

# Triennial Assessment Report: CREC Assessment 2025 (5/2025)

## District: CAPITOL REGION EDUCATION COUNCIL

### Introduction

Although the current Triennial Assessment has several areas where a rating higher than 1 is indicated in policy and practice, there are several areas in need of improvement to align with all federal regulations. In comparison from previous assessment, CREC has since updated policies to strengthen as well as continued ensuring that our Nutrition Promotion and Education areas are met and articulated in the Local School Wellness Policy (LSWP). The district has written and implemented a physical education curriculum since last assessment that consistently aligns with national and state standards for every grade. The assessment was completed on Friday, June 20th. The stake holders involved with completing the assessment met to go over questions regarding assessment and policies. The stake holders included the Food Service Managing Director, Kitchen Supervisor of Self Operating centers, Head of Curriculum and members of the Physical Education Department.



### Strong Policies and Aligned Practices

Due to staffing changes over the past couple of years, many of the original stake holders are no longer employed with the district. As CREC begin the 2025-2026 school year, a new Wellness Committee has been assembled to better focus on growth in the areas of physical education and nutrition education. In working toward greater LSWP compliance, CREC will ensure a working Wellness Policy Committee that meets more frequently to ensure CREC is continuing to meet the needs of our faculty and students.




Since the last assessment, CREC has updated our police verbiage to include more language around Farm to School, Put Local On Your Tray and other CT agriculture-based initiatives. CREC has begun expanding the efforts to include parents and community members in reviewing, revising and promoting the LSWP.

		Policy Score	Practice Score	
<b>FR4</b>	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
<b>FR5</b>	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?	2	2	☆
<b>FR10</b>	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?	2	2	☆
<b>FR14</b>	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆

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<b>NES4</b>	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
<b>NES5</b>	Are marketing strategies used to promote healthy food and beverage choices in school?	2	2	☆
<b>NES7</b>	 In your district, is it a priority to procure locally produced foods for school meals?	2	2	☆
<b>NES8</b>	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?	2	2	☆
<b>NES10</b>	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
<b>NES11</b>	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)?	2	2	☆
<b>NES12</b>	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)?	2	2	☆
<b>NES14</b>	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
<b>PEPA1</b>	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
<b>PEPA2</b>	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆

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<b>PEPA7</b>	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	<b>2</b>	<b>2</b>	
<b>EW1</b>	 Are there strategies used by the school to support employee wellness?	<b>2</b>	<b>2</b>	

**Create Practice Implementation Plan**

The Wellness Committee has 3 scheduled meetings to review the existing policy and determine the necessary change, so areas where growth is indicated are in compliance with current federal regulations. The Head of Curriculum will work directly with each Department Head to implement these changes. The implementation timeline will occur over the course of the 2025-2026 school year.









		<b>Policy Score</b>	<b>Practice Score</b>	
<b>FR11</b>	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	<b>2</b>	<b>1</b>	
<b>FR16</b>	Is wellness policy implementation evaluated every three years?	<b>2</b>	<b>1</b>	
<b>FR17</b>	What is included in the triennial assessment report to the public?	<b>2</b>	<b>1</b>	

**Update Policies**

CREC updated Wellness Policy in the 2024-2025 school year to better align with the updated changes to federal regulations. Areas within the current policy that received a practice score of 1, will be reviewed by the Head of Curriculum along with the members of the policy committee to determine what changes must be made to the existing Wellness Policy.

		<b>Policy Score</b>	<b>Practice Score</b>	

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<b>FR1</b>	Does the district have specific goals for nutrition education designed to promote student wellness?	<b>1</b>	<b>2</b>	
<b>FR2</b>	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?	<b>1</b>	<b>2</b>	
<b>FR6</b>	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?	<b>1</b>	<b>2</b>	
<b>FR7</b>	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	<b>1</b>	<b>2</b>	
<b>FR12</b>	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	<b>1</b>	<b>2</b>	
<b>FR15</b>	How is the wellness policy made available to the public?	<b>1</b>	<b>2</b>	
<b>NES1</b>	Does the district offer breakfast every day to all students?	<b>1</b>	<b>2</b>	
<b>IC1</b>	Is there an active district-level wellness committee?	<b>1</b>	<b>2</b>	

**Opportunities for Growth**















The Head of Curriculum will be responsible for implementing these practice plans to staff throughout the 2025-2026 school year. The Wellness Committee plans to address the new federal regulations that are being rolled out regarding Farm to School, Put Local On Your Tray and new regulations on thresholds of dietary limits to ensure CREC is aligned with the updated regulations. The Head of Curriculum and Food Service Managing Director will be responsible for updating the policy language.

