

Worksheet 4: Summary of Findings

This document assists local educational agencies (LEAs) with meeting the U.S. Department of Agriculture’s (USDA) triennial assessment requirements for the LSWP. For information on the triennial assessment process, refer to *Guidance for School Wellness Policy Triennial Assessment*. For additional worksheets, visit the “What’s Next” section of the CSDE’s School Wellness Policies webpage.



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 LEA’s progress toward meeting their wellness goals. Not all districts will have information to share in all four sections. Note: in Section 3 and Section 4, the LEA is only required to comment on federally required items, but may add information about other wellness topics if desired.

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.

Regional School District 8 has strong district policies and curricular documents that are aligned with district and instructional practices. The Regional 8 Board of Education supports the school’s wellness programing with the adoption of comprehensive wellness policies. The district is committed to developing and updating curriculum to ensure that students receive and comprehensive and well-rounded Wellness instruction. Both the middle and high schools added new Wellness courses over the past few years to expand and strengthen our Wellness instructional programming.

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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 district supports ongoing curriculum development and updates to ensure that our instructional practices are aligned with district Wellness Policies. The district updated the 7th, 8th and high school level curricula in 2020-21.

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 Regional 8 Board of Education adopted an overhaul of the district's Wellness Policy (5470) on June 20, 2022. This new policy is aligned with all relevant federal requirements.

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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 Triannual Assessment initiated the change of Region 8's Wellness Policy (5470) to ensure all aspects of the federal guidelines are taken into account. The new policy went to the Policy Subcommittee and the full Board of Education in an open meeting to ensure that all opinions were taken into account before the finalization of the policy.

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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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