

Summary of Training and Resources on School Wellness Policies Provided by the Connecticut State Department of Education (CSDE)

Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, required that schools participating in the U.S. Department of Agriculture's child nutrition programs establish a local wellness policy by the first day of the 2006-07 school year.

Date	CSDE Activity
August 2005	<p><i>Guidelines to Develop Comprehensive Nutrition and Physical Activity Policies in School, Circular Letter C-2 dated August 17, 2005</i> (http://www.sde.ct.gov/sde/lib/sde/pdf/circ/circ05-06/c2.pdf)</p> <p>This letter provided initial guidance to superintendents regarding the development of school wellness policies.</p>
November 2005 to January 2006	<p>Six Regional Workshops – <i>School Wellness Policy: Getting Started</i></p> <p>This workshop series focused on getting school teams together to start working on the first three steps of developing a school wellness policy: 1) identify policy development team; 2) research existing local policies and utilize the existing development processes; and 3) conduct local assessment process by using the Center for Disease Control and Prevention (CDC) <i>School Health Index</i>. Six regional sessions were held:</p> <ul style="list-style-type: none"> • November 30: Rensselaer, Hartford • December 15: EASTCONN, Willimantic • December 19: ACES, Hamden • January 18: Rensselaer, Hartford • January 19: EASTCONN, Hampton • January 20: Education Connection, Litchfield
December 2005	<p>Connecticut State Board of Education's <i>Position Statement on Nutrition and Physical Activity</i> (http://www.sde.ct.gov/sde/LIB/sde/pdf/board/nutrition_phys_activity.pdf)</p> <p>Adopted December 7, 2005, this position statement emphasizes the Connecticut State Board of Education's commitment to promoting policies that support a learning environment conducive to healthy lifestyles. It identifies the role of schools, families, students and the community in developing, implementing and monitoring policies and practices to promote and support healthy eating and sufficient physical activity.</p>
February 1, 2006	<p>Statewide School Wellness Summit, Farmington, CT</p> <p>This summit focused on providing districts with resources and strategies for successful development and implementation of school district policies to promote healthy eating and physical activity.</p>
February 2006	<p>Release of CSDE's <i>Action Guide for School Nutrition and Physical Activity Policies</i> (http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action)</p> <p>This guide provides comprehensive guidance for school districts on developing, implementing and evaluating local policies to promote healthy eating and physical activity. It was developed to assist school districts with meeting recommended state (Connecticut) and national guidelines and the U.S. Department of Agriculture's school wellness policy requirements. The <i>Action Guide</i> was distributed to school board chairs, superintendents, principals, curriculum directors, health and physical education coordinators, health educators, physical education teachers, family and consumer sciences teachers, PTA/PTO presidents, school food service directors, school medical advisors, school nurse supervisors, school-based health center directors, special education directors and local directors of health.</p>
March 2006	<p>Six Regional Workshops – <i>School Wellness Policy: Keeping it Going</i></p> <p>This workshop series was a follow-up to the fall 2005 workshop series, <i>School Wellness Policy: Getting Started</i>. It focused on using CSDE's new <i>Action Guide for School Nutrition and Physical Activity Policies</i> to assist school districts with steps 4 through 8 of the policy development process: 4) prioritize needs and develop an action plan; 5) draft policy language; 6) build awareness and support; 7) adopt and implement the policy; and 8) maintain, measure and evaluate. Six regional sessions were held:</p> <ul style="list-style-type: none"> • March 13: Rensselaer, Hartford • March 15: EASTCONN, Hampton • March 16: C.E.S., Trumbull • March 17: Rensselaer, Hartford • March 24: EASTCONN, Hampton • March 27: Education Connection, Litchfield
June 2006	<p>School Wellness Policy Needs Assessment Survey</p> <p>This survey assessed the status of Connecticut school districts' progress with the local school wellness policy process and requested information on district training needs in order to identify what was needed to assist with local implementation, promotion and evaluation activities. The survey results were used to plan the format and content of both CSDE school wellness policy conferences, <i>Moving Into Action</i> and <i>Measuring Success</i> (see below).</p>

(continued)

Summary of Training and Resources on School Wellness Policies, continued

Date	CSDE Activity
December 14, 2006	<p>Statewide Conference – <i>Moving Into Action: Implementing and Promoting School Wellness Policies</i>, Cromwell, CT</p> <p>This conference focused on providing strategies to assist schools in:</p> <ul style="list-style-type: none"> • promoting healthy eating, physical activity and student wellness; • implementing local school practices, programs and activities which support district policy; and • promoting the district’s wellness plan to students, parents, school staff and key leaders in the school district and the community.
May 31, 2007	<p>Statewide Conference – <i>Measuring Success: Evaluating School Wellness Policies</i>, Cromwell, CT</p> <p>This conference focused on helping school teams learn successful strategies to measure implementation and sustain local efforts of school wellness policy, including:</p> <ul style="list-style-type: none"> • conducting effective policy evaluation; • identifying types of evaluation methods and essential tools to evaluate and measure the school wellness policy’s effectiveness in the school environment; • increasing the impact of the policy to enhance its effect on student health and academic learning; and • sample evaluation methods and tools, including an overview of the new school wellness policy evaluation tool developed in partnership with the Rudd Center for Food Policy & Obesity at Yale University.
July 2007	<p><i>Guidelines for A Coordinated Approach to School Health: Addressing the Physical, Social and Emotional Health Needs of the School Community</i> http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726#Curriculum</p> <p>This publication contains recommendations and, when appropriate, requirements for local policies, using language that models best practice for the development of school health policies. It provides background that confirms and validates that physical and mental health affects school readiness and academic achievement. The guidelines address issues of connectedness to school, absenteeism, school climate, school health services and staff wellness, as well as curriculum for comprehensive school health education, physical education and nutrition education.</p>
June 2008	<p>School Wellness Policy Report (http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#SW)</p> <p>This report addresses the comprehensiveness and strength of Connecticut school wellness policies based on a school wellness policy assessment tool developed in partnership with the Rudd Center for Food Policy and Obesity at Yale University. The report was sent to district superintendents, board of education chairpersons and school food service directors and includes the following three documents:</p> <ul style="list-style-type: none"> • <i>School Wellness Policy Report</i> – an overall summary of the district’s scores, state averages and District Reference Group (DRG) averages for each of the seven school wellness policy categories: Nutrition Education; School Meals; Other School Food and Beverages; Physical Education; Physical Activity; Communication and Promotion; and Evaluation. • <i>School Wellness Policy Rating Sheet</i> – the actual district coding for the 96 policy items which determine the scores for each of the seven policy categories. • <i>School Wellness Policy Report Comments Section</i> (if applicable) – a review of the district’s policy language for consistency with all applicable federal and state requirements, including suggestions for revising language noncompliant with federal or state regulations or statutes.

For additional information on school wellness policies, please contact:



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