

1. Introduction

Write a brief introduction to describe the triennial assessment to families and community members.

Consider the following prompts:

- Overall, how did your district/school's policies and practices compare to federal requirements and best practices? How did this year's results compare to your previous assessment(s)?
- Explain how your district/school completed this triennial assessment. Who was involved in the process? When was it completed?

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.

2. Strong Policies and Aligned Practices

This section of your scorecard identifies areas where your district/school has a strong policy and is fully implementing practices that align with the policy.

Write a narrative to describe your district/school's areas of success in meeting its wellness goals, as demonstrated by the items in this section.

Consider the following prompts:

- Which federal requirements are in this section?
- Were any items in this section previously in any of the other sections when you completed your last triennial assessment? How did your district/school improve policies and/or practices for these items?

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.

3. Create Practice Implementation Plan

This section of your scorecard identifies areas where your district/school has either a strong or weak policy, but practice implementation is either absent or limited.

Write a narrative to describe how your district/school will create practice implementation plans to ensure full compliance with all elements of the LSWP.

Consider the following prompts:

- Which federal requirements are in this section?
- How do you plan to improve the implementation of the practices in this section?
- Who will be responsible for creating the practice implementation plan?
- What will be the timeline for the practice implementation plan? By what date will the plan be created? By what date will the plan be put into place? How will you assess whether your implementation was successful?

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.

4. Update Policies

This section of your scorecard identifies areas where your district/school is either:

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

Write a narrative to describe how the district/school will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

Consider the following prompts:

- Which federal requirements are in this section? Are there any other items in this section that are a priority for your district/school/institution?
- For the federal requirements and any items that are priorities for you:
 - Who will be responsible for updating your policy language?
 - What will be the timeline for your policy updates?
 - If any of these practices were only partially implemented (received a score of '1' on the WellSAT assessment of practices), how do you plan to improve implementation of these practices?

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.

5. Opportunities for Growth

This section of your scorecard identifies areas where your district/school has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.

Write a narrative to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

Consider the following prompts:

- Which federal requirements are in this section? Are there any other items in this section that are a priority for your district/school/institution?
- For the federal requirements and any items that are priorities for you:
 - How do you plan to improve the implementation of these practices?
 - Who will be responsible for creating the practice implementation plan?
 - What will be the timeline for the practice implementation plan? By what date will the plan be created? By what date will the plan be put into place? How will you assess whether your implementation was successful?
 - Who will be responsible for updating your policy language?
 - What will be the timeline for your policy updates?

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.

6. Conclusion

Write a brief conclusion for your assessment.

Consider creating a brief overview of your conclusions from the previous sections that will be easy for families and community members to understand.

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.