

## **Triennial Local School Wellness Policy Assessment Completed 3/14/22**

Per our virtual meeting held on 3/11/22, the School Wellness Committee believes that CACS is in compliance with the posted Local School Wellness Policy. Listed below are specific details that were discussed as evidence of compliance.

### **Professional Development**

CACS has hired a new full-time Food Service Director with over 10 years of experience. She is up-to-date with all of her necessary certifications and has fulfilled the requirement of 12 hours of annual continuing education/training.

### **School Meals**

We believe our meal options (including new and different healthy options) will continue to improve based on our recent hire. As directed in the Local School Wellness Policy, we confirm that meals are accessible, appealing and attractive to students. Meals follow nutrition requirements established by the NSLP.

### **Lunchroom Techniques**

Parents have noticed the colorful signage promoting healthy decisions and nutrition that is posted throughout the cafeteria. School lunches are also promoted through menus which are posted on the website and announced during daily announcements for students.

### **Water**

During COVID, CACS asked parents to send water with their students as drinking fountains were closed. CACS also provided (at no cost) water bottles to students as needed. As of 3/7/22, bottle filling stations were installed so that students could fill their own bottles as needed. CACS will continue to provide cups (for use with the bottle filling stations) and water bottles as needed. Students have been excited about the bottle filling stations and have been eagerly watching the "Bottles Saved" count on each machine.

### **Celebrations and Rewards**

Parents feel that CACS has done an adequate job of requesting that healthy snacks (e.g. string cheese, fruit cups, granola bars, etc.) be sent in for any special event or party. When planning a party, teachers will send a specific list of healthy foods requested for donation to further encourage healthy eating during classroom parties and celebrations.

### **Physical Activity**

Parents feel that CACS staff has done an adequate job of providing scheduled class time and encouraging students to be active. Through communication with their students, they are aware of the types of physical activity completed on a regular basis.

**To further confirm compliance and ensure progress, the committee requests the following documentation for our next assessment meeting.**

- Sample meal plans for breakfast and lunch
- Documentation of nutrition education including lesson plans and assignments as well as details of the health education curriculum
- Documentation detailing the physical activities completed by students of all grades