



City of Bridgeport, Connecticut

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LSWP Triennial Assessment Summary June 30, 2022

The US Department of Agriculture (USDA), which oversees the National School Lunch Program (NSLP) in public schools, requires a triennial assessment of our Local School Wellness Policy. The Bridgeport Public Schools’ (BPS) wellness policy can be found on our Policy Website and was developed to support student and staff physical health and well-being.

Our wellness committee, has performed an assessment of our policy, utilizing the WellSAT, a quantitative assessment tool developed by the University of Connecticut’s Rudd Center for Food Policy and Obesity. The goal of this assessment is to compare Bridgeport’s policy to a model policy, identifying our strengths, our areas for growth and our plans to improve our wellness policy. The following six components are examined within our policy:

- Nutrition Education
- Standards for USDA Child Nutrition Programs and School Meals
- Nutrition Standards for Competitive and Other Foods and Beverages
- Physical Education and Physical Activity
- Wellness Promotion and Marketing
- Implementation, Evaluation and Communication

Sections 1 – Strong Policies and Aligned Practices:

The following identifies areas where the district has a strong policy and is fully implementing practices that align with the policy.

Section 1: Nutrition Education	
Item number	Item description
NE1*	Includes goals for nutrition education that are designed to promote school wellness.
<p>Summary: NE1 Our policy includes goals for nutrition education that are designed to promote student wellness are well developed and included in district wide standards-based nutrition education curriculum.</p>	

* Indicates that this item is a federal requirement.

Section 2: Standards for USDA Child Nutrition Programs and School Meals	
Item number	Item description
SM3 *	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
SM8 *	Free drinking water is available during meals.
SM9 *	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
SM2	Addresses access to the USDA School Breakfast Program.
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
SM5	Specifies how families are provided information about determining eligibility for free/reduced price meals.
SM6	Specifies strategies to increase participation in school meal programs.
<p>Summary: Our school foodservice assures compliance with all nutrition standards for all reimbursable school meals. All Nutrition staff participate in annual training in accordance with USDA Professional Standards. BPS participates in Community Eligibility Provision (CEP), therefore eliminating the overt identification of any students that would be eligible for Free or Reduced priced meals. All students receive meals at no cost eliminating unpaid student balances. Families are notified annually that BPS participates in CEP on the District’s webpage and through a press release. BPS works to promote and increase meal participation by participating in HFC, ensuring that each grade has a scheduled lunch period, offering Grab-and-Go and breakfast in the classroom to increase program participation.</p>	

* Indicates that this item is a federal requirement.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
Item number	Item description
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.
NS3 *	Regulates food and beverages sold in a la carte.
NS4 *	Regulates food and beverages sold in vending machines.
NS6 *	Addresses fundraising with food to be consumed during the school day.
NS2	USDA Smart Snack standards are easily accessed in the policy.
NS7	Exemptions for infrequent school-sponsored fundraisers.
NS13	Addresses availability of free drinking water throughout the school day.
<p>Summary: Our policy addresses compliance with Healthy Food Certification (HFC) and Connecticut Food and Beverage standards regarding food and beverages sold a la carte, in school stores and during fundraisers. Students have consistent access to free drinking water during meals either in the cafeteria or adjacent.</p>	
Section 4: Physical Education and Physical Activity	
Item number	Item description
PEPA3	Physical education promotes a physically active lifestyle.
PEPA7	Addresses qualifications for physical education teachers for grades K-12.
PEPA8	Addresses providing physical education training for physical education teachers.
PEPA9	Addresses physical education exemption requirements for all students.
PEPA10	Addresses physical education substitution for all students.
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
PEPA13	Addresses recess for all elementary school students.

* Indicates that this item is a federal requirement.

PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distances.
<p>Summary: BPS has a physical education program that promotes a physically active lifestyle by focusing on self-assessment and by teaching skills that are needed for lifelong physical fitness. All physical education classes are taught by State certified teachers who are endorsed to teach physical education. There are ongoing professional development programs offered annually for our PE teachers that are relevant and specific to physical education.</p> <p>There are no exemptions or substitutions offered that keep students from participating in PE due to enrollment in other courses or in engaging in other physical activity.</p> <p>All students can participate and engage in physical activity during the time before and after school within the before and after school programs, intermural sports, interscholastic sports, and other structured activities.</p> <p>All elementary students have a 20-minute daily recess which is both supervised by trained teachers or staff. Students are encouraged to participate in physical activity and have access to safe and appropriate physical activity equipment.</p>	
<p>Section 5: Wellness Promotion and Marketing</p>	
Item number	Item description
WPM7 *	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
<p>Summary: Our policy addresses marketing on the school campus during the school day. No food is marketed on any instructional materials, school property or where food is purchased.</p>	

* Indicates that this item is a federal requirement.

