

# **Stafford Public Schools**

**Triennial School Wellness Policy**

**Executive Summary & Findings**



**SY 2019-2020**

**Office of Curriculum & Instruction**

**Office of Food Services**

## General Information

An assessment was performed during the 2019-2020 school year to measure the effectiveness of the Stafford Public Schools Student Wellness Policy 6142. Using the WellSAT-I Interview Documentation Tool in accompaniment to the WellSAT 3.0 Wellness School Assessment Tool, teams reported findings across six standards: Nutrition Education, Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Physical Activity, Wellness Promotion and Marketing, and Implementation, Evaluation, and Communication. The summary of the findings from the various subcommittees can be found in the manuscript below.

## Triennial Assessment Information

The Connecticut State Department of Education requires that all Local Educational Agencies (LEAs) organize a School Wellness Committee that meets each school year. The mandates were established as part of the Child Nutrition and WIC Reauthorization Act of 2004 ([Public Law 108-265](#)), and further strengthened by the [Healthy, Hunger-Free Kids Act of 2010](#). The School Wellness Advisory Board meets two times each academic year. The charge of the committee is to plan, update, and evaluate the district wellness policy and ensure assessments are made available to the community of Stafford. The committee members include:

Mr. Steven Autieri--Director of Curriculum & Instruction/Facilitator  
 Mr. Steven Moccio--Superintendent of Schools  
 Mrs. Diane Peters--Business Manager  
 Mrs. Beth LaPane--Food Service Director  
 Mr. Damian Frassinelli--Athletic Director  
 Mrs. Susan Mike--Principal, Stafford Middle School  
 Mrs. Laura Lybarger--Stafford Board of Education/Parent  
 Mrs. Michelle Staczek--Stafford Middle School Nurse/District Head Nurse  
 Mrs. Caroline Hargraves--Assistant Principal, Stafford Elementary School  
 Mrs. Rachel Freeman--Stafford High School Physical Education Teacher  
 Ms. Eileen Zadrozny--Stafford Middle School Physical Education Teacher  
 Mrs. Sharon Mlyneic--Stafford Elementary School Physical Education Teacher  
 Mr. Robert Schadt--West Stafford/Staffordville School Physical Education Teacher

## Compliance with Model Wellness Policy

The Stafford Public School District Wellness Policy was revised during the 2019-2020 school year. The goal of the review was to ensure compliance to Connecticut State Department of Education requirements as well as changes required by the United States Department of Agriculture (USDA); final rule, published in July 2016. The district plan was reformatted to mirror the model wellness policy template provided to districts through the *Alliance for a Healthier Generation*.

### A. Assessment Review

While the current wellness policy encompassed the required attributes including compliance of food and beverage distribution to nutritional standards, physical education opportunities for students and staff, and sequential physical fitness and nutrition programming, the policy failed to encapsulate with detail food marketing and advertising and details on health education programming. To ensure greater alignment to mandated legislation and requirements, a shift to the format and information included in the policy was shifted to more closely mirror a model policy template.

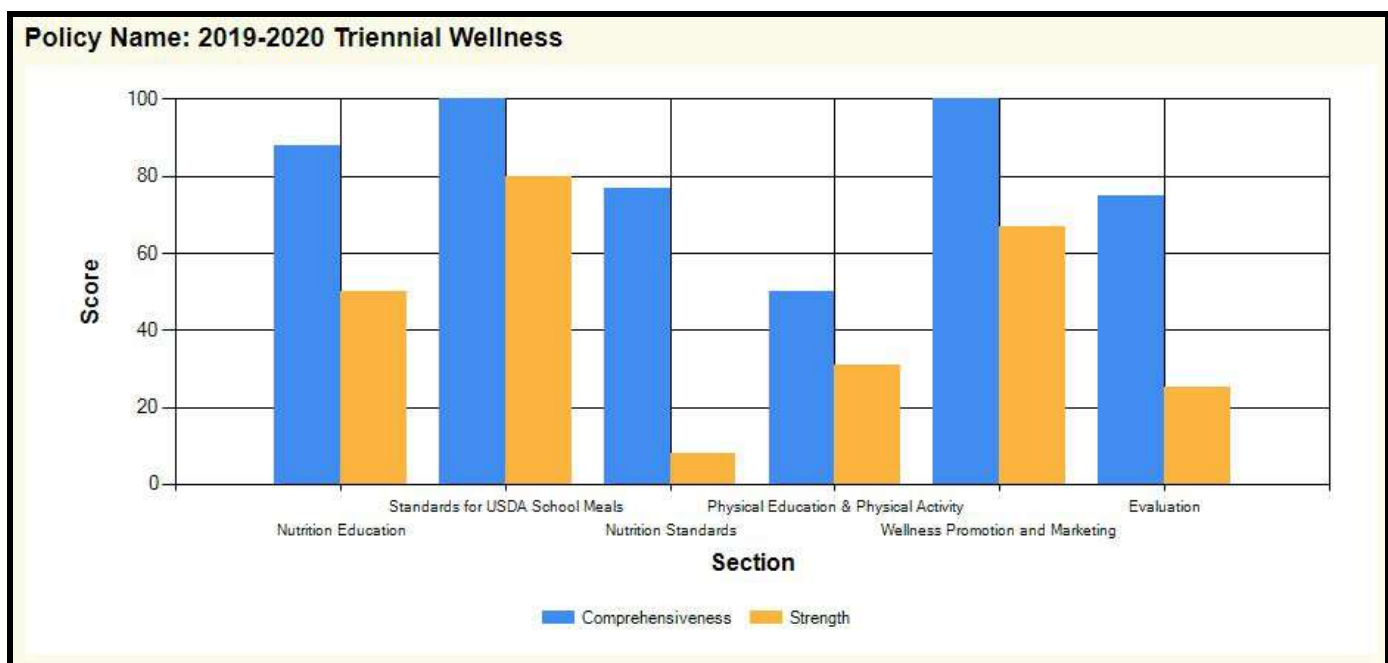
### ***Committee Assignments***

Mr. Steven Autieri--Standard #6: Implementation, Evaluation & Communication  
 Mr. Steven Moccio--Standard #6: Implementation, Evaluation & Communication  
 Mrs. Diane Peters--Standard #2: Standards for USDA Child Nutrition Programs and School Meals  
 Mrs. Beth LaPane--Standard #2: Standards for USDA Child Nutrition Programs and School Meals  
 Mr. Damian Frassinelli--Standard #3: Nutrition Standards for Competitive and Other Food and Beverages  
 Mrs. Susan Mike--Standard #4: Physical Education and Physical Activity  
 Mrs. Laura Lybarger--Standard #3: Nutrition Standards for Competitive and Other Food and Beverages  
 Mrs. Michelle Staczek--Standard #5: Wellness Promotion and Marketing  
 Mrs. Caroline Hargraves--Standard #1: Nutrition Education  
 Mrs. Rachel Freeman--On leave during review period  
 Ms. Eileen Zadrozny--Standard #1: Nutrition Education  
 Mrs. Sharon Mlyneic--Standard #1: Nutrition Education  
 Mr. Robert Schadt--Standard #4: Physical Education and Physical Activity

### **B. WellSAT3.0: Wellness School Assessment Tool Completion**

The local school wellness policy team met on January 8, 2020 to review the current wellness policy, review the guidelines of the triennial assessment process, and begin collaborating in standards groups to determine compliance of the current policy across the six standards. Teams completed this process over a one month period with submission of raw data documentation on February 28, 2020.

The raw data was submitted through the electronic [WellSAT tool](#) published by the Rudd Center for Food Policy and Obesity at the University of Connecticut. The WellSAT adheres to best practice in compliance with the USDA final rule. An electronic copy of the district scorecard has been included as an appendix to this report. Major trends with regards to the comprehensiveness and strength scores for the district have been included below.



## Standard Review & Action Planning

### Standard #1: Nutrition Education

Utilizing the WellSAT 3.0 School Assessment Tool, the following areas were noted as strengths and areas for continuous improvement for our current plan:

Areas of Commendation	Areas for Improvement
<b>NE3-5:</b> Students in the district receive sequential and comprehensive nutrition education.	<b>NE6:</b> Nutrition education is integrated into other subjects beyond health education.
<b>NE7:</b> Links nutrition education with the school food environment.	

**Action Plan:** The physical education and health department will continue to examine ways to strengthen curricular connections to nutrition education for all students. For example, connections to the Anatomy and Physiology course will be made at Stafford High School. The discussion of calories or nutritional density of foods when addressing the topic of energy in science will also be strong connections to proper nutritional decisions.

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

Areas of Commendation	Areas for Improvement
<b>SM1:</b> Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>SM8:</b> Free drinking water is available during meals.
<b>SM2:</b> Addresses access to the USDA School Breakfast Program.	<b>SM10:</b> Addresses purchasing local foods for the school meals program.
<b>SM3:</b> District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	
<b>SM9:</b> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards,	

**Action Plan:** Access to free drinking water and cups will be made available for all campus cafeterias that lack a water fountain or other delivery system daily during lunch periods for student consumption. Whenever possible, and within guidelines and specifications of vendor availability, locally sourced produce will be acquired for the preparation of meals during school meal service.

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

Areas of Commendation	Areas for Improvement
<b>NS8:</b> Addresses foods and beverages containing caffeine at the high school level.	<b>NS2:</b> USDA Smart Snack standards are easily accessed in the policy.
	<b>NS4:</b> Regulates food and beverages sold in vending machines.
	<b>NS6:</b> Addresses fundraising with food to be consumed during the school day.
	<b>NS10:</b> Addresses nutrition standards for all food and beverages <b>served</b> to students <b>after</b> the school day, including before/after care on school grounds, clubs, and after school programming.

**Action Plan:** Review of Standard #3 addressed the need to further clarify expectations and compliance to food and beverages served or sold outside the school meal delivery times. Through the implementation of a model school wellness policy from the *Alliance for a Healthier Generation*, further detail regarding the Smart Snack standards will be reviewed. Mention of the strategies utilized during the PASS/STEAM after school program at Stafford Elementary School will be integrated within the plan to demonstrate Stafford's commitment to access to healthy and nutritious snacks and meals for all school sponsored events and activities.

### Standard #4: Physical Education and Physical Activity

Areas of Commendation	Areas for Improvement
<b>PEPA2:</b> The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>PEPA4:</b> Addresses time per week of physical education instruction for all elementary students.
<b>PEPA3:</b> Physical education promotes a physically active lifestyle.	<b>PEPA5:</b> Addresses time per week of physical education instruction for all middle school students.
<b>PEPA9:</b> Addresses physical education education exemption requirements for all students.	<b>PEPA6:</b> Addresses time per week of physical education instruction for all high school students.
<b>PEPA10:</b> Addresses physical education substitution for all students.	<b>PEPA7:</b> Addresses qualifications for physical education teachers for grades K-12.
<b>PEPA12:</b> Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>PEPA8:</b> Addresses providing physical education training for physical education teachers.
	<b>PEPA14:</b> Addresses physical activity breaks during school.

**Action Plan:** Stafford Public Schools takes great pride in the variety of topics in its physical education and health program for students in Grades K-12. Professional learning and standards of qualification will be integrated into the language of the plan. The district annual professional learning plan will include professional learning topics to help promote continual learning pertaining to instructional topics and strategies to enhance student health and wellness. The time students spend in physical education programming across the various grade bands will be incorporated into the plan.

### Standard #5: Wellness Promotion and Marketing

Areas of Commendation	Areas for Improvement
<b>WPM4:</b> Addresses physical activity not being used as a punishment.	<b>WPM1:</b> Encourages staff to model healthy eating and physical activity behaviors.
<b>WPM5:</b> Addresses physical activity not being withheld as a punishment.	<b>WPM2:</b> Addresses strategies to support employee wellness.
<b>WPM6:</b> Specifies marketing to promote healthy food and beverage choices.	
<b>WPM8:</b> Specifically addresses marketing on school property and equipment.	

**Action Plan:** Access to health and wellness programs and information resources is paramount to the success of our professional staff. Opportunities for wellness and benefits fairs, health and wellness newsletters from Anthem Blue Cross, encouragement of staff participation in the health and wellness committee and district wellness policy, and staff wellness activities on professional learning days will all be targeted action items to support compliance with this plan standard.

### Standard #6: Implementation, Evaluation & Communication

Areas of Commendation	Areas for Improvement
<b>IEC2:</b> Addresses how all relevant stakeholders will participate in the development, implementation, and periodic review and update of the local wellness policy.	<b>IEC5:</b> Addresses the assessment of district implementation of the local wellness policy at least once every three years.
<b>IEC4:</b> Addresses making the wellness policy available to the public.	<b>IEC8:</b> Addresses the establishment of an ongoing school building level wellness committee.

**Action Plan:** To continue to develop a culture of health and wellness across all school campuses, school-based wellness teams will be constructed to review data and compliance to the local wellness plan at each school. Information regarding the process for triennial review and dissemination of triennial results to stakeholders will be clearly communicated as part of the revised plan.

## Comprehensive District Score

### 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> 82
<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> 44

**Date of Next Triennial Review:** March 1, 2023