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# NEW HARTFORD PUBLIC SCHOOLS

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## LOCAL SCHOOL WELLNESS TRIENNIAL

Completed May 11, 2021

Next Reevaluation Due: By June 2024



New Hartford Public Schools

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# Introduction

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The New Hartford Public Schools Local School Wellness Triennial Review has been completed in collaboration with District stakeholders. In order to complete this triennial reevaluation the District's written policy using the WellSAT 3.0 was evaluated along with implementation practices using the WellSAT-I Interview measure. Evaluation measures were then analyzed with focused alignment between the written policy and the practices implemented in the district. We believe that in order to maintain coherence within the New Hartford Public Schools, we must explicitly connect our vision for continuous growth to our policies and practices.

## **NEW HARTFORD PUBLIC SCHOOLS THEORY OF ACTION (TOA)**

If we cultivate a culture focused on continuous improvement that values professional growth and collaboration and sets high expectations for teaching and learning, strengthening the capacity of educators to actively engage students in differentiated learning, then we ensure ALL students are meeting growth targets and will continue to meet or exceed our high expectations.

## **SCHOOL WELLNESS POLICY**

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. In accordance with federal and state law, it is the policy of the Board of Education to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require all meals served by the District meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture and the "Connecticut Nutrition Standards for Foods in Schools," whichever are greater. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

## **NEW HARTFORD PUBLIC SCHOOLS FIVE YEAR GOALS**

- To improve Teaching and Learning in a constantly changing 21st century classroom Data driven decision making will drive a student centered learning environment
- To improve school climate that will allow students and staff to maximize their potential in a positive learning environment
- To improve infrastructure and utilize technology to expand educational opportunities for all students

## Strong Policies and Aligned Practices

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A review of written policy and stakeholder feedback on the Wellness School Assessment Tool-Interviews (Wellsat-I) indicate that New Hartford Public Schools has strong written policies focused on nutrition and physical activity among our students. Interviews with the Principals, Curriculum Specialist, Director of Student Services and Food Services indicate that the written policy is aligned with current practice. The District has nutrition goals that promote wellness and our students receive sequential and comprehensive nutrition education in grades Pk-6. The focus is on behavioral changes to support building healthy habits.

Further, all meals are in compliance with USDA nutrition standards. Training is also conducted in compliance with USDA standards. The District encourages participation in our breakfast program and lunch programs. An equity lens is utilized to ensure all students have access to healthy meal options. The District works diligently to ensure that we remain in compliance with the privacy rights of our students and families.

Additionally, the District promotes a physically active lifestyle. We ensure that all students in grades Pk-6 have time for active play at recess. The Physical Education curriculum is aligned with CT Core Standards and is aligned to the written policy. The District also recognizes and promotes an active lifestyle of its staff and families. Staff have been offered Yoga and mindfulness sessions during the 2020-2021 school year. Families have also taken part in District sponsored field days.

Lastly, the District has an active Wellness Committee that meets 2-3 times per year. This committee includes all District administration, the PE/Health educator, parent representatives, food services, nursing staff, school psychologist and Board of Education members. The Director of Student Services oversees the implementation of the District Wellness policies and oversees completion of the Wellness Triennial Review. The Wellness policy and results are available on the District website.

**Analysis-** This document identifies where the district has a strong policy and is fully implementing practices that align with that policy

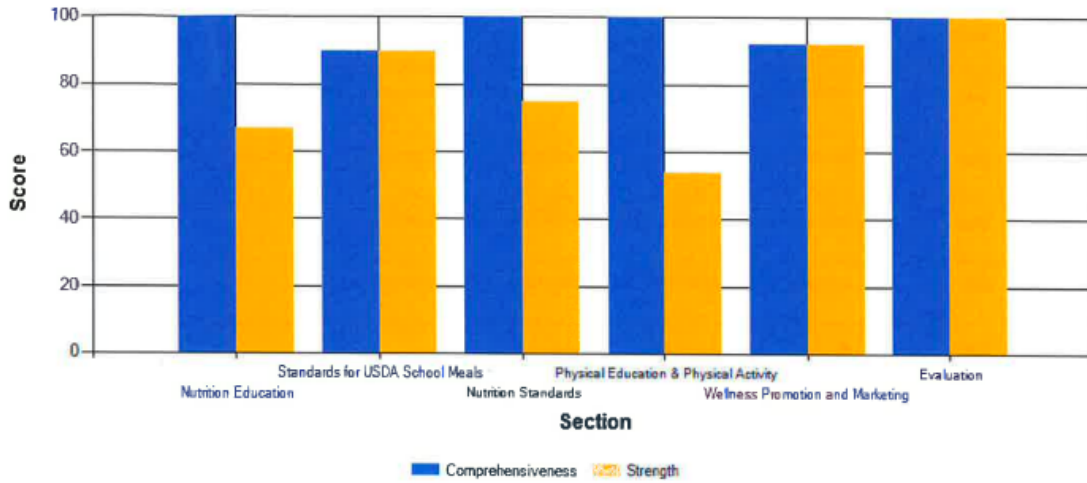
Item	Item description
<b>NE</b>	<b>Section 1. Nutrition Education</b>
NE1	Nutrition goals promote wellness
NE3	All elementary students receive sequential and comprehensive nutrition education PK-6 District, so NE 4 and NE 5 are Not applicable
NE2	Skills are behavior focused and interactive
<b>SM</b>	<b>Section 2: Standards for USDA Child Nutrition Programs and School Meals</b>
SM1	All meals are in compliance with USDA nutrition standards
SM3	New Hartford ensures privacy
SM7	Seat time is addressed via policy and practice
SM8	Free water is available- water bottle filling stations, fountains etc..
SM9	Training is in accordance with USDA standards
SM4	The district addresses feeding students with equity and privately without stigmatization
SM5	Parents receive info about Free and Reduced lunch opportunity
SM6	District encourages participation in breakfast and lunch programs
<b>NS</b>	<b>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</b>
NS1	District is in compliance with nutrition Standards
NS3	Regulates a la carte food items within policy and practice
NS4	No vending machines
NS5	District does not sell foods in a school store