Sections 2 – Create Practice Implementation Plans:

BPS will create practice implementation plans to ensure that full compliance with all elements of the LSWP are being met. While we have strong policies for many of these areas, we need to move forward with a plan to focus on the implementation of these required elements.

Section 1: Nutrition Education	
Item number	Item description
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
NE3	All elementary school students receive sequential and comprehensive nutrition education.
NE6	Nutrition education is integrated into other subjects beyond health education
NE8	Nutrition education addresses agriculture and the food system.
<p>Summary: BPS offers nutrition education in high school, but not consistently in elementary schools. Ideally a stronger written curriculum that includes skill-based, behavior focused and interactive/participatory methods to develop student skills could be adopted for all grade levels. This curriculum would be integrated across other subjects and inclusive to address agriculture and food systems.</p>	
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
Using WellSAT3.0 and WellSAT1, there were no disciplines identified under this section that fall within this category.	
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
Item number	Item description
NS5 *	Regulates food and beverages sold in school stores.
NS9 *	Regulates food and beverage served at class parties and other school celebrations in elementary schools.
NS12	Addresses food not being used as a reward.

* Indicates that this item is a federal requirement.

Summary:

The district participates in Healthy Food Certification (HFC), and language in the DLWP addresses food or beverages sold in school stores during the school day, however there is room for improvement with the enforcement of this throughout the district.

School based food celebrations are permitted during the school day. While not often, food is utilized as a reward by teachers. A goal for the DWC moving forward is to create some educational information for parents and staff that encourages the use of non-food items for celebrations/rewards during the school day.

Section 4: Physical Education and Physical Activity

Item number	Item description
PEPA1	There is a written physical education curriculum for grades K-12.
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
PEPA4	Addresses time per week of physical education instruction for all elementary school students.

Summary:

The physical education curriculum for BPS is in the process of being updated. The current policy, while aligned with national and/or state standards could integrate more specific PE and nutrition education.

PE is offered once weekly in elementary school throughout the school year.

Section 5: Wellness Promotion and Marketing

Item number	Item description
WPM1	Encourages staff to model healthy eating and physical activity behaviors.
WPM5	Addresses physical activity not being withheld as a punishment.
WPM6	Specifies marketing to promote healthy food and beverage choices.

Summary:

School staff are providing modeling behavior for healthy eating and physical activity in some of our schools. The DWC will work on a goal to assist school staff and teachers with this modeling behavior with our implementation plan as well as through ongoing marketing healthy food and beverages choices at school.

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Section 6: Implementation, Evaluation & Communication

Item number	Item description
IEC2 *	Addresses how the DWC will participate in the development, implementation, and periodic review and update of the local wellness policy.
IEC3 *	Identifies the officials responsible for the implementation and compliance of the local wellness policy.
IEC4 *	Addresses making the wellness policy available to the public.
IEC7 *	Addresses a plan for updating policy based on results of the triennial assessment.
IEC1	Addresses the establishment of an ongoing district wellness committee.
IEC8	Addresses the establishment of an ongoing school building level wellness committee.

Summary:

Over the course of the COVID-19 pandemic, the DWC was not as active as in the past. Moving forward, the goal is to have frequent meetings (4 minimum per school year), form sub-committees that will address the goals and implementation plans that the DWC devises. There are openings on the DWC for groups that are not yet represented, and we are actively working on filling these positions. The DLWP addresses an official that is responsible for implementation and compliance with the policy. Our implementation plan will address further compliance to this.

After the triennial assessment is completed, the DWC will meet to go over the findings and develop a plan to make revisions as required to the DLWP, implementation practices and procedures for making these changes in the future.

* Indicates that this item is a federal requirement.

Sections 3 – Update Policies:

For all areas and disciplines, where it was identified that the district had strong practices that were not addressed in the District’s Wellness Policy, the Wellness Policy will be updated to reflect the respective strong practices.

Section 1: Nutrition Education	
Using WellSAT3.0 and WellSATI, there were no disciplines identified under this section that fall within this category.	
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
Item number	Item description
SM1 *	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM7	Addresses the amount of “seat time” students have to eat school meals.
<p>Summary: BPS follows all USDA nutrition standards for reimbursable school meals The language in the DLWP should include a working link to the USDA website (i.e.: ‘Meals served through the district’s food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/ grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. (working links provided’) The DLWP should also have more specific language about the amount of ‘seat time’ that students have to eat school meals (i.e.: 10 minutes at breakfast and at least twenty at lunch).</p>	

