

EAST HAMPTON PUBLIC SCHOOLS LOCAL SCHOOL WELLNESS POLICY TRIENNIAL ASSESSMENT

June 2021

In the spring of 2021 the EHPS Nutrition Services Director, with the help of administrators and teachers, reviewed our current Local School Wellness Policy (LSWP) to assess if our policy meets all the requirements set forth by the Federal Government, as well as how we are doing in practice when it comes to meeting our wellness goals. We are pleased to report that, while there are some areas that still need improvement, East Hampton Public Schools actually goes above and beyond many of the practices stated in our policy.

This report has 4 different sections. Section 1 shows where we have both strong policies and strong practices in place. Section 2 shows areas where we have not yet met the goals set forth in our wellness policy and the implementation plan we have developed for these areas. Section 3 highlights areas where we are actually performing better than what our policy states. The Wellness Committee will be using this section to update our policy to more accurately reflect our commitment to the wellness of our school community. Finally, Section 4 targets opportunities for growth. These are areas that we have not addressed extensively either in our policy or in our practices. This section will also be addressed as we update our policy during the 21-22 school year.

Attached to this report is Addendum A, the WellSat Scorecard used to rank our policy and our practices. EHPS scored 49 points out of 100 points when looking at the total comprehensiveness (determined by assessing how many of the Federal Government's wellness initiatives we address) of the policy itself. But when we looked at actual practices in the school by talking with Nutrition Services, principals, teachers and other administrators, we actually scored an 89 in total comprehensiveness. The strength (defined as to what extent we address or perform best practices) of the policy itself was given a score of 30 points out of a possible 100, but the strength of our practices received a much better score of 62 points.

Also attached to this report is Addendum B, the worksheet used to identify connections between our LSWP and our practices. Section 1 highlights the many areas where we have both strong policies and strong practices, and Section 2 highlights the areas where we needed to create a practice implementation plan.

The Wellness Committee will work over the upcoming school year to continue to align our policy with best practices and to increase our focus on the wellness of our school community. Anyone with any questions about East Hampton Public Schools' Wellness Policy or the Triennial Assessment can contact the nutrition Services Department for clarification.



SECTION 1: Strong Policies and Aligned Practices

During our review of the LSWP we found many areas where the district had great success in meeting our wellness goals. These include the following: (Any items denoted with an asterisk (*) are a federally required policy item.)

- All middle and high school students receive sequential and comprehensive nutrition education and nutrition education in all schools and nutrition education is linked with the school food environment in many ways throughout the year. The district participates in a Harvest of the Month program where a different produce item is featured every month on the menu and in the kitchen. Educational information about the produce item is featured on the menus and food tastings are performed in the cafeterias to highlight the benefits of the featured items. In addition, the district celebrates "Veguary" in February where we feature a variety of plant-based food in the cafeteria, and use signs and social media to promote the health and environmental benefits of including more plants in our diet. On occasion less common produce items are sent to the classrooms for sensory lessons in class and to encourage students to try new healthy foods.
- *All students have access to potable water at no cost in all spaces where breakfast and lunch are being served. Students are permitted to carry refillable water bottles with them during the school day and all cafeterias have water fountains in them, or directly outside the cafeteria, for students to refill their bottles. Cups are available for students who do not have refillable bottles with them. In addition, in Memorial School a water dispenser is located at the front of the cafeteria so that our youngest students do not have to leave the café in order to access potable water.
- *East Hampton is a CT Healthy Foods Certified School and, as such, all food and beverages sold to students during the school day on school grounds not only comply with USDA nutrition regulations, but also with the stricter Connecticut Healthy Foods standards. Only bottled water, 100% fruit juice, or unsweetened seltzer are sold via vending machines to students. No food or beverages are sold in school stores.
- EHPS recognizes the value of physical activity and education and has a written physical education curriculum that is implemented consistently for every grade. All PE classes are taught by state certified/licensed teachers who are endorsed to teach physical education. In addition, each school has physical activity opportunities on its grounds outside of school hours including clubs and athletic programs as well as special events such as the PTO Bike-A-Thon and Jog-A-Thon.
- *The district has just performed its first triennial assessment of the LSWP and will continue to asses and adjust the policy based on findings every 3 years.









SECTION 2: Practice Implementation Plans for Unmet Policy Goals

Several areas of the LSWP were identified where implementation of the policy was either limited or absent: These areas and an implementation plan are summarized below: Any items denoted with an asterisk (*) are a federally required policy item.

