

Bella Mente Academies
Triennial Assessment
Completed June 18, 2021

In accordance with the [2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

Bella Mente Academies used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: Comparison to a model School Wellness Policy

- See completed WellSAT 3.0 Scorecard (attached).

PART 2: Local measurement of compliance with School Wellness Policy

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard and analyzed using the WellSAT Worksheet 3 (attached).

PART 3: Description of the district's progress toward achieving goals described in the policy

- See completed WellSAT Worksheet 4 (attached).

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP



Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district. Suggested. It is unclear if all elementary school students will receive nutrition education. Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-8)."	1
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	1
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	N/A
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	71



Section 2: Standards for USDA Child Nutrition Programs and School Meals



		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals. Add a link	2
SM2	Addresses access to the USDA School Breakfast Program.	0
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	2
<i>Subtotal for Section 2</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	70
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	60

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

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
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
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.	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
NS12	Addresses food not being used as a reward.	0
NS13	Addresses availability of free drinking water throughout the school day.	2
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	91
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	83



**Section 4: Physical Education Physical Activity****Rating**

PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1
PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	1
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2

 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	2
 PEPA14	Addresses physical activity breaks during school.	0
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.	2
<i>Subtotal for Section 4</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	80
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	53









Section 5: Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
 WPM2	Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	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
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
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).	1
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	83
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	75



Section 6: Implementation, Evaluation, and Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	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
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
 IEC4	Addresses making the wellness policy available to the public.	2
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: <ol style="list-style-type: none"> 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; 3. A description of the progress made in attaining the goals of the local school wellness policy. 	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	75



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WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



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: 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
NE1*	Goals for nutrition education
NE2	Nutrition education is skill-based
NE8	Nutrition education addresses agriculture & the food system
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1*	USDA nutrition standards for reimbursable meals
SM3*	Protection of privacy of students who qualify for F/R priced meals
SM8*	Free drinking water availability during meals
SM9*	Annual training for FNS staff
SM5	Communication to families about FRPM eligibility
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1*	Smart Snacks
NS3*	Nutrition standards for all food & beverages sold a la carte
NS4	Nutrition standards for all food & beverages sold in vending machines
NS5*	Nutrition standards for all food & beverages sold in school stores
NS6*	Fundraising with food during the school day
NS2	USDA Smart Snacks standards are easily accessible
NS7	Exemptions for infrequent school-sponsored fundraisers
NS10	Nutrition standards for all foods & beverages served after the school day
NS11	Nutrition standards for all food & beverages sold after the school day
NS13	Free drinking water availability throughout the school day

*Designates federal requirement

	Section 4: Physical Education and Physical Activity
PEPA1	Written PE curriculum for all grades
PEPA7	Qualifications for PE teachers
PEPA9	PE exemption requirements
PEPA11	Family & community engagement in physical activity opportunities
PEPA12	Before & after school physical activity
PEPA13	Recess for elementary students
	Section 5: Wellness Promotion and Marketing
WPM7*	Restriction of marketing to only foods & beverages that meet Smart Snack standards
WPM1	Encouragement of staff to model healthy behaviors
WPM2	Strategies to support employee wellness
WPM5	Physical activity not withheld as punishment
WPM8	Marketing on school property & equipment
WPM9	Marketing on educational materials
WPM10	Marketing where food is purchased
WPM11	Marketing in school publications & media
	Section 6: Implementation, Evaluation & Communication
IEC2*	Stakeholder participation in wellness policy
IEC4*	Wellness policy available to the public
IEC5*	Triennial Assessment
IEC6*	Triennial Assessment results
IEC8	Ongoing school building wellness committee

*Designates federal requirement

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
NE4	All middle school students receive sequential & comprehensive nutrition education
NE6	Nutrition education integration into subjects beyond health education
NE7	Nutrition education links to the school food environment
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM10	Local foods for the school meal program
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS9*	Food & beverages served in the classroom
	Section 4: Physical Education and Physical Activity
PEPA4	Time per week of PE instruction for all elementary students
PEPA15	Joint or shared-use agreements for physical activity participation
PEPA16	Safe Routes to School
	Section 5: Wellness Promotion and Marketing
WPM6	Marketing to promote healthy food & beverage choices
	Section 6: Implementation, Evaluation & Communication

*Designates federal requirement

SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- ▶ Enter the items that received a written policy score of 0 or 1 and an interview practice score of 2. Start with the Federal Requirements for each section.

