



Triennial Assessment Report: 2025 Cape Henlopen School District (3/2025)

As part of our ongoing commitment to promoting the health and well-being of our students and staff, the Cape Henlopen School District Wellness Committee conducted a comprehensive survey and interview process in accordance with federal guidelines. This process involved engaging school building administrators and health and physical education instructors to assess their understanding and implementation of our district's Wellness Policy.

The Triennial Wellness Policy Assessment is a federally mandated evaluation that must be conducted every three years. This assessment serves as a critical part of the Child Nutrition Audit, which helps ensure that our policies are effectively supporting student health, nutrition, and physical activity. Through this review, we are able to evaluate the current status of wellness initiatives and identify areas where improvements or adjustments may be necessary to meet the evolving needs of our school community.

The findings from the survey and interviews with school administrators and educators provide valuable insights into how our wellness policy is being implemented at each school, and will guide our future actions to further enhance the overall wellness of our students. A summary of these findings is provided below, offering a clear picture of our progress and the areas we are prioritizing to ensure the continued success of our wellness efforts.

This triennial review is not only a requirement but also a crucial tool for maintaining transparency, accountability, and engagement with our school community regarding the health and wellness of our students. We appreciate the continued support of our educators, staff, and families as we work together to foster an environment where every student has the opportunity to thrive.

Strong Policies and Aligned Practices

Our district has made significant strides in meeting and exceeding its wellness goals, as demonstrated by the positive outcomes reflected in this Triennial Wellness Policy Assessment. We have successfully aligned strong policies with consistent practices, ensuring that the well-being of our students is prioritized across multiple areas. This section highlights the key federal requirements we have met, the improvements we've made over the past triennial period, and our continued commitment to fostering a culture of wellness.

Create Practice Implementation Plan

Nutrition Education (FR1 & NE5): We will integrate nutrition education into subjects beyond health education, including its application in school cafeterias, ensuring that wellness is a cross-curricular focus.

Smart Snacks Compliance (FR9): We will ensure all offerings in school stores comply with Smart Snacks standards, updating the menu and providing training for staff as needed.

Physical Education (PEPA5 & PEPA6): We will discuss ways to increase the physical education minutes for middle and high school students to meet federal requirements, evaluating current schedules and resources.



Engagement in Physical Activity (PEPA11 & PEPA14): We will work to create more opportunities for families and community members to engage in physical activity at school and ensure that teachers incorporate regular physical activity breaks in the classroom.

Employee Wellness (EW1): We will explore the possibility of establishing an employee wellness program that supports staff well-being, providing resources for healthy living.

Responsibility and Timeline:

The Wellness Committee will be responsible for developing the Practice Implementation Plan. The plan will be discussed and initiated during the April committee meeting, with the goal of having it completed by January 2026.

Assessment of Success:

Success will be evaluated during the next Triennial Assessment Review. We will track progress in these areas, making adjustments as needed to ensure full compliance with the Local School Wellness Policy.

Update Policies

The district Wellness Committee will update the wellness policy to reflect several important improvements in line with federal requirements and to enhance the district's overall commitment to student health and wellness. The updates will focus on areas such as prioritizing the procurement of locally produced foods for school meals, encouraging the use of physical activity as a reward in classrooms, establishing specific nutrition education goals, and integrating nutrition education within food service activities.

These updates will be addressed in the Spring 2025 Wellness Committee meeting, with a goal of having them fully implemented by January 2026. This timeline allows for careful review, stakeholder input, and thorough integration into the district's wellness practices.

Opportunities for Growth

The following federal policies, while meeting the current standards, present opportunities for further enhancement. These areas for improvement will be discussed by the School District Wellness Committee to develop a comprehensive plan for implementation in collaboration with building teams:

NES6 Students will be allotted a minimum of 10 minutes for breakfast and 20 minutes for lunch, beginning from the time they are seated.

NES13 Addressing the use of food as a reward in school settings.

NE6 Strengthening collaboration between school nutrition services and classroom teachers to reinforce nutrition education lessons.

NE7 Expanding nutrition education to include topics related to agriculture and the broader food system. IC2

Establishing actively participating, school-level wellness teams to support district wellness initiatives. PEPA16

Creating opportunities for all students to engage in physical activity both before and after school hours.

Cape Henlopen School District



Wellness Committee

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The Wellness Committee will facilitate discussions to generate ideas and establish an actionable plan, ensuring these improvements are successfully implemented district-wide. This plan will be reviewed in Spring of 2025 and have an implementation goal of January 2026.

In conclusion, this Triennial Wellness Policy Assessment reflects our district's ongoing commitment to improving student health and wellness. We are proud of the accomplishments we have made in meeting federal regulations for health and wellness, demonstrating our dedication to fostering a healthy environment for our students. We have made significant progress in meeting federal requirements, and there are exciting opportunities for continued improvement in key areas. The Wellness Committee will work collaboratively with school teams to develop and implement strategies that enhance nutrition education, physical activity, and the overall wellness environment. As a district, we strive to be a leader in wellness initiatives, continually pushing beyond the minimum standards to set an example for others. By addressing these areas, we aim to ensure that our policies not only meet federal standards but also create a healthier and more supportive environment for all students. We are committed to achieving these objectives and will continuously assess our progress to ensure success.

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