



# Connecticut State Department of Education

## School Wellness Policy Report

**School District:** Shelton Public Schools

**Policy Date:** 7/1/06

**Participated in Healthy Food Certification<sup>1</sup>**

**Comments Section:** Yes

**2006-2007:** No **2007-2008:** No

<b>Summary of School Wellness Policy Scores</b>						
<b>Policy Category</b>	<b>Comprehensiveness</b>			<b>Strength</b>		
	<b>District Score</b>	<b>State Score<sup>2</sup></b>	<b>DRG Score<sup>3</sup></b>	<b>District Score</b>	<b>State Score<sup>2</sup></b>	<b>DRG Score<sup>3</sup></b>
<b>Nutrition Education</b>	<b>89</b>	<b>65</b>	<b>67</b>	<b>67</b>	<b>44</b>	<b>44</b>
<b>School Meals</b>	<b>31</b>	<b>40</b>	<b>41</b>	<b>15</b>	<b>30</b>	<b>30</b>
<b>Other School Food and Beverages</b>	<b>59</b>	<b>67</b>	<b>48</b>	<b>28</b>	<b>48</b>	<b>68</b>
<b>Physical Education</b>	<b>29</b>	<b>44</b>	<b>46</b>	<b>24</b>	<b>31</b>	<b>31</b>
<b>Physical Activity</b>	<b>40</b>	<b>50</b>	<b>45</b>	<b>20</b>	<b>31</b>	<b>27</b>
<b>Communication and Promotion</b>	<b>25</b>	<b>45</b>	<b>48</b>	<b>17</b>	<b>31</b>	<b>34</b>
<b>Evaluation</b>	<b>17</b>	<b>59</b>	<b>63</b>	<b>17</b>	<b>38</b>	<b>39</b>
<b>Overall Policy Score</b>	<b>41</b>	<b>53</b>	<b>36</b>	<b>27</b>	<b>36</b>	<b>54</b>

The *School Wellness Policy Report* includes an overall score of your district's school wellness policy based on seven policy categories containing a total of 96 policy items. This report was prepared by the Rudd Center for Food Policy & Obesity at Yale University, in partnership with the Connecticut State Department of Education (CSDE). It is an analysis of the *content* of the school wellness policy submitted by your district to CSDE in 2007. This report does not address district policy *implementation*.

All scores are based on a scale of 0 to 100. *Comprehensiveness* refers to the proportion of items within each policy area that are simply mentioned by the district's school wellness policy. *Strength* refers to the proportion of items within each policy area that are addressed with specific and directive language. *State Score* provides the average score for all public school districts in the state.<sup>1</sup> *DRG Score* provides the average score within the district's District Reference Group (DRG).<sup>2</sup> The actual district coding for the 96 policy items is contained in the district's *School Wellness Policy Rating Sheet*. Information on the policy scoring methodology is provided in the Rudd Center's *Coding Tool for Connecticut School Wellness Policies*, available at [http://www.yaleruddcenter.org/what/communities/topic\\_school\\_wellness.html](http://www.yaleruddcenter.org/what/communities/topic_school_wellness.html).

District school wellness policy reports can be accessed online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754>. For additional information, please contact Susan Fiore, Nutrition Education Coordinator, CSDE, at [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov) or (860) 807-2075 or Marlene Schwartz, Deputy Director, Rudd Center for Food Policy and Obesity, at (203) 432-0662 or [marlene.schwartz@yale.edu](mailto:marlene.schwartz@yale.edu).

<sup>1</sup> Districts implementing healthy food certification under Section 10-215f of the Connecticut General Statutes must follow the Connecticut Nutrition Standards. For additional information, see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.

