

Worksheet 4: Summary of Findings

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.

Adherence to the Healthy Hunger-Free Kids Act (HHFKA) has been successful and many students are taking advantage of the free breakfasts and lunches. Breakfast is offered every day even when we return to charging students for meals. Currently, there is no distinction between students who receive free or reduced meals as all students are eligible. However, this will be discontinued at the end of 2022.

During the December 2022, Woodstock Board of Education meeting, there was a rising concern of many students in our schools who may not qualify for free or reduced lunch, who will be going hungry due to parent's change of finances, during this difficult time. Currently, the Woodstock Board of Education is looking into ways of involving the community at large to work together to ensure this does not happen. In addition, they are updating their policy to ensure that children who are receiving free/reduced meals cannot be identified.

Section 2 (Create Practice Implementation Plans). 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 Health Education curriculum is currently being updated to implement a skills-based approach which focuses on health literacy rather than dynamic functional information. The CDC's Health Education Curriculum Analysis Tool along with the State of Connecticut's Health and Balanced Living Framework, are foundations for determining which nutrition information is incorporated in the skills practice which are sequential and scaffolded for grades 5-8. The approximate date of completion will be July 2023. When phase I is completed for grades 5-8, planning for instruction for the lower grade levels can begin. One of the challenges we face is there are few staff within the district with the resources to accomplish such a task. Attempts will be made to create a Health Education program for grades Pre-K through 4 during professional development time in the 2023-2024 school year, with a goal for implementation in the Fall of 2024.

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.

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The wellness committee has hired a consultant to work with the group until June 2023. The wellness committee will meet in January 2023 to review the current wellness policy and create goals from the items that were missing in the assessment to align the policy with our practices. There is unfortunately little time to meet, as there are no professional development days left in the year.

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.

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Woodstock is a small rural district with financial constraints that are unique. Employees assume many roles whereas in other districts, the tasks may be distributed more evenly and justly. Updating the Wellness Policy and combining with similar policies, would be a great step forward. Strengthening the wellness coalition, to help alleviate the tasks of district employees, would be another area of essential growth. It is also clear that policies need to align to practice so that the efforts of district employees are clearly supported by policy. The Woodstock Middle School Physical Education teacher is retiring at the end of this year, and therefore, the new teacher will be tasked with updating the curriculum to align with the most updated Healthy and Balanced Living Framework. This will not happen until the next school year of 2023-2024.

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For information on the USDA's LSWP requirements, visit the Connecticut State Department of Education's (CSDE) [School Wellness Policies](#) website and the Rudd Center's [WELLSAT](#) website, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Worksheet_4_Summarizing_Findings.docx.



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