

Triennial Assessment Report: Spring 2025 Cypress School District

Triennial Assessment (6/2025)

District: CYPRESS ELEMENTARY

Introduction

Our district's policies and practices in the area of wellness satisfied all federally-required areas, while making progress toward best practice in those areas not required. This year's result is reflective of our overall goal which is furthering students' well being, and prioritizing creating a healthy school environment. Our district completed this triennial assessment throughout the Spring by evaluating our board-approved policy as well as consulting with staff in areas such as nutrition services, physical education, nutrition education, and administrators to best encapsulate our district practices.

Strong Policies and Aligned Practices

Our wellness policies continue to align with federal requirements and exceed minimum expectations in many areas while striving toward best practice in others. In particular, we made progress in nutrition education efforts as well as in incorporating wellness into the whole school environment. Compared to previous assessments, our district has made significant strides in:

Growing our scratch cooking efforts with California Freshly Prepared Meals.

Building Farm to School relationships with local growers and increasing our local procurement of produce.

Hosting Farmers' Market assemblies at all sites between SY22-23 and SY24-25 to build our nutrition education outreach.

Implemented salad bars at all sites across the district.

Working to decrease added sugars and switching to natural sweeteners, when possible. This aligns well with meal pattern changes upcoming in SY25-26.

Implemented a Harvest of the Month program.

		Policy Score	Practice Score	
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	★
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	★

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FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	2	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	2	2	☆
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	2	☆
FR15	How is the wellness policy made available to the public?	2	2	☆
FR17	What is included in the triennial assessment report to the public?	2	2	☆

Create Practice Implementation Plan

The findings of this assessment will direct our ongoing efforts to enhance student health and well-being. We are committed to fostering a healthy school environment for students and staff alike, and plan to develop and execute practical implementation plans to address any areas that could better align with federal regulations and best practices. We strive for continual improvement of our policies and programs, and are committed to addressing any growth opportunities identified. The Food Service Director will facilitate regular communication with families and staff about wellness policy goals, activities, and opportunities to get involved. Our approach will focus on clear action steps, accountability measures, and ongoing stakeholder collaboration to support student health and well-being effectively.

		Policy Score	Practice Score	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	1	

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FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	0	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	1	

Update Policies

We are committed to bettering the health and well-being of our students, staff, and community as a whole. To maintain full compliance with federal Child Nutrition Program requirements, we plan to update our policies to better align with our efforts on the ground. We plan to hold a Wellness Committee Meeting in the fall to gather input from stakeholders, and subsequently will prioritize updating our policy to reflect true practices and improved programs and communication with stakeholders.

		Policy Score	Practice Score	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	1	2	
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	1	2	
FR16	Is wellness policy implementation evaluated every three years?	1	2	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	2	

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NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	1	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	2	
PEPA13	Is there daily recess for all grades in elementary school?	1	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	0	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	
IC1	Is there an active district-level wellness committee?	1	2	

Opportunities for Growth

Our district plans to consult with stakeholders to gather information about specific needs of our student community in regards to the healthy and wellness efforts. We also eagerly await word from the California Department of Education on their efforts to update the California School Board Association template Wellness Policy to better align with all areas of federal compliance and best practice.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	1	

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FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	0	0	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	1	1	
FR13	Which groups are represented on the district-level wellness committee?	1	1	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	0	1	
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	1	
NES12	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	1	
NES13	Do teachers or school staff give students food as a reward?	1	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	0	1	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	1	

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NE7	 Does nutrition education address agriculture and the food system?	0	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	1	
PEPA3	How does your physical education program promote a physically active lifestyle?	0	1	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	0	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA16	What proportion of students walk or bike to school?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	
PEPA18	Do teachers ever use physical activity as a punishment?	0	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

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IC2	Is there an active school-level wellness committee?	0	0	
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Conclusion

Our district wellness policies continue to meet federal Child Nutrition Programs requirements, and we continue to prioritize furthering student health and well-being. Since our last assessment, we improved our district's nutrition education standards, broadened the scope of nutrition and health education into other areas, and prioritized student well-being by encouraging a healthy school environment. We continue to assess our policy as required, and plan to gather feedback from stakeholders and revise our policy to better align with areas found wanting in today's assessment. Student health and well-being is at the forefront of our decision-making and revision process

Key



Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy



Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited



Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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