

***Barnesville Exempted Village School District***

***Results of Triennial Assessment***

***April 30, 2024***

***Local Wellness Policy/Plan***

***2024-2027***



# WellSAT: 3.0

Wellness School Assessment Tool

## DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP

### Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	0
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	0
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	0
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	0
<i>Subtotal for Section 1</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	0

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

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







### Section 3: Nutrition Standards for Competitive and Other Foods and Beverages



		Rating
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
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	Regulates food and beverages sold in a la carte.	1
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	1
NS6	Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	0
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	2
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
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.	1
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
<i>Subtotal for Section 3</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	85
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	38

### Section 4: Physical Education Physical Activity

		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	1
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	1
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	0









 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	2
 PEPA14	Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
<i>Subtotal for Section 4</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	58
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	42

<b>Section 5: Wellness Promotion and Marketing</b>		<b>Rating</b>
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
 WPM2	Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	0
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0
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.).	0
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	0
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).	0
<i>Subtotal for Section 5</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	33
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	0





**Section 6: Implementation, Evaluation, and Communication**

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	1
 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.	1
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
 IEC4	Addresses making the wellness policy available to the public.	1
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: 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.	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
<i>Subtotal for Section 6</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	75
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	25

**Overall District Policy Score**

		Score
	<b>Comprehensiveness Score:</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	63.5
	<b>Strength Score:</b> Add the strength scores for each of the six sections above and divide this number by 6.	17.5



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## 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
	No Policy Score of 2
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
Sma 2	Breakfast offered
Sma 4	Increase participation strategies
Sma 2	Lunch time
Sma 8	Water provided
Sma 9	Yieldy trays
Sma 1	Menu compliance
Sma 3	Student unidentifiable RE: SE
Sma 4	No stigma
Sma 5	Multiple methods
Sma 4	Multiple strategies, Curbs u-Go, Samples, student input
Sma 7	minimum 20 minutes
Sma 8	Free Water
Sma 9	Done every year
Sma 10	Local Food
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 1	Smart Snacks
NS 1	No Competitive Snacks
NS 4	Follows Regulations
NS 2	Food Service knows standard
NS 3	a la Carte, is there, Cafeteria
NS 4	Class Parties follow Policy
NS 7	Not a Reward
NS 12	Water through the day
NS 13	
	Section 4: Physical Education and Physical Activity
PETA 1	Curriculum K-12
PETA 2	Aligned to State Standards
PETA 3	Physical activity promoted
PETA 8	Provide PETA INK to PE teacher
PETA 13	Recess for Elementary School
	Section 5: Wellness Promotion and Marketing
	Section 6: Implementation, Evaluation & Communication
IEC 5	Address Dist. Implementation Triennially
IEC 6	Make Results Available

## 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 NE2 NE6 NE7	Goals to Promote Student Wellness Nut. Ed. Behavior focused, interactive, participatory Integrated to other subjects Links w/school food env
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9 NS12	Regulates class parties Some teachers use as a reward.
	Section 4: Physical Education and Physical Activity
PEPA 4 PEPA 5 PEPA 6	PE schedule is less than 150 most weeks PE is quarterly @ MS. PE is Freshman yr @ Somerset
	Section 5: Wellness Promotion and Marketing
WPM1 WPM2 WPM7 WPM8	Staff encouragement for Phy. Act. Staff are encouraged to visit Weight Room/Track/Cycle Confident Smart Snacks There are some marketing posters @ Athletic Complex

1EC8	Section 6: Implementation, Evaluation & Communication <i>There is @ H.S. need to meet more often @ ES, MS,</i>

### 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
Sm 1	<i>Compliant with all Elements</i>
Sm 3	<i>Concern IIS of Students F&amp;R Lunch</i>
Sm 4	<i>Unpaid Balance not Stigmatized</i>
Sm 5	<i>Clear Procedures for Communication</i>
Sm 10	<i>Priority for Lunch Food.</i>
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
NS2	<i>Know where to look to Access PE Standard</i>
NS3	<i>Regulated</i>
NS5	<i>No School Stores.</i>
NS6	<i>No Food Fundraisers during School day.</i>
NS10	<i>Must Smart Snack</i>
NS11	<i>Nothing Sold @ ES but Notice about ms. HS. Sparty Event</i>
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
PEPA 7	<i>All taught by State Cert/Licensed Teacher</i>
PEPA 12	<i>We address it in the Plan</i>
PEPA 15	<i>Outside groups we tolerate.</i>
PEPA 16	<i>Few Students walk or Bike to school</i>

	Section 4: Physical Education and Physical Activity
WPM3	They PBIS they use it as a Reward
WPM4	Not used as punishment
WPM9	The Curriculum Meets Federal Standards
WPM11	Very Confident marketing meets Smart Snacks
	Section 5: Wellness Promotion and Marketing
IEC1	Planning to meet 2 times per year
IEC2	Has 8 members Representative
IEC3	Posted online Compliance Posters
IEC4	Posted on BEUSID.ORG
IEC7	We adjust menu items added information about Section 6305 Reduced Infat Updated Food Service Requirements for Surveys
	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
NE 1	Though we use Standards Based Practices our Curriculum is only a supplement to our Curriculum
NE 2	Nutrition Ed. Teacher Skills
NE 3	All ES Students Receive Nutrition Ed
NE 4	"MS"
NE 5	"HS"
NE 6	Nutrition Education is Integrated
NE 7	Nutrition Ed is linked to School Events
NE 8	Address Agriculture
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 7	Our Outside Org. fundraise
	Section 4: Physical Education and Physical Activity
PEPA 5	Time for MS PE Instruction
PEPA 4	Time for HS PE Instruction
PEPA 10	PE Subst. @ H.S.
PEPA 11	Time for Family & Comm Engagement
PEPA 14	Some PE Breaks by Teacher
	Section 5: Wellness Promotion and Marketing
WPM 1	Staff Modeling
WPM 2	Employee Wellness
WPM 7	Restricted to Smart Snacks for Marketing
WPM 8	Marketing on School Equipment
WPM 10	Family/Community Meet Smart Snacks Marketing
WPM 12	Marketing through Fund Raiser



## Section 6: Implementation, Evaluation & Communication



## WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



### SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

If applicable, write a narrative below to describe your district's areas of success in meeting its wellness goals.

The District provides Nutrition Educations throughout the year. Example Wellness Wednesdays. These occur each month and serve as ways to engage students in trying some of the healthy snacks that the district provides through their nutrition. The students really respond to some of the educational opportunities that we provide. Molly the Cow, Cow and the Calf, Farm to Table, Fruity Friday's and several others.



### SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

The District will continue to establish goals for nutrition education as well as ensure that nutrition education is integrated and linked to the school environment. The District will identify the physical education time devoted to ES students per week and incorporate physical activity breaks throughout the learning environment where allowable.



### SECTION 3: UPDATE POLICIES

If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

The District will address the following items into its written policy: Ensuring meals will be accessible to students, advertisements for eligibility determination for Free and Reduced Lunch, annual training for food service staff. Ensure that we meet compliance with the Smart Snacks and regulating a la carte sales. In addition, we will review and monitor for compliance with Smart Snacks regarding the vending machines sales and the food items fundraising activities.



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

If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired. We are going to add to the policy information regarding sending determination letters home through the district mail to families. Regarding practices we will continue to monitor our goals to ensure district and school progress.