CFBISD Wellness Plan

2024-2025 Triennial Assessment

Triennial Assessment

- Required every 3 years after the initial adoption of the Wellness Plan/Policy by the district
- Federal and State mandate that requires Student Nutrition departments that participate in the National School Breakfast & Lunch Program to complete the assessment
- The triennial assessment is a tool and reference for the district and the SHAC to use if/when updates or changes to the Wellness Plan/Policy are recommended.

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Section 23 of the Administrators Reference Manual- Local Wellness Policy & Stakeholder Engagement

- Triennial Assessment must establish a plan to assess the effectiveness of the implementation of its LWP at least every three years including, but not limited to, an assessment of the following:

1. compliance with its LWP
2. alignment to model, evidence-based LWPs3
3. progress made toward attaining the goals described in its LWP

- Must distribute the results of the assessments to the public.
- May assess the implementation of its LWP more frequently and may include other areas or issues in its assessment.

https://squaremeals.org/Portals/8/files/ARM/ARM_Section29_LWP_250214.pdf?ver=A4dHc35CsYtEuiz5tbxmrg%3d%3d

Data Gathered

- A Google Survey was used to collect data from district campuses regarding the implementation of the district Wellness Plan.
- This data was then used alongside the current Wellness Plan/Policy to complete the Assessment.
- The WellSAT 3.0 from the Rudd Center at the University of Connecticut was used to assess the Wellness Policy/Plan.
- The survey results and WellSAT 3.0 are available on the district website under the Student Nutrition subpage.

https://www.cfbisd.edu/departments/student-nutrition-services/school-wellnesss

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Google Survey Results

- 12 campus responses in total
- HS - Ranchview
- MS - Bush and Polk
- ES - Good, Thompson, Davis, Las Colinas, Kent, Riverchase, McKamy, Rainwater, Blair
- Overall, campus responses indicate compliance with the school wellness plan goals and objectives

WellSAT 3.0

This assessment includes the following domains of review:

- Nutrition Education
- Standards for USDA Child Nutrition Programs & School Meals
- Nutrition Standards for Competitive Foods and Beverages
- PE & Physical Activity
- Wellness Promotion and Marketing
- Implementation, Evaluation & Communication

District Comprehensiveness of 100

District Total Strength of 88

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Next Steps in the Assessment

- The student nutrition role in the assessment is merely objective due to the regulation requiring the department be one of the entities to conduct it.
- Student Nutrition generally recommends updates to the areas pertaining directly to the department when there are changes in state and federal requirements directly pertaining to the Wellness Plan/Policy.
- District committees such as the PTA Healthy Lifestyles and SHAC, other departments within the district, the general public, the school board and others have the right to review the information and offer recommendations on changes and/or additions to the document as needed.
- Any changes or additions recommended to the Wellness Plan/Policy must be brought before the school board and approved.

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