participation in school meal programs.
SM8	Free drinking water is available during meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages



Local School Wellness Policy Triennial Assessment

Worksheet 3: Identify Connections between Policy and Practice

NS1	Addresses Compliance with USDA Nutrition Standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
NS3	Regulates food and beverages sold in a la carte.
NS4	Regulates food and beverages sold in vending machines.
NS5	Regulates food and beverages sold in school stores.
NS7	Exemptions for infrequent school-sponsored fundraiser.
NS8	Addresses foods and beverages containing caffeine <u>a the</u> high school level.
NS12	Addresses food not being used as a reward.
NS13	Addresses availability of free drinking water throughout the day.
Section 4: Physical Education and Physical Activity	
PEPA3	Physical education promotes a physically active lifestyle.
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
PEPA13	Addresses recess for all elementary school students.
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.
Section 5: Wellness Promotion and Marketing	
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
WPM2	Addresses strategies to support employee wellness.
WPM4	Addresses physical activity not being used as a punishment.
WPM5	Addresses physical activity not being withheld as a punishment.
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.



Local School Wellness Policy Triennial Assessment

**Worksheet 3: Identify Connections
between Policy and Practice**

WPM8	Specifically addresses marketing on school property and equipment (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).
WPM11	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).
Section 6: Implementation, Evaluation, and Communication	
IEC1	Addresses the establishment of an ongoing district wellness committee.
IEC2	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.
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
IEC4	Addresses making the wellness policy available to the public.
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.
IEC6	Triennial assessment results will be made available to the public and will include:
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.

Local School Wellness Policy Triennial Assessment

**Worksheet 3: Identify Connections
between Policy and Practice**

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 either (1) a written policy score of 1 and an interview practice score of 0 or (2) a written policy score of 2 and an interview practice score of 1 or 0. 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
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication