



NEW HAVEN PUBLIC SCHOOLS

Final Results of the New Haven Public School District's Triennial Review of its School Wellness Policies & Practices June, 2021

INTRODUCTION

The New Haven Public Schools (NHPS) Triennial Review of its Local School Wellness Policy was conducted in the spring of 2021 in concert with its staff and other stakeholders, and was facilitated by the Rudd Center at UConn who provided training and materials. The NHPS District Wellness Policy (which includes its more detailed District Wellness Plan) were analyzed using the WellSAT 3.0 Scorecard and School Assessment Tool to determine both their Comprehensiveness and their Strength. Interviews were then conducted with Principals, the Food Service Director, Director of Athletics & Health Education and Director of School Health Centers to determine the extent to which our written Policy was aligned with current practice. Where practice exceeded Policy expectations, the Policy will be updated to reflect this in our next phase of this review. Where practice lags behind Policy expectations, an Implementation Plan has been created to bring practice up to those standards.

NHPS DISTRICT WELLNESS PLAN

The District, through the Wellness Committee, believes in the vital link between academic performance, a health-promoting school environment, and positive social development, and is committed to a process of continuous improvement to promote this for all students. Our Policy, with its comprehensive District Wellness Plan (DWP), is therefore a 'living document' that will respond to the ever-evolving needs of our children. Goals are established across a wide range of issues and vary from the specific to the very broad and from short term to much longer range aims. The Plan is periodically updated and Objectives are developed to support specific Goals within the Plan. We have further committed to expanding our efforts to encompass the CDC's Coordinated School Health Program model whose eight components take in the entirety of the school environment and work together to support student health and the adoption of health-enhancing behaviors.

TRIENNIAL REVIEW


Every three years, as a requirement of the District's receipt of USDA funding, a review is conducted to ascertain compliance with federal standards in six areas: (1) Nutrition Education; (2) Child Nutrition Programs and School Meals; (3) Competitive and Other Foods and Beverages; (4) Physical Education and Physical Activity; (5) Wellness Promotion and Marketing; and (6) Implementation, Evaluation and Implementation. This Report summarizes the results of this review and includes a plan to address any improvements in either the Policy or its implementation that have been identified. For each Standard, both the Policy - what we say we are going to do to meet a Standard – and our practices – what we are actually doing to meet a Standard – are scored with a 0, 1, or 2. The Policy receives a '0' if it does not address a given Standard while the District practice receives a zero if efforts are absent to address it.




Policy and/or practice receive a '1' if the Standard is not strongly addressed in the former or strongly implemented through the latter. Two's, indicating full compliance with a Standard, are given for a strongly written Policy and/or for complete implementation in practice.


SECTION A: STANDARDS WHERE STRONG POLICIES ALIGN WITH STRONG PRACTICES

TABLE I lists those Standards where the District has BOTH compliant written policies and strongly aligned practices. After each Standard in the third column is the score indicating the extent to which our District Wellness Policy was compliant. The next column indicates the extent to which our actual practices are compliant with each Standard. The last column indicates (*) when the Policy will need to be strengthened to reflect where actual practice exceeds current expectations.






TABLE I

Section 1: Nutrition Education		Policy	Practice	
 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. Use N/A if no elementary schools in district.	2	2	
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2	2	
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	2	2	
NE6	Nutrition education is integrated into other subjects beyond health education	1	2	*
NE7	Links nutrition education with the school food environment.	2	2	



Section 2: Standards for USDA Child Nutrition Programs and School Meals				
 SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2	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.	n/a	n/a	
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	n/a	n/a	
SM6	Specifies strategies to increase participation in school meal programs.	2	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.	2	2	
SM10	Addresses purchasing local foods for the school meals program.	2	2	





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

 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	
 NS3	Regulates food and beverages sold in a la carte.	2	2	
 NS4	Regulates food and beverages sold in vending machines.	2	2	
 NS5	Regulates food and beverages sold in school stores.	2	2	
NS7	Exemptions for infrequent school-sponsored fundraisers.	2	2	
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	0	2	*
 NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1	2	*
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.	2	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	

Section 4: Physical Education & Physical Activity

 PEPA1	There is a written physical education curriculum for grades K-12.	2	2	
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2	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. Use N/A if no elementary school in district.	2	2	
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2	2	
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	2	2	
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2	2	
PEPA8	Addresses providing physical education training for physical education teachers.	2	2	
PEPA9	Addresses physical education exemption requirements for all students.	2	2	
PEPA10	Addresses physical education substitution for all students.	2	2	
 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1	2	*
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	2	2	
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2	2	

Section 5: Wellness Promotion and Marketing				
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0	2	*
 WPM2	Addresses strategies to support employee wellness.	2	2	
WPM3	Addresses using physical activity as a reward.	0	2	*
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.	2	2	
 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, etc.).	2	2	
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).	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).	2	2	

Section 6: Implementation, Evaluation, and Communication				
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	
 IEC4	Addresses making the wellness policy available to the public.	2	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; A description of the progress made in attaining the goals of the local school wellness policy.	0	2	*
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	0	2	*
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2	2	


SECTION B: STANDARDS WHERE POLICIES ARE NOT ALIGNED WITH STRONG PRACTICES


Table II identifies those areas where the practice of a Standard is limited and, in some instances, where a Policy also should more strongly express the District's commitment to that Standard. As above the third and fourth columns show the scoring given the Policy and the practices of the District for each Standard. The last column indicates whether our Implementation Plan will need to address Policy AND practice limitations (P/P) or ONLY practice limitations (/P).

TABLE II



Section 1: Nutrition Education		Policy	Practice	
NE8	Nutrition education addresses agriculture and the food system.	1	1	P/P

Section 2: Standards for USDA Child Nutrition Programs and School Meals				
SM7	Addresses the amount of "seat time" students have to eat school meals.	1	1	P/P

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages				
NS2	USDA Smart Snack standards are easily accessed in the policy.	0	0	P/P
 NS6	Addresses fundraising with food to be consumed during the school day.	2	1	/P
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	P/P

Section 4: Physical Education Physical Activity				
 PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	0	1	P/P
PEPA14	Addresses physical activity breaks during school.	2	1	/P
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2	1	/P

Section 5: Wellness Promotion and Marketing		Fully Compliant		
---	--	-----------------	--	--

Section 6: Implementation, Evaluation, and Communication				
 EC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2	1	/P
 EC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2	1	/P

ANALYSIS

SECTION A: STRONG WRITTEN POLICY STATEMENTS AND FULLY COMPLIANT IMPLEMENTATION

Of the 67 Standards assessed in the WellSAT Review, TABLE I demonstrates that the District fully implements 57 of them. In eight of these (*), District practices actually exceed the expectations set forth in our District Wellness Policy. In these instances, the Policy will be strengthened to reflect the higher standards we already are achieving.

SECTION B: AREAS WHERE POLICIES ARE NOT ALIGNED WITH STRONG PRACTICES

There are 10 remaining Standards shown in TABLE II for which an Implementation Plan has been devised (See Below) which addresses each one. In addition, in five of these cases, the District Wellness Policy will also be revised and strengthened.

IMPLEMENTATION PLAN- Areas To Be Addressed in 2021-2022 School Year

NE8 – *Some schools in the district actively integrate agriculture and the food system through both the curriculum and hands on in their school and/or community gardens. However, it is not specifically part of the District health education curriculum, Michigan Model for Health. Where specific topics are not in the curricula, the District can and does provide teachers with supplemental lessons, as priorities and health issues continually evolve. In this case, we will include an objective in our DWP to provide supplemental lessons/resources to teachers to include in health education sessions.*

SM7 *In our District, the amount of time~~s~~ allotted for meals varies depending on the size of the school, the number of meal ‘waves’ and cafeteria logistics such as the number of staff and whether additional lines exist for salad bars, etc. Consequently, while the District will continue to ensure a minimum of 10 minutes for breakfast and 20 minutes for lunch, it will encourage schools to make as much of it as possible actual seat time.*

NS2 – *The District will create a link in the DWP to the Healthy Schools Smart Snack site that lists allowable snacks to be offered in schools.*

NS6 – *The DWP will include language prohibiting the consumption of foods sold through fundraisers in school. The District will send school leadership an annual reminder about this and other relevant key policies and recommendations.*

NS10 – *The DWP currently does not specifically address food /beverages that are served outside school hours. The DWP will consult with District leadership regarding their recommendation concerning this issue and include **it** in the DWP as well as disseminate **it** to school staff.*

PEPA11 – *The DWP currently encourages schools to promote physical activity among students and families. Many schools have offered events including Family Fitness nights, family/community health fairs in schools with fitness opportunities, however, these don’t occur regularly nor in all schools given our large magnet school model, and the availability of community partners that offer physical activity programs in schools after school hours. We will continue to encourage these opportunities whenever and wherever possible.*

PEPA14 – *The DWP includes mention of several formal and more expensive school programs/curricula that existed to provide physical activity in schools before many free online lessons/activities were available to teachers. Therefore, many of these formal programs are no longer implemented, but have*

been replaced in many schools with less formalized activities that teachers have acquired. The DWP will be revised to include links to available lessons/resources and staff will be encouraged to provide these breaks.

PEPA16 – *The DWP encourages programs such as “safe routes to schools” districtwide, however, due to our magnet school structure, our district does not have 20% of students that walk/bike to school. We will continue to encourage schools to create or support safe opportunities for students within close proximity to school to bike/walk to/from school.*

IEC3 – *The DWC in consultation with District leadership will identify which District level staff will be responsible for implementation and compliance and include this in the DWP.*

IEC5 – *The DWP will be revised to reflect our commitment to review the implementation at least once every three years.*

Committee Task Members

The following are the committee task members who conducted the Triennial review of current wellness policies and goals in the District Wellness Plan, conducted interviews with key staff/stakeholders and developed the final report with an implementation plan to address any identified practices or policies that need improvement. These review results will be posted on the NHPS by June 30, 2021, as required by the State and Federal agencies.

Sue Peters, APRN, MPH - Director of School Based Health Centers (SBHC)

Stephen Updegrove, M.D.- Medical Advisor/consultant for SBHCs and wellness issue

Gail Cains-Sharry- Director of NHPS Food Service

John Vigliotti- DWC member and former NHPS Principal & PE Supervisor

Consultation: Dr. Vijay Sikand- School Medical Advisor for NHPS/School Nurses