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Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
Item number	Item description
NS8	Addresses foods and beverages containing caffeine at the high school level.
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.
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.
<p>Summary: While BPS adheres to Connecticut beverage laws, and no food or beverages sold at the high school level contain caffeine, this is not written in the DLWP and will be added. The DLWP should include language about the nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and other school programming (i.e.: ‘Snacks in aftercare are served via the Child and Adult Care Food program and meet the requirements of the program.’). Language outlining the nutrition standards for all foods and beverages sold to students after the school day should also be included. This language is available within the HFC policy, and the exemptions listed therein.</p>	
Section 4: Physical Education and Physical Activity	
Item number	Item description
PEPA15	Addresses joint or shared-use agreements for physical activity participation at all schools.
<p>Summary: When school is not in session, the use indoor and outdoor school buildings, and grounds (and facilities) are available to community sites. This language is not included in the DLWP and the process or ‘shared-use’ agreement(s) will be added.</p>	

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Section 5: Wellness Promotion and Marketing	
Item number	Item description
WPM4	Addresses physical activity not being used as a punishment.
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
WPM9	WPM9 Specifically addresses marketing on educational materials.
WPM10	Specifically addresses marketing where food is purchased.
WPM11	Specifically addresses marketing in school publications and media.
<p>Summary: No food or beverage marketing is permitted on school property; however, this is not included in the DWLP. The DLWP needs to specify that food or beverage marketing is permitted on educational materials, where food is purchased, in-school publications or fundraisers that are geared to students.</p>	
Section 6: Implementation, Evaluation & Communication	
Item number	Item description
IEC6 *	Addresses the triennial assessment results will be made available to the public.
<p>Summary: The DLWP states that the DWC will meet four times annually but will be updated with more specific language such as: 'The school wellness committee in the district meets quarterly.'</p>	

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Sections 4 – Opportunities for Improvement:

Section 1: Nutrition Education	
Item number	Item description
NE5	All high school Students receive sequential and comprehensive nutrition education.
NE7	Links nutrition education with the food environment.
<p>Summary: Improving the DLWP language and the district’s implementation of sequential and comprehensive nutrition education throughout the district. Linking this nutrition education with the school food environment (i.e., nutrition staff collaborating with teachers to connect the curriculum with items sold and served in schools) is a goal for the DWC.</p>	
Section 2: Standards for USDA Child Nutrition Programs and School Meals	
Item number	Item description
SM10	Addresses purchasing of local food for the school’s meal program.
<p>Summary: While aware of the farm to school program, the DLWP does not include language for this program or a way to implement this program throughout the schools within BPS at this time. This item will be included in the DWC future goals.</p>	
Section 3: Nutrition Standards for Competitive and Other Foods and Beverages	
Using WellSAT3.0 and WellSATI, there were no disciplines identified under this section that fall within this category.	
Section 4: Physical Education and Physical Activity	
Item number	Item description
PEPA6	Addresses time per week of physical Education instruction for all high school students.
PEPA11	Addresses family and community engagement in physical activity opportunities for all schools.
PEPA14	Addresses physical activity breaks during school
<p>Summary: The quantity of physical education offered in high schools is under the 225 minutes weekly throughout each school year at all schools, this is due to the wide varieties of curriculum offered at each of the five (5) high schools. More opportunities for families and community members to engage in physical activity at school as well as having teachers integrate physical activity breaks consistently throughout the district are goals for the DWC.</p>	

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Section 5: Wellness Promotion and Marketing	
Item number	Item description
WPM2	Addresses strategies to support employee wellness.
WPM3	Addresses using physical activity as a reward.
WPM12	Specifically addresses marketing through fundraisers and corporate incentive programs.
<p>Summary: Enhancing the already existing strategies utilized within the district to support staff wellness and encouraging teachers to utilize physical activity as a reward for students will be goals for the DWC. Enhancing the language within the DLWP regarding food or beverage marketing through fundraisers and corporate-incentive programs will also strengthen the district’s wellness promotion and marketing.</p>	
Section 6: Implementation, Evaluation & Communication	
Item number	Item description
IEC5 *	Addresses the assessment of district implementation of the local wellness policy at least once every three years.
<p>Summary: The DWC will work towards a more structured processes for assessing implementation of the wellness policy including more scheduled intervals of evaluation. This can be done by utilizing tools such as the CDC’s School Health Index, the Alliance for a Healthier Generation checklist, local or state policy implementation checklists or the current WellSAT tool.</p>	

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Wellness Committee Members:

- John Gerrity – Director of Food & Nutrition Services
- Dr. Melissa Jenkins – Chief Academic Officer
- Carli Rocha-Reaes - Director of School Counseling & Parent Partnerships
- Lizette Earley – Director of Nursing
- Beth Furnari – Information Technology Magnet HS Principal
- Eric Graf – Central High School Principal
- Luisa Wolf – Johnson School Principal
- Dyrene Newton – Hallen School Principal
- Dr. Charmaine Worthy – Tisdale School Principal
- James Denton – Central High School Assistant Principal; Athletics
- Melinda Hamilton, RD, CDN – School Lunch Supervisor
- Dawn Postolowski – Food & Nutrition Services Computer and Claims Specialist