

# Cathedral of Faith Christian School

## Wellness Policy: Triennial Assessment

Current Assessment: June 2021

Date of last wellness policy revision: June 2019

Website address for the wellness policy and/or information on how the public can access a copy: [www.cathedraloffaithcs.org](http://www.cathedraloffaithcs.org)

At a minimum, school wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion
  - Nutrition education
  - Physical activity
  - Other school-based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snack in School nutrition standards.
- Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Wellness Coordinator:</b> Has identified at least one person as responsible for facilitating the wellness policy upkeep.  Name person responsible for facilitating the upkeep: <u>Mary Tucker</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Hired Administrative Assistant to assist with wellness promotions and activities.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Open to the public to anyone who would like to participate on our wellness advisory council. We advertise via social media platforms: Facebook and Twitter.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>USDA Requirements for School:</b> Has assured school meals meet the USDA requirements.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Our food service manager will attend professional development courses yearly.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Education:</b> Has at least 2 goals for nutrition education List goals: 1. Students learn benefits of healthy eating. Essential nutrients, safe food prep, handling/storage of food, etc  2. Uses Team Nutrition/My Plate in health lessons	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Promotion:</b> Has at least 2 goals for nutrition promotion List goals: 1. Nutrition/Wellness information displayed in the cafeteria.  2. Nutrition/Wellness newsletters are provided to families.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Physical Activity:</b> Has at least 2 goals for physical activity List goals: 1. Brain Breaks 2. Fitnessgrams	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Other Activities:</b> Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: 1. Students may participate in extracurricular activities: bowling, softball 2. Improved developmental playground to include after school care children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Evaluation:</b> Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine: <ul style="list-style-type: none"> <li>• To what extent the LEA is in compliance with the school wellness policy</li> <li>• The extent to which the local wellness policy compares to model school wellness policies</li> <li>• The progress made in attaining the goals of the school wellness policy</li> </ul> Name person responsible for monitoring the policy: <u>Jesse Featherston</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website. Wellness Policy Evaluation Tools: Alliance for a Healthier Generation.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Communication:</b> Annually inform and update parents, students, staff and the community about the content and implementation of the wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Information is located under "COFCS Wellness Policy 2021-2022 on our website.			

Include any additional notes, if necessary:

N/A

### Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison.

- Alliance for a Healthier Generation: Model Policy
- Upgrade Sample Language
- Other (please specify): \_\_\_\_\_

Describe how the school wellness policy compares to model wellness policies.

COFCS meets the current requirements at a minimum (or above) compared to model wellness policies.