

## Suggested Local School Wellness Policy (LSWP) Resources

This list contains online resources for developing, implementing, evaluating, and promoting local wellness policies in schools. For more resources, refer to the Connecticut State Department of Education's [Resource List for Wellness Policies for Schools and Child Care](#).

### USDA's LSWP Requirements

Final Rule: Local School Wellness Policy Implementation under the HHFKA of 2010:

<https://www.fns.usda.gov/school-meals/fr-072916c>

Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010:

Summary of Final Rule:

[https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary\\_finalrule.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf)

USDA Memo SP 24-2017: Local School Wellness Policy: Guidance and Q&As:

<https://fns-prod.azureedge.net/sites/default/files/cn/SP24-2017os.pdf>

### Resources to Support LSWP Development, Implementation and Evaluation

Action Guide for School Nutrition and Physical Activity Policies (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action\\_Guide.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf)

Local Process: How to Develop, Implement, and Evaluate a Wellness Policy (USDA):

<https://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy> (Includes monitoring requirements)

Local Process: How to Develop, Implement, and Evaluate a Wellness Policy (USDA):

<https://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy>

Local School Wellness Policy (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/npao/wellness.htm>

Local School Wellness Policy Outreach Toolkit (USDA):

<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Model Wellness Policy (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>

School Health Guidelines (CDC):

<https://www.cdc.gov/healthyschools/npao/strategies.htm>

School Wellness Policies for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

USDA Implementation Tools and Resources (USDA):

<https://www.fns.usda.gov/tn/implementation-tools-and-resources>

# Suggested LSWP Resources

## LSWP Assessment Tools

Health Education Curriculum Assessment Tool (Healthy Eating Curriculum) (CDC):

[https://www.cdc.gov/healthyyouth/hecat/pdf/hecat\\_module\\_he.pdf](https://www.cdc.gov/healthyyouth/hecat/pdf/hecat_module_he.pdf)

Local School Wellness Policy Triennial Assessments (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies/What-Next>

School Health Index (CDC):

<https://www.cdc.gov/healthyschools/shi/index.htm>

(Self-assessment and planning tool to help schools improve their health and safety policies and programs (provides evidence-based guidelines))

School Improvement Tool (ASCD):

<http://sitool.ascd.org/Default.aspx> (Tool to track LSWP implementation)

WellSAT 3.0 Wellness School Assessment Tool (Rudd Center):

<http://wellsat.org/> (assesses quality (content and strength of language) of written policies)

## Physical Education and Activity Resources

Comprehensive School Physical Activity Programs: A Guide for Schools (CDC):

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/13\\_242620-A\\_CSPAP\\_SchoolPhysActivityPrograms\\_Final\\_508\\_12192013.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)

National PE Standards (SHAPE America):

<http://www.shapeamerica.org/standards/pe/>

Physical Education (CSDE):

<https://portal.ct.gov/SDE/Physical-Education/Physical-Education>

Physical Education Curriculum Analysis Tool (PECAT) (CDC)

<http://www.cdc.gov/healthyschools/pecat/index.htm>

Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice (CDC):

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016\\_12\\_16\\_schoolrecessplanning\\_508.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf) (Guide to help schools develop a written recess plan)

Recess Planning Template (CDC):

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016\\_12\\_16\\_customizablerecessplanningtemplate.docx](https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_customizablerecessplanningtemplate.docx) (Customizable template for schools to document school recess plan strategies)

Strategies for Recess in Schools (CDC):

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016\\_12\\_16\\_schoolrecessstrategies\\_508.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf) (Describes 19 evidence-based strategies for planning and providing recess in schools)

## Suggested LSWP Resources

### Nutrition Promotion and Education Resources

Comprehensive Framework for Addressing the School Nutrition Environment and Services (CDC):

[https://www.cdc.gov/healthyschools/nutrition/pdf/school\\_nutrition\\_framework\\_508tagged.pdf](https://www.cdc.gov/healthyschools/nutrition/pdf/school_nutrition_framework_508tagged.pdf)

FNS Documents & Resources (USDA):

<https://www.fns.usda.gov/tn/resource-library> (Resources for promoting school nutrition)

Tools for Schools (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools>

### Parent/Community Engagement

Local School Wellness Policy Outreach Toolkit (CDC):

<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Parent Engagement: Strategies for Involving Parents in School Health (CDC):

[https://www.cdc.gov/healthyyouth/protective/pdf/parent\\_engagement\\_strategies.pdf](https://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf)

Parents for Healthy Schools (CDC):

<https://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm>

Toolkit for Community Members (USDA):

[https://fns-prod.azureedge.net/sites/default/files/Toolkit\\_Community\\_Members\\_082112-A.pdf](https://fns-prod.azureedge.net/sites/default/files/Toolkit_Community_Members_082112-A.pdf)

## Suggested LSWP Resources



For more information, visit the Connecticut State Department of Education's (CSDE) [School Wellness Policies](#) webpage or contact the [Child Nutrition Programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Suggested\\_LSWP\\_Resources.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Suggested_LSWP_Resources.pdf).

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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; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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