

Connecticut State Department of Education
Suggested Local School Wellness Policy (LSWP) Resource List
February 2017

LSWP Requirements Outlined by the USDA

- [Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of Final Rule](#)
- [Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010](#)

Resources to Support LSWP Development, Implementation and Evaluation

- [USDA, Local Process: How to Develop, Implement, and Evaluate a Wellness Policy - School Year 2016-2017 Action Steps for Local Educational Agencies \(LEA\), Districts, and Schools](#)
 - Documentation requirements listed
- LSWP: [Examples for Public Notification/Communication](#) (Excellent example of a communication plan)
- CSDE Action Guide for School Nutrition and Physical Activity Policies
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Action_Guide.pdf
- [Centers for Disease Control and Prevention LSWP Briefs and Resources](#)
- [USDA School Nutrition Environment and Wellness Resources](#)
- [CDC Creating Supportive School Nutrition Environments](#)
- [CSDE School Wellness Policies for School Nutrition Programs](#)
- [USDA Model and Sample Policy Language](#)
- ***Alliance for a Healthier Generation – Model Wellness Policy (Very user-friendly template).***
- [Rudd Center Smart Start Checklist](#)

Parent Engagement

- CDC [Engaging Parents in Promoting Healthy School Environments](#)
- CDC [Parents for Healthy Schools](#)
- [USDA Community Members Toolkit](#)
- [CDC Local School Wellness Policy Outreach Toolkit](#)

LSWP Assessment Resources

- [USDA assessment tools Needs Assessment, Monitoring and Evaluation](#)
- [Rudd Center LSWP Assessment Tool for Quality of Written Policies \(Content and Strength of Language\) \(WellSAT 2.0\)](#)
- [Rudd Center LSWP Assessment Tool for Implementation \(WellSATi\)](#)
- [CDC School Health Index](#) - Self-assessment and planning tool that schools can use to improve their health and safety policies and programs (provides evidence-based guidelines)
- CDC [Health Education Curriculum Assessment Tool \(Healthy Eating Curriculum\)](#)
- NFSMI [Resource to Sustain and Strengthen Local Wellness Initiatives](#) (Provides step-by-step instructions for conducting evaluation)
- [Smarter Lunchrooms Self-Assessment](#)
- [ASCD School Improvement Plan](#)
- [Idaho Wellness Policy Report \(Identifies a tool used by another state to track implementation.\)](#)

Physical Education/Activity Resources

- [Comprehensive School Physical Activity Programs](#)
- Recess in Schools – new resources from CDC and SHAPE America
 - [Strategies for Recess in Schools](#) - Document that describes 19 evidence-based strategies for planning and providing recess in schools.
 - [Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice](#) - Guide to help schools develop a written recess plan.
 - [Recess Planning Template](#) - Customizable template for schools to use to document the strategies they will use in their school recess plan.
- [CSDE Physical Education Web page](#)
- [SHAPE America \(National PE Standards\)](#)
- [CDC Physical Education Curriculum Analysis Tool \(PECAT\)](#)