

CSCE Wellness Policy Review Presentation

6.17.23

What is a School Wellness Policy?

A local school wellness policy (wellness policy) is a written document that guides a local educational agency (LEA) or school district's efforts to create supportive school nutrition and physical activity environments. It has to be reviewed annually for any minor revisions or compliance updates, and every three years there is an intensive triennial assessment governed by the USDA Food Nutrition Program.

Based on the LEA's scores from the assessment, the LEA must update their wellness policy and bring it before the board for adoption.

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Today's Presentation:

The Wellness Policy committee has completed the triennial assessment to ensure that our policy meets all the compliance requirements set forth by the federal government. After comparing our Local Wellness Policy against a Model Wellness Policy, it was determined that there are areas that some areas that need improvement.

It was determined that there were some items not listed in the policy, as well as items listed in the policy that were not as specific as outlined in current guidelines. We are presenting to share those findings today.

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Areas covered in the Wellness Policy:

Section 1: Nutrition Education

Section 2: Standards for USDA Child Nutrition Programs and School Meals

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Section 4: Physical Education and Physical Activity

Section 5: Wellness Promotion and Marketing

Section 6: Implementation, Evaluation & Communication

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Areas of Strength & Areas of Improvement

Section 1: Nutrition Education

Areas of Strength:

- The SFA promotes student wellness.

Areas of Improvement:

- Policy was not specific enough is stating how nutrition education is being provided as part of the educational program in some capacity.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

Areas of Strength:

- Approved meals are being served.
- The policy states that drinking water and meals are offered to all students.
- Breakfast is offered daily.

Areas of Improvement:

- Policy was not specific enough is stating how the SFA will increase participation in the school nutrition program.
- Policy needs to state how confidentiality is maintained for students participating in the school nutrition program.

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Areas of Strength & Areas of Improvement

Section 3:

Nutrition Standards for Competitive and Other Foods and Beverages

Areas of Strength:

- Competitive foods are not being served during school hours.
- Fundraisers are not taking place that involved unhealthy food choices.
- Celebrations are monitored to ensure that healthy snacks are served.

Areas of Improvement:

- Monitor the classroom parties and teacher's reward systems

Section 4:

Physical Education and Physical Activity

Areas of Strength:

- The SFA provides physical education and activities for the all students.

Areas of Improvement:

- Policy does not list the number of minutes students engage in physical education every week.
- Policy does not state that the classes are taught by state certified/licensed teachers.
- Policy needs to state that professional development will be provided to PE teachers.
- Policy does not state how students are able to engage in physical activity before & after school.

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Areas of Strength & Areas of Improvement

Section 5:

Wellness Promotion and Marketing

Areas of Strength:

- Students are being encouraged by teachers to participate in physical activities.
- The SFA is using marketing strategies to promote healthy eating.

Areas of Improvement:

- The policy should include a section on wellness promotion and healthy eating for staff.

Section 6:

Implementation, Evaluation & Communication

Areas of Strength:

- The Wellness Policy is posted on the website for public viewing.
- The SFA has a functioning wellness committee that meets to review the policy.

Areas of Improvement:

- Send out communication inviting more of the school community to join the committee.
- Schedule meetings at least three times a year for policy review and updates

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Summary of Findings

- In summary, CSCE's Wellness Policy covers all required sections, which means we are in full compliance with all of the federal requirements regarding the policy that regulate school meals and competitive foods.
- There are however, areas that could be more specific in terms of implementing the policy, which would have improved our triennial assessment score (82/100).
- The Wellness Committee has met to review the recommended additions to the policy and are presenting an updated policy for board approval which will be implemented in the 23-24 school, reviewed annually for minor changes, and fully assessed and updated by June 30th, 2026.