NS6	Fundraisers are addressed and encouraged to meet smart snack standards
NS7	Exemptions are allowed for infrequent fundraisers
NS13	Drinking water is made available
PEPA	<b>Section 4: Physical Education and Physical Activity</b>
PEPA4	Times per week of PE, PEPA 5 and 6= NA for middle and High Schools
PEPA13	Recess for all elementary aged students
PEPA1	District has a written PE policy
PEPA2	PE curriculum aligned with State of CT standards
PEPA3	PE promotes physically active lifestyle
WPM	<b>Section 5: Wellness Promotion and Marketing</b>
WPM7	Restricts markets of items that don't meet standards
WPM1	Encourages staff to have a healthy lifestyle- yoga offered, mindfulness etc..
WPM3	Addresses physical activity as a reward
IEC	<b>Section 6: Implementation, Evaluation &amp; Communication</b>
IEC2	Wellness committee includes administration, PE, parents, food services, nursing staff, food authority rep, school psychologist, BOE member
IEC3	Director of Student Services is responsible for wellness policy implementation
IEC4	Policy available on District Website
IEC5	Triennial evaluation completed
IEC6	Results available on District website
IEC7	Revisions will be made based on evaluation results
IEC1	Active District Wellness Committee meets more 2-3 times a year

# District Scorecard

Version: 3.0

Policy Name: New Hartford Wellness Policy Triennial 2021



## Overall District Policy Score

<p><b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p><b>District Score</b> <b>97</b></p>
<p><b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p><b>District Score</b> <b>80</b></p>

 Federal Requirement
  Farm to School
  CSPAP

Next Triennial due on or before June 30, 2024

# Wellness Implementation Plan

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The District has created a Practice Implementation Plan to support full implementation and compliance with the Local School Wellness Policy.

**Goal 1:** Improve the overall wellbeing of all New Hartford students

**Strategies and Actions:**

1. Revise health units to include nutritional value of school meals/ integrate nutritional themes
2. Collaborate with food services to promote healthy eating (Examples could include: a field trip to a local farm or grocery store to see where healthy foods are purchased or tour of the cafeteria)
3. Encourage staff to integrate nutritional themes into science units of study when appropriate

**Indicators of success:**

1. Growth on curriculum based science and health measures
2. Maintain growth and participation rates Physical Fitness Testing

**Analysis:** This document identifies areas where New Hartford has a strong or weak policy, but practice implementation is limited.

Item number	Item description
<b>NE</b>	<b>Section 1. Nutrition Education</b>
NE7	Nutrition is linked with the food environment via science class and health
NE8	The food system is addressed in science and health
<b>SM</b>	<b>Section 2: Standards for USDA Child Nutrition Programs and School Meals</b>
SM2	Breakfast offered at Antolini school
SM7	Seat time isn't written in policy, but in practice students have at least 20 minutes to eat lunch and at least 10 min for breakfast
<b>NS</b>	<b>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</b>



NS2	Smart Snack Standards difficult to locate in written policy
NS9	Per District Wellness Policy: celebrations involving food may happen up to 4x yearly- Halloween, Valentines, Winter holiday, and End of School year
<b>PEPA</b>	<b>Section 4: Physical Education and Physical Activity</b>
PEPA12	There are only afterschool (no before school) sports programs- basketball, soccer, Karate etc...
PEPA11	Field day is offered to involved community and school wellness
<b>WPM</b>	<b>Section 5: Wellness Promotion and Marketing</b>
WPM12	In practice, District will infrequently promote food fundraisers
<b>IEC</b>	<b>Section 6: Implementation, Evaluation &amp; Communication</b>
	N/A

## Policy Update Considerations/ Opportunities for Growth

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### Policy:

- Consider clarifying the duration of seat time within the written policy for breakfast and lunch. Ex: In practice students have 20 minutes of seat time during the lunch period.

### Opportunities for Growth:

- The District is fully in compliance with federal requirements, but may consider revising written policy around lunch and breakfast “seat time”
- Revise health units to include nutritional value of school meals/ integrate nutritional themes
- Collaborate with food services to promote healthy eating (Examples could include: a field trip to a local farm or grocery store to see where healthy foods are purchased or tour of the cafeteria)
- Encourage staff to integrate nutritional themes into science units of study when appropriate