Item number	Item description
	Section 1: Nutrition Education
NE3	All elementary school students receive sequential and comprehensive nutrition education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM2	USDA School Breakfast Program
SM4	Feeding children with unpaid meal balances without stigmatizing them
SM6	Strategies to increase participation in school meal programs
SM7	Amount of "seat time" students have to eat school meals
	Section 3: Nutrition Standards for Competitive & Other Foods & Beverages
NS12	Food not used as a reward
	Section 4: Physical Education and Physical Activity
PEPA2	Written physical education curriculum aligned with national/state standards
PEPA3	Physical education promotes a physically active lifestyle
PEPA5	Time per week of PE instruction for middle school students
PEPA8	Training for PE teachers
PEPA10	PE substitution for all students
	Section 5: Wellness Promotion and Marketing
WPM3	Physical activity as a reward
WPM4	Physical activity as a punishment
WPM12	Marketing through fundraisers

*Designates federal requirement

	Section 6: Implementation, Evaluation & Communication
IEC3*	Identification of officials responsible for implementation and compliance of the wellness policy
IEC7*	Plan for updating policy based on results of Triennial Assessment

SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- ▶ Enter the items that received a written policy score of 0 or 1 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	
NE4	Middle school students receive sequential & comprehensive nutrition education
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
	N/A
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
NS9*	Regulates food & beverages served at class parties in elementary schools
Section 4: Physical Education and Physical Activity	
PEPA4	Time per week of PE instruction for all elementary school students
PEPA14	Physical activity breaks during school
Section 5: Wellness Promotion and Marketing	
	N/A
Section 6: Implementation, Evaluation & Communication	
	N/A

*Designates federal requirement

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet can be used to create narrative descriptions to post alongside sections from Worksheet 3: Identifying Connections between Policy and Practice. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



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.

Bella Mente has successfully detailed and implemented wellness policies and practices related to nutrition education, nutrition standards for school meals, nutrition standards for competitive foods and beverages, physical education/activity, wellness promotion and marketing, and implementation, evaluation, and communication of the wellness program.

Despite the challenges presented by the pandemic, the Bella Mente Wellness Committee is committed to upholding and improving the pillars of our wellness program, as evidenced by the occurrence of regular meetings, updates, and initiatives implemented in both policy and practice.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

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 Bella Mente Wellness Committee has assessed the implementation of practices outlined in the written policy and has determined that all federal requirements are currently being met.

The Committee plans to continue including stakeholders in the conversations surrounding wellness, to further improve program success and effectiveness. Of particular priority will be continued efforts to seek diversity and inclusion in all program initiatives, including

representation of stakeholders at wellness meetings. Additional efforts to support continued implementation success may include:

- Hosting five wellness committee meetings each school year;
- Posting the wellness policy on Bella Mente’s website, for access and transparency;
- Introducing the wellness policies during annual “Sneak Peek” open house events;
- Involving the PTA in wellness initiatives and events, as appropriate; and
- Continued support from the Executive Director, Principal, and Bella Mente staff.



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.

The Bella Mente Wellness Committee will review all federally required policy updates and provide edits to be reviewed by the School Board during SY 21-22. Edits may include policy updates related to

- Identification of officials responsible for implementation and compliance of the wellness policy, and
- Plans for updating the policy based on the results of the Triennial Assessment.

Optional revisions to strengthen the wellness policy may include more specific language about nutrition education, standards for school meals and competitive foods & beverages, physical education/activity, wellness promotion and marketing, and the implementation, evaluation, and communication of the local school wellness policy.

The Bella Mente Wellness Committee plans to specifically review strategies to improve policy language relating to classroom parties, the Triennial Assessment, promotion of school meals, and time provided for students to eat meals.



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.

The Bella Mente Wellness Committee has reviewed the Opportunities for Growth and has determined that all federal requirements are currently being met.

Based on the results of the Triennial Assessment, the Wellness Committee will develop an action plan to optimize policy language and practice implementation over the next three years.

The action plan may include:

- Strategies to increase stakeholder involvement with the wellness policy;
- Strategies to improve and update communications with stakeholders and the community, such as direct messaging (Principal message, school newsletters, etc), the Bella Mente website, social media, board meetings, and wellness committees DELAC;
- Continued monitoring of all federal requirements related to the wellness policy.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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