<sup>2</sup> The state score is the average of 166 policies received from the public school districts, charters, magnets and endowed academies that were required to develop school wellness policies under the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

<sup>3</sup> District Reference Group (DRG) is a classification system in which districts that have public school students with similar socioeconomic status and need are grouped together. DRGs are based on the following seven variables: income, education, occupation, family structure, poverty, home language and district enrollment. Charter schools, Connecticut Technical High Schools, and Regional Educational Service Centers are not given DRGs. For additional information, see [http://www.csde.state.ct.us/public/cedar/databulletins/db\\_drug\\_06\\_2006.pdf](http://www.csde.state.ct.us/public/cedar/databulletins/db_drug_06_2006.pdf).

# School Wellness Policy Rating Sheet

**District:** Shelton Public Schools

**Policy Date:** 7/1/06

The *School Wellness Policy Rating Sheet* summarizes your district's school wellness policy scores based on seven sections, containing a total of 96 policy items. Each policy item is rated as "0" (item is not mentioned), "1" (weak statement is made regarding the item) or "2" (strong statement is made regarding the item). Each policy section receives a score for comprehensiveness and strength. **Comprehensiveness** is calculated by counting the number of items rated as "1" or "2," dividing by the number of items in the section and multiplying by 100. **Strength** is calculated by counting the number of items rated as "2," dividing by the number of items in the section and multiplying by 100. Detailed information on the criteria for scoring policies is contained in *Coding Tool for Connecticut School Wellness Policies*, at [http://www.yaleruddcenter.org/what/communities/topic\\_school\\_wellness.html](http://www.yaleruddcenter.org/what/communities/topic_school_wellness.html). The *School Wellness Policy Report* for Connecticut districts is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754>.

Section 1. Nutrition Education		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
NE2	Nutrition curriculum provided for each grade level	2
NE3	Coordinates nutrition education with the larger school community	1
NE4	Nutrition education extends beyond the school environment	1
NE5	District provides nutrition education training for all teachers	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Nutrition education teaches skills that are behavior focused, interactive and/or participatory	2
NE8	Specifies number of nutrition education courses or contact hours	0
NE9	Nutrition education quality is addressed	2
<b>Subtotal for Section 1 Nutrition Education</b>		
<b>Comprehensiveness Score</b> <i>Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if it is rated as "0."</i>		89
<b>Strength Score</b> <i>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</i>		67

Section 2. School Meals		Rating
SM10	Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations ( <i>Federal Requirement</i> )	2
SM11	Addresses access to and/or promotion of the School Breakfast Program (USDA)	0
SM12	Addresses access to and/or promotion of the Summer Food Service Program	0
SM13	Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) minimum standards	0
SM14	Specifies use of low-fat versions of foods and/or low-fat methods for preparing foods	0
SM15	Specifies strategies to increase participation in school meal programs	0
SM16	Optimizes scheduling of meals to improve student nutrition	1
SM17	Ensures adequate time to eat	2
SM18	Addresses access to hand-washing before meals	1
SM19	Requires nutrition qualifications of school food service staff	0
SM20	Ensures training or professional development for food service staff	0
SM21	Addresses school meal environment	0
SM22	Nutrition information for school meals (saturated fat, calories, etc.) is available	0
<b>Subtotal for Section 2 School Meals</b>		
<b>Comprehensiveness Score</b> <i>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 it is rated as "0."</i>		31
<b>Strength Score</b> <i>Count the number of items rated as "2" and divide this number by 13. Multiply by 100.</i>		15

