

Triennial Assessment Report: CT DOC 2025 (6/2025)

District: CT DOC Unified School District #1

Introduction

Connecticut Department of Correction (CTDOC) has two facilities, Manson Youth Institution and York Correctional Institution that are involved with Child Nutrition Programs. They participate in both the National School Lunch Program and National School Breakfast Program. Every 3 years, we conduct a comprehensive review and self-evaluation of our Local School Wellness Policy (LSWP). This review allows us to inspect the policy to ensure we are meeting the best policies and practices for the students.

The review process was led by the Wellness Committee, which is comprised of the Deputy Warden, School Principal, Recreation Supervisor, Physical Education Teacher, Correctional Food Service Supervisors, Correctional Food Service Managers, and a Registered Dietitian. The Wellness Committee's is dedicated to promoting nutrition education and overall student wellness. CTDOC understands the importance of having a collaborative approach as it is essential in a correctional setting to ensure the effective promotion of wellness, safety, and a health-supportive environment. By fostering teamwork among correctional staff, healthcare providers, district managers, and administrative staff, we can provide the best outcomes for both staff and students.

CTDOC is excited to share that we meet or exceed federal wellness policy requirements and best practices. While we have made progress in reviewing and updating our LSWP since the last triennial assessment, we are dedicated to making any necessary adjustments to our policy in order to prove our continued commitment to the health and well being of our population.

Strong Policies and Aligned Practices

CTDOC has demonstrated significant success in meeting our wellness goals to promote student wellness.

In terms of federal requirements, CTDOC excelled in:

- Specific goals for nutrition education designed to promote student wellness
- Maintaining compliance with the wellness policy including evaluation of the policy every three years, and revisions based on previous triennial assessments

For Nutrition Environment and Services, CTDOC excelled in:

- Offering breakfast everyday to all students
- Free drinking water is always available during meals and throughout the day
- Ensuring teachers and school staff are not using food as a reward

For Nutrition Education, CTDOC excelled in:

- Nutrition education being integrated into other subjects beyond health education
- School nutrition staff members collaborate with teachers to reinforce nutrition education lessons taught in the classroom
- Addressing agriculture and the food system in nutrition education through the gardening program




For Physical Education and Physical Activity, CTDOC excelled in:

- Having a written physical education curriculum that is implemented
- Promoting a physically active lifestyle through the physical education and recreation programs
- Providing a minimum of 225 minutes of physical activity weekly
- Providing opportunities for students to engage in physical activity before and after school
- Provide regular physical activity breaks for students in the classroom, including using physical activity as a reward.

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CTDOC has regular Wellness Committee meetings to ensure continuous support and progress on our wellness initiatives, fostering ongoing collaboration and alignment.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES1	Does the district offer breakfast every day to all students?	2	2	☆
NE7	 Does nutrition education address agriculture and the food system?	2	2	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆
IC2	Is there an active school-level wellness committee?	2	2	☆




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Create Practice Implementation Plan

CTDOC has identified many areas of strength, but remain dedicated to identifying areas where current practices may fall short. The goal will always be to address these gaps in order to take proactive steps to optimize our approach and enhance outcomes. We will work to improve some of the following areas:

- Ensuring all school nutrition staff, director, and managers meet or exceed the annual continuing education and training hours required by the USDA Professional Standards requirements
- To strengthen the wellness initiatives and ensure all voices are heard, we will continue to add members to the Wellness Committee to represent the district as a whole
- Providing more skills-based, behavior-focused, and interactive/participatory methods in nutrition education
- Encourage all staff to model healthy eating and physical activity behaviors to help demonstrate a healthy lifestyle











		Policy Score	Practice Score	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	1	
FR17	What is included in the triennial assessment report to the public?	2	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	

Update Policies










CTDOC had strong practice scores, but there were some areas we can continue to improve on. Little improvement needs to be made in terms of implementation of practices, but CTDOC continues to be committed to reviewing and updating our LSWP. Our Wellness Committee will take responsibility for improving the language in our policy to ensure the language matches our best practices.

	Policy Score	Practice Score	

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FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	1	2	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	0	2	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	1	2	
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	1	2	
NES13	Do teachers or school staff give students food as a reward?	1	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	2	

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PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	


Opportunities for Growth

CTDOC is determined to improve both practices and policies of our LSWP to ensure a health-promoting environment. The Wellness Committee will continue to have our regularly scheduled meetings to discuss how we will collaboratively work together to update our policies and practices. Any implementation plans for these areas will be completed by the end of the 2025-2026 school year.

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	0	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	

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PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	1	
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Conclusion

While CTDOC is considered an RCCI due to our environment, we still remain dedicated to making meaningful progress in promoting school wellness to all individuals. Through a collaborative approach, we are committed to aligning our policies and practices to cultivate a healthy, sustainable environment for nutrition and wellness throughout life.

Key



Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy



Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited



Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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