	<b>Policy Score</b>	<b>Practice Score</b>	
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<b>FR13</b>	Which groups are represented on the district-level wellness committee?	<b>1</b>	<b>1</b>	
<b>FR18</b>	Has the wellness policy been revised based on the previous triennial assessment?	<b>1</b>	<b>1</b>	
<b>NES6</b>	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?	<b>1</b>	<b>1</b>	
<b>NES13</b>	Do teachers or school staff give students food as a reward?	<b>1</b>	<b>1</b>	
<b>NE1</b>	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	<b>1</b>	<b>1</b>	
<b>NE2</b>	Do all elementary school students receive sequential and comprehensive nutrition education?	<b>1</b>	<b>1</b>	
<b>NE3</b>	Do all middle school students receive sequential and comprehensive nutrition education?	<b>1</b>	<b>1</b>	
<b>NE4</b>	Do all high school students receive sequential and comprehensive nutrition education?	<b>1</b>	<b>1</b>	
<b>NE5</b>	Is nutrition education integrated into other subjects beyond health education?	<b>1</b>	<b>1</b>	
<b>NE6</b>	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	<b>1</b>	<b>1</b>	
<b>NE7</b>	 Does nutrition education address agriculture and the food system?	<b>0</b>	<b>0</b>	
<b>PEPA3</b>	How does your physical education program promote a physically active lifestyle?	<b>1</b>	<b>1</b>	

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<b>PEPA4</b>	How many minutes per week of PE does each grade in elementary school receive?	<b>1</b>	<b>1</b>	
<b>PEPA5</b>	How many minutes per week of PE does each grade in middle school receive?	<b>1</b>	<b>1</b>	
<b>PEPA6</b>	How many minutes per week of PE does each grade in high school receive?	<b>1</b>	<b>1</b>	
<b>PEPA8</b>	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	<b>1</b>	<b>1</b>	
<b>PEPA9</b>	What percentage of students do you estimate do not take PE each year due to exemptions?	<b>1</b>	<b>1</b>	
<b>PEPA10</b>	What percentage of students do you estimate do not take PE each year due to substitutions?	<b>0</b>	<b>0</b>	
<b>PEPA11</b>	 Are there opportunities for families and community members to engage in physical activity at school?	<b>1</b>	<b>1</b>	
<b>PEPA12</b>	 Are there opportunities for all students to engage in physical activity before and after school?	<b>1</b>	<b>1</b>	
<b>PEPA13</b>	Is there daily recess for all grades in elementary school?	<b>1</b>	<b>1</b>	
<b>PEPA14</b>	 Do teachers provide regular physical activity breaks for students in the classroom?	<b>0</b>	<b>0</b>	
<b>PEPA15</b>	Does the district have “joint-use” or “shared-use” agreements?	<b>0</b>	<b>0</b>	


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<b>PEPA16</b>	What proportion of students walk or bike to school?	<b>1</b>	<b>1</b>	
<b>PEPA17</b>	 Are teachers encouraged to use physical activity as a reward for students?	<b>0</b>	<b>0</b>	
<b>PEPA18</b>	Do teachers ever use physical activity as a punishment?	<b>1</b>	<b>1</b>	
<b>PEPA19</b>	Do teachers ever withhold physical activity as a classroom management tool?	<b>0</b>	<b>0</b>	
<b>EW2</b>	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	<b>1</b>	<b>1</b>	
<b>IC2</b>	Is there an active school-level wellness committee?	<b>1</b>	<b>1</b>	


**Conclusion**

Based on the comprehensive review of CREC's current assessment data, curriculum, physical education, nutrition education and Wellness Policies, CREC will work to strengthen the support of the Wellness Committee and its members. Overall, CREC has updated its Wellness Policy, ensure there is verbiage regarding feeding students with unpaid meal balances by implementing CEP program, specify food and beverage sales restrictions from vending machines, school stores and fundraisers since last assessment and continues to ensure that the needs of the student and staff are met. CREC has also specified policy regulations regarding class parties and celebrations in Elementary Schools since the last assessment as well as increased policy specificity in describing the Wellness Committee makeup, communication about the LSWP to the public and reporting requirements of the committee.

**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

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**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](https://wellsat.org/resources)

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