- While most grades have nutrition education built into the curriculum, formalized district-wide nutrition education goals that promote student wellness have not yet been developed. This will be a topic of discussion for the Wellness Committee in the 21/22 school year.
- EHPS Nutrition Services provides nutritional education to all grades using signage, menus and special events, but some of the youngest grades do not receive sequential and comprehensive nutrition education in the class-room. Beginning in the 21/22 school year, the Nutrition Services Director will supply the elementary school teachers with grade-appropriate nutrition education materials that they can incorporate in their classes or send home with students. Nutrition Services will also continue to hold special tasting and educational events in the elementary cafeterias. In addition, the Nutrition Services Director will compile a list of ways that staff can model healthy eating and activity for students and will develop ways to promote these ideas throughout the school year.
- *The LSWP states that parents will be given a list of recommended healthy foods for school snacks and celebrations. To date, this list has not been compiled. During the 20/21 school year, food-based classroom celebrations have been halted because of the Covid 19 pandemic. In light of the prevalence of food allergies among children, the Wellness Committee will discuss making a recommendation that this policy be continued post-pandemic.
- *The LSWP identifies only the Superintendent and/or a designee as the official responsible for the implementation and compliance of the wellness policy. While the Superintendent and the Nutrition Services Director have the ultimate responsibility for monitoring compliance, it may be beneficial to have a compliance official in each school as well. This will be discussed by the Wellness Committee in the 21/22 school year.
- While a district wellness committee was formed several years ago, regular meetings have not occurred over the past several years. The Nutrition Services Director, the Business Manager and the Superintendent will work together to establish a new and active Wellness Committee for the 21/22 school year comprised of teachers and principals from each school, Health and PE teachers, student representatives, school health professionals and stakeholders in the community including parents and BOE members. The Wellness Committee will be chaired by the Nutrition Services Director and will meet at least twice a year, either in person or virtually.





SECTION 3: Policy Updates

In reviewing East Hampton's LSWP, many instances were identified where we are actually going above and beyond what is written into our current Wellness Policy. The Wellness Committee will address each of the items below and develop language to include them in an updated LSWP by the end of the 21/22 school year, so that our policy accurately reflects the district's use of best practices and our dedication to the health and wellness of our community. Any items denoted with an asterisk (*) are a federally required policy item.

- *All reimbursable meals comply with all USDA nutrition standards with a focus on whole grains, fruit and vegetable choices, lean proteins and low saturated fat and sodium.
- *The District protects the privacy and identity of all students and families who qualify for free or reduced priced meals and ensures that these students are not overtly identified at any time.
- *All cafeteria staff members including the Nutrition Services Director receive annual training in accordance with USDA Professional Standards.
- All students are offered access to the School Breakfast Program either before or during the start of school each morning.
- *East Hampton is a CT Healthy Food Certified district and, as such, all food sold on school grounds for consumption during the school day meet not only the USDA's nutrition standards, but also the more stringent CT standards. This includes a la carte and vending machine items as well as food sold for fundraising to be consumed during the school day.
- The only marketing of food that occurs on the school campus during the school day is for those foods and beverages that meet the Smart Snacks requirements. Most signs and marketing in the cafeterias are aimed at increasing the consumption of fruits and vegetables and consuming a well-balanced meal including whole grains, lean proteins, lots of fruits and vegetables, and low fat dairy.
- All elementary grades participate in recess and many grades have recess before lunch which is a best practice.
- The District's physical education curriculum is aligned with national and state standards and promotes a healthy and physically active lifestyle
- *The results of this Triennial Assessment will be made available to the public upon its completion. The District's Wellness Committee will address the findings and update the LSWP by the end of the 21/22 school year.







SECTION 4: Opportunities for Growth

Our assessment identified several opportunities for growth, listed below, where the District has only addressed a topic in a limited way in the past and will seek to address those both in policy and in practice over the next three years. Any items denoted with an asterisk (*) are a federally required policy item.

- Nutrition education for all grades that focuses on agriculture and the food system
- Addressing ideas for using physical activity as a reward
- *Involving all relevant stakeholders in the development, implementation and review and update of the LSWP
- *Making the LSWP available to the public through the website and social media.
- Establishing Wellness Committees and/or staff wellness activities for each school building



