

Goodwin University Magnet School System

Triennial Assessment 2025

USDA requires all child nutrition program sponsors to create and maintain a **Local School Wellness Policy (LSWP)**. This is a written document of official policies that guide a school district's efforts to establish a school environment that promotes student health and their ability to learn. It encompasses strategies that support healthy eating and physical activity and covers such diverse topic areas as nutrition education, make-up and responsibilities of a Wellness Committee, and marketing of foods and beverages to students and district employee activities.

USDA also requires that each district participating in Child Nutrition programs complete an assessment of their local school wellness policy at least once every three years. The assessment must indicate:

- The extent to which schools are following the district policy
- The extent to which the local wellness policy compares to model policies and meets USDA requirements; and
- The progress made in attaining the goals of the local wellness policy.

The Goodwin Local School Wellness Policy (LSWP) is currently missing policy language for only one required element. This is regarding the regulation of foods and beverages served at class parties and other school celebrations. There are several areas where the language could be strengthened, or more specific detail included. The Advisory Council will take this into consideration at their next meeting. *Please note this is the first year of the LSWP with the board approval date of June 2024.*

The policy practice results demonstrate reasonable compliance with stated policies. Again, language and detail can be strengthened and expanded for some topical areas and will be considered by the Advisory Council.

There are several activities and events that can be celebrated by the district as it strives to provide a healthy and consistently messaged school environment. These include:

- Several Magnet Theme Days are held throughout the year with music, geography, history and food from a specific ethnic background. The three events held this year included Hispanic Heritage Day, Black History Month celebration and Asian American Day. Each of these days provided a vast array of foods reflective of the culture of the day, while still complying with USDA meal standards. These types of events are a great example of using strategies to increase student participation.

- Another strategy to increase student participation is gathering information about student likes and dislikes through periodic district and FSMC meetings and student surveys. Anecdotal information is also considered when making cycle menu adjustments.
- The district participates in the CEP mechanism which provides for complete confidentiality of student meal eligibility information. CEP serves all students meals at no charge and also contributes to high student meal participation.
- The district just completed a successful USDA Administrative Review and a CSDE Procurement review, indicating compliance with regulations that cover meal preparation and serving, food safety, staff training, proper purchasing procedures, menu writing and other program areas.
- The district sponsored a Wellness Fair that included many informational and interactive displays and activities.

The Advisory Council will continue to meet regularly to ensure that new USDA policy requirements are incorporated into the LSWP. The Council also is seeking to add several stakeholder members that are not currently represented in the group. The Advisory Council on Wellness will continue to review, update, and revise the Local School Wellness Policy. The Council will work to ensure compliance with USDA regulations and to improve the health and well-being of students by creating a supportive school environment. Goals will continue to ensure that the policy statements in the LSWP are supported by the practices occurring in the schools. Interested community members and parents are encouraged to offer suggestions and to inquire about membership on the Advisory Council.