# School Wellness Policy Rating Sheet

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Section 3. Other School Food and Beverages		Rating
OS23	Includes nutrition guidelines for ALL foods available on school campus during the school day with the objective of promoting student health and reducing childhood obesity ( <i>Federal Requirement</i> )	2
OS24	Regulates vending machines <sup>1</sup>	1
OS25	Regulates school stores <sup>1</sup>	1
OS26	Regulates food service a la carte <sup>1</sup>	0
OS27	Regulates food served at class parties and other school celebrations	1
OS28	Regulates food from home for the whole class	1
OS29	Regulates food sold before school <sup>1</sup>	0
OS30	Regulates food sold after school that is not part of a district-run after school program <sup>1</sup>	0
OS31	Regulates food sold at evening and community events on school grounds <sup>1</sup>	0
OS32	Regulates food sold for fundraising <sup>1</sup>	1
OS33	Addresses limiting sugar content of foods <sup>1</sup>	0
OS34	Addresses limiting fat content of foods <sup>1</sup>	1
OS35	Addresses limiting sodium content of foods	1
OS36	Addresses limiting calorie content per serving size of foods	0
OS37	Addresses limiting serving size of foods <sup>1</sup>	0
OS38	Addresses increasing “whole foods,” e.g., whole grains, unprocessed foods or fresh produce	1
OS39	Addresses limiting the use of ingredients with questionable health effects in food or beverages (e.g., artificial sweeteners, processed or artificial foods, <i>trans</i> fats, high fructose corn syrup [HFCS]) <sup>1</sup>	0
OS40	Addresses food not being used as a reward and/or withheld as a punishment	1
OS41	Nutrition information available for foods other than school meals	0
OS42	Addresses limiting sugar content of beverages <sup>2</sup>	2
OS43	Addresses limiting fat content of drinks (other than milk) <sup>2</sup>	2
OS44	Addresses limiting calorie content per serving size of beverages	0
OS45	Addresses limiting regular (sugar-sweetened) soda <sup>2</sup>	2
OS46	Addresses limiting beverages other than soda containing added caloric sweeteners such as sweetened teas, juice drinks, energy drinks and sports drinks <sup>2</sup>	2
OS47	Addresses limiting sugar/calorie content of flavored milk <sup>2</sup>	2
OS48	Addresses limiting fat content of milk	0
OS49	Addresses serving size limits for beverages <sup>2</sup>	2
OS50	Addresses limiting caffeine content of beverages (with the exception of trace amounts of naturally occurring caffeine substances) <sup>2</sup>	2
OS51	Addresses access to free drinking water	0
<b>Subtotal for Section 3 Other School Food and Beverages</b>	<p><b>Comprehensiveness Score</b> Count the number of items rated as “1” or “2” and divide this number by 29. Multiply by 100. Do not count an item if it is rated as “0.”</p> <p><b>Strength Score</b> Count the number of items rated a “2” and divide this number by 29. Multiply by 100.</p>	59
		28

<sup>1</sup> Districts participating in Connecticut’s healthy food certification under Section 10-215f of the Connecticut General Statutes receive default ratings for questions OS24-OS26, OS29-OS34 and OS37-OS39. For additional information, see Coding Tool for Connecticut School Wellness Policies.

<sup>2</sup> For Connecticut schools, items OS42-OS43, OS45-OS47 and OS49-OS50 receive default ratings since state statute already addresses these issues. Section 10-221q of the Connecticut General Statutes only allows the sale of five categories of beverages to students in Connecticut schools, and specifies specific nutrition standards for each allowable category ([http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable\\_Beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf)). For additional information on ratings, see Coding Tool for Connecticut School Wellness Policies.

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Section 4. Physical Education		Rating
PE52	Addresses physical education curriculum for each grade level	1
PE53	Addresses time per week of physical education for elementary school students <sup>3</sup>	0
PE54	Addresses time per week of physical education for middle school students <sup>3</sup>	0
PE55	Addresses time per week of physical education for high school students <sup>3</sup>	0
PE56	Physical education promotes a physically active lifestyle	2
PE57	Specifies competency assessment (i.e., knowledge, skills, practice)	0
PE58	Addresses physical education quality	2
PE59	Physical education promotes inclusive play	0
PE60	Addresses physical education classes or credits	2
PE61	Addresses frequency of required physical education (daily)	0
PE62	Addresses teacher-student ratio for physical education	0
PE63	Addresses safe and adequate equipment and facilities for physical education	0
PE64	Addresses amount of time devoted to moderate to vigorous activity in physical education	0
PE65	Addresses qualifications for physical education instructors	2
PE66	District provides physical education training provided for teachers	0
PE67	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities)	0
PE68	Requires students to participate in an annual health assessment (e.g., fitness or Body Mass Index [BMI])	0
<b>Subtotal for Section 4 Physical Education</b>	<b>Comprehensiveness Score</b> <i>Count the number of items rated as "1" or "2" and divide this number by 17. Multiply by 100. Do not count an item if it is rated as "0."</i>	<b>29</b>
	<b>Strength Score</b> <i>Count the number of items rated as "2" and divide this number by 17. Multiply by 100.</i>	<b>24</b>