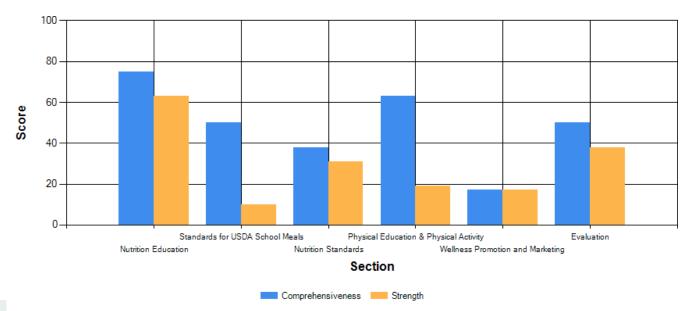
ADDENDUM A: WellSAT Scorecard, East Hampton Public Schools

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: East Hampton



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. Nutrition Education

		Written Policy Score	Interview Practice Score
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2	1
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	0	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2	1
☆ 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	1	2
☆ NE7	Links nutrition education with the school food environment.	2	2
NE8	Nutrition education addresses agriculture and the food system.	0	1
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."	75	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	63	50

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.	0	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	1	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0	1
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1	2



SM6	Specifies strategies to increase participation in school meal programs.	0	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	" students have to eat school meals. 1 1	
☆ sma	Eree drinking water is available during meals.	2 2	
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0 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."	50 100	
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	10	70

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

Jen Bove Interviewed		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.	0	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 N/A	Regulates food and beverages sold in school stores.	2	2
NS6	Addresses fundraising with food to be consumed during the school day.	0	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	0	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0	2
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1	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.	0	0
	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



NS11			
NS12	Addresses food not being used as a reward.	0	2
NS13	Addresses availability of free drinking water throughout the school day.	0	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."	38	85
	Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	31	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.	2	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1	2
PEPA3	Physical education promotes a physically active lifestyle.	1	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1	1
PEPA6	Addresses time per week of physical education instruction for all high school students.	0	1
☆ PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2	2
PEPA8	Addresses providing physical education training for physical education teachers.		2
PEPA9	Addresses physical education exemption requirements for all students.	1	2
PEPA10	Addresses physical education substitution for all students.	0	2
Addresses family and community engagement in physical activity opportunities at all schools.		0	1
☆ PEPA12	Addresses before and after school physical activity for all students including		2
Addresses recess for all elementary school students. PEPA13		1	2



PEPA14	Addresses physical activity breaks during school.	0	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.		2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.		0
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	94
	Strength Score: Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	19	63

Section 5. Wellness Promotion and Marketing

		Written Policy Score	Interview Practice Score
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2	1
WPM2	Addresses strategies to support employee wellness.	0	0
WPM3	Addresses using physical activity as a reward.	0	1
☆ WPM4	Addresses physical activity not being used as a punishment.	2	2
WPM5	Addresses physical activity not being withheld as a punishment.	0	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	0	2
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	0	2
₽	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	0	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0	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).	0	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).	0	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	0	1



	Box Tops for Education).		
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."	17	92
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	17	67

Section 6. Implementation, Evaluation & Communication

		Written Policy Score	Interview Practice Score
IEC1	Addresses the establishment of an ongoing district wellness committee.	2	0
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.	0	0
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2	1
IEC4	Addresses making the wellness policy available to the public.	0	1
☆ 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:	1	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.	0	0
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."	50	63
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	38	38



Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 49	District Score
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 30	District Score

Espapar Farm to School School



ADDENDUM A: Worksheet Identifying Connections between Policy and Practice

This document 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 "Monitoring and Evaluation" 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 *					
* 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 sections 1 and 2 on the district's website and share through other communication channels.



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
NE4	All middle school students receive sequential and comprehensive nutrition education.
NE5	All high school students receive sequential and comprehensive nutrition education.
NE7	Links nutrition education with the school food environment.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM8	A Free drinking water is available during meals.
	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.
NS3	A Regulates food and beverages sold in a la carte.
NS4	A Regulates food and beverages sold in vending machines.
NS5 N/A	A Regulates food and beverages sold in school stores.
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
	Section 5: Wellness Promotion and Marketing
WPM4	Addresses physical activity not being used as a punishment.
	Section 6: Implementation, Evaluation & Communication



IEC5	Addresses the assessment of district implementation of the local wellness policy
	at least once every three years.



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	▲ Includes goals for nutrition education that are designed to promote student wellness.
NE3	All elementary school students receive sequential and comprehensive nutrition education.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9	A Regulates food and beverages served at class parties and other school celebrations in elementary schools.
	Section 4: Physical Education and Physical Activity
	Section 5: Wellness Promotion and Marketing
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
	Section 6: Implementation, Evaluation & Communication
IEC3	dentifies the officials responsible for the implementation and compliance of the local wellness policy.
IEC1	Addresses the establishment of an ongoing district wellness committee.