



# WPCSD WELLNESS POLICY TRIENNIAL ASSESSMENT SUMMARY OF FINDINGS

The purpose of this summary is to describe the district's progress toward meeting their wellness goals.



## SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

### **WPCSD areas of success in meeting its wellness goals:**

Areas of success for the WPCSD Wellness Program include: Complete implementation of HHFKA (Healthy Hunger-Free Kids Act) regulations and guidelines, availability of water to all students during the day, compliance with competitive meal sales including fundraising and vending, compliance with Smart Snacks for all food and beverage marketing on the school campus, District level Wellness Committee is active and has representation from Parents, Students (Student Advisory Committee), Food Services, PE, Nursing Coordinator, Board of Education, School Administrators, and Community Members.

The Wellness Policy is available to the community via the district website, Board Docs, or a link found on the Food & Nutrition Office webpage: <https://www.whiteplainspublicschools.org/district-offices/food-services/wellnes>

WPCSD has implemented specific strategies to increase participation in school meals including; Grades K-12 Grab & Go Breakfast to the classroom, students have a scheduled lunch period, establishment of Student Advisory Committee to provide student input and feedback on school meal programs.

USDA Smart Snacks nutrition standards are easily accessible on the Food & Nutrition Office webpage on the WPCSD Website.

WPCSD has a written physical education curriculum that is aligned with national and state standards, including specific goals for nutrition education designed to promote student wellness. The Physical Education program promotes a physically active lifestyle. For details and resources visit: <https://www.whiteplainspublicschools.org/curriculum/physical-educationhealth>



## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

### **WPCSD will create practice implementation plans to ensure full compliance with all elements of the LSWP:**

WPCSD will create practice implementation for the following, which are included in the written Wellness Policy to ensure full compliance with all elements of the LSWP (Local School Wellness Policy): The principal

from each school in the district shall designate at least one staff member responsible for ensuring compliance within the school and for reporting progress to the district wellness committee at the start of the school year. A PTA representative will also be identified for ensuring compliance within PTA programs. Schools are encouraged to assemble wellness teams to work on implementation issues. Through this Triennial Assessment, WPCSD will be assessing implementation of the Wellness Policy, utilizing the current interviews, a minimum of every three years. This Triennial Assessment report includes compliance with the Wellness Policy, how WPCSD policy compares to a model local school wellness policy and a description of the progress made in attaining the goals of the wellness policy. During SY 22-23, the Wellness Committee will be making recommendations to revise the wellness policy based on the interviews and results of this triennial assessment.



### SECTION 3: UPDATE POLICIES

**WPCSD will update the Wellness Policy to include all federally required items, as well as other items as determined by Wellness Subcommittees:**

WPCSD is fully implementing the following practices and will update the Wellness Policy to include how WPCSD ensures that children who are receiving free / reduced meals cannot be identified at the point of service (POS) or by other students. The Food & Nutrition staff receives annual training per the USDA Professional Standards. The Wellness Committee will review and add plans for additional policy updates.



### SECTION 4: OPPORTUNITIES FOR GROWTH

**WPCSD will update its Wellness policy and practices to include all federally required items and add plans for additional wellness goals:**

WPCSD will update the Wellness Policy and practice to include guidelines on “food-based celebrations” that occur during the school day (i.e. parties). The policy will include nutrition standards, such as Smart Snacks, that regulate what can be served and the frequency. The Wellness Committee will make plans to update the policy with additional wellness goals with input from School Administrators, parents, and Wellness Subcommittees.