Section 5. Physical Activity		Rating
PA69	Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate ( <i>Federal Requirement</i> )	2
PA70	Physical activity provided for every grade level	0
PA71	Includes physical activity opportunities for school staff	1
PA72	Regular physical activity opportunities are provided throughout the school day (not including recess)	1
PA73	Addresses physical activity through intramurals or interscholastic activities	0
PA74	Addresses community use of school facilities for physical activity outside of the school day	0
PA75	Addresses safe active routes to school	0
PA76	Addresses not using physical activity (extra or restricted) as punishment	2
PA77	Addresses recess frequency or amount in elementary school <sup>3</sup>	0
PA78	Addresses recess quality to promote physical activity <sup>3</sup>	0
<b>Subtotal for Section 5 Physical Activity</b>	<b>Comprehensiveness Score</b> <i>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 it is rated as "0."</i>	<b>40</b>
	<b>Strength Score</b> <i>Count the number of items rated as "2" and divide this number by 10. Multiply by 100.</i>	<b>20</b>

<sup>3</sup> A rating of "NA" means this policy item does not apply to your district. For example, a regional high school's policy would not address recess (items PA77 and PA78). Summary scores for Sections 4 and 5 have been adjusted to account for any nonapplicable items.

## School Wellness Policy Rating Sheet

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Section 6. Communication and Promotion		Rating
CP79	Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy ( <i>Federal Requirement</i> )	2
CP80	Includes staff wellness programs specifically addressing the health of staff	0
CP81	Addresses consistency of nutrition messages	0
CP82	Encourages staff to role model healthy behaviors	0
CP83	Specifies who in the district is responsible for wellness/health communication beyond required policy implementation reporting	0
CP84	Specifies district using Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program (CSHP) model or other coordinated/comprehensive method	0
CP85	Addresses methods to solicit or encourage input from stakeholder groups (e.g., two-way sharing)	0
CP86	Specifies how district will engage parents or community to meet district wellness goals	2
CP87	Specifies what content/information district communicates to parents	1
CP88	Specifies marketing to promote healthy choices	0
CP89	Specifies restricting marketing of unhealthful choices	0
CP90	Establishes a health advisory committee or school health council that is ongoing beyond policy development	0
<b>Subtotal for Section 6 Communication and Promotion</b>		<b>25</b>
<b>Comprehensiveness Score</b> 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 it is rated as "0."		<b>17</b>
<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 12. Multiply by 100.		<b>17</b>

Section 7. Evaluation		Rating
E91	Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy ( <i>Federal Requirement</i> )	2
E92	Addresses a plan for policy implementation, including a person or group responsible (initial or ongoing)	0
E93	Addresses a plan for policy evaluation, including a person/group responsible for tracking outcomes	0
E94	Addresses the audience and frequency of a report on compliance and/or evaluation	0
E95	Identifies funding support for wellness activities or policy evaluation	0
E96	Identifies a plan for revising the policy	0
<b>Subtotal for Section 7 Evaluation</b>		<b>17</b>
<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if it is rated as "0."		<b>17</b>
<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 6. Multiply by 100.		<b>17</b>

### Overall District Policy Score

<b>Total Comprehensiveness</b>	<b>District Score</b>
Add the comprehensiveness scores for each of the seven sections above and divide this number by 7.	41
<b>Total Strength</b>	<b>District Score</b>
Add the strength scores for each of the seven sections above and divide this number by 7.	27