

CPS Wellness Policy Triennial Assessment Report Summary Memo

Introduction

Every three years, school districts are required to conduct a wellness assessment to review the wellness policy's adherence to federal and state guidelines, in addition to best practices. The Cambridge Public School (CPS) Wellness Policy Council (WPC) participated in the John Stalker Institute's *Massachusetts School Wellness Coaching Program Tier 1: Perfecting Policy* during the 2025-2026 school year. In this coaching program, the WPC conducted the due triennial assessment using the Massachusetts Local School Wellness Policy Strength Checklist.

As a part of our continued efforts for district-wide inclusion, this summary memo represents a written description of the findings from the triennial assessment on the updated wellness policy (WP), including strengths, areas of improvement, and future goals.

Strengths

- MA-LWPS-SM-1: Compliance with USDA nutrition standards for school meals
 - The WP represents compliance for school meals as part of the National School Lunch and Breakfast Program, which is inclusive of meal pattern requirements, nutrient levels, and calorie requirements for the grades served.
- MA-LWPS-SM-2: Student privacy and confidentiality
 - As of 2024, school meals are offered at no cost to all students who select a complete meal. This ensures that students who would otherwise qualify for free or reduced-priced meals are protected from stigma, embarrassment, or disciplinary action due to unpaid meal debts.
- MA-LWPS-SM-6: Incorporation of student and family/caregiver voice
 - The Food and Nutrition Services Department provides opportunities for input on menus and choices, including local, cultural, and ethnic preferences.
- MA-LWPS-SM-8: Local, culturally relevant, and minimally processed meals
 - The Food and Nutrition Services Department offers a varied menu, which maximizes the use of fresh whole food, scratch cooking methods, and minimally processed meal options.
- MA-LWPS-CF-1: Food and beverages sold to students
 - The WP requires that all foods and beverages sold to students during the school day follow the USDA Smart Snacks in School Standards and the Massachusetts Nutrition Standards for Competitive Food and Beverages in Public Schools.
- MA-LWPS-CF-2: Food and beverages provided for school and classroom events
 - The WP demonstrates that food and beverages provided for classroom events should be discussed with the Food Service Director to maximize student safety and increase potential for reimbursable meals.
- MA-LWPS-CF-3: Smart Snacks standards for marketed foods and beverages

- All food and beverages marketed and sold in school and on campus during the school day must meet the USDA Smart Snacks Standards and the Massachusetts Nutrition Standards for Competitive Food and Beverages in Public Schools.
- MA-LWPS-CF-4: Smart Snacks standards for fundraising activities
 - The WP requires that any food-based fundraising follow the Smart Snacks Standards. Fundraising activities include booster sales, concession stands, bake sales, and any other form of fundraising.
- MA-LWPS-SE-3: Collaboration to support social-emotional health
 - The health curriculum includes and supports social-emotional education and skills, in accordance with the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education Standards.

Areas of Improvement

- MA-LWPS-FL-1: Nutrition education standards
 - While nutrition education is incorporated into the health education curriculum, best practices include providing sequential and comprehensive nutrition education integrated into all subjects. This can be as part of health education and/or as standalone classes at each grade level.
- MA-LWPS-FL-2: Integrated food system education
 - The degree of integration of food systems education in the curriculum and across all grade levels is not standardized.
- MA-LWPS-PA-3: Recess before lunch
 - While the WP requires time for lunch and recess, schools across the district have recess scheduled differently around lunch.
- MA-LWPS-SE-1: Communication about community-based support
 - At the time of this assessment, the WP does not have language about communication for community-based support for families and caregivers.

Future Goals

- Annual action plan will be presented and shared at the beginning of each school year
- Work with the district to implement competitive food standards
- Nutrition education as part of the health education curriculum will be reviewed
- Food systems education will be reviewed to be integrated as a part of student education
- Work with the district to implement recess policy that reflects adequate time for eating and recess



Massachusetts Local Wellness Policy Strength Checklist Report for Cambridge Public Schools

Report showing responses your team has made on your district's massachusetts local wellness policy strength checklist.

Last updated 3/9/2026 by Norah Ismail

Implementation & Communication

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-IC-1 ♦	Creation of a wellness committee	Yes	Done	1/8/2026	Charlotte S.
MA-LWPS-IC-2 ♦	Wellness committee meeting frequency and public notice	Yes	Done	2/10/2026	Norah I.
MA-LWPS-IC-3 ♦	Responsible district-level official	Yes	-	1/8/2026	Charlotte S.
MA-LWPS-IC-4	Responsible school-level official	Yes	-	1/8/2026	Charlotte S.
MA-LWPS-IC-5 ♦	Triennial Assessment	Yes	-	1/8/2026	Charlotte S.
MA-LWPS-IC-6 ♦	Updating and communicating goals	Yes	-	1/8/2026	Charlotte S.

School Meal Programming

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-SM-1 ♦	Compliance with USDA nutrition standards for school meals	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-SM-2 ♦	Student privacy	 Yes	Done	3/6/2026	Norah I.
MA-LWPS-SM-3 ♦	Access to potable water	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-SM-4	Monitoring water quality	 Yes	Done	3/6/2026	Norah I.
MA-LWPS-SM-5 ♦	Professional learning for school nutrition professionals	 Yes	Done	3/3/2026	Norah I.
MA-LWPS-SM-6	Incorporating student and family/caregiver voice	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-SM-7	Seat time	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-SM-8	Local, culturally relevant, and minimally processed meal options	 Yes	Done	3/3/2026	Norah I.
MA-LWPS-SM-9	Implementing Farm-to-School programming	 Yes	-	1/8/2026	Charlotte S.

Competitive Foods & Beverage Standards

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-CF-1 ♦	Food and beverages sold to students	 Yes	Done	3/6/2026	Norah I.
MA-LWPS-CF-2 ♦	Foods and beverages provided for school and classroom events	 Yes	Done	3/9/2026	Norah I.
MA-LWPS-CF-3 ♦	Smart Snacks standards for marketed food and beverages	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-CF-4 ♦	Smart Snacks standards for fundraising activities	 Yes	Done	3/9/2026	Norah I.
MA-LWPS-CF-5	Prohibition on using food as a reward	 Yes	-	1/8/2026	Charlotte S.

Nutrition & Food System Education

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-FL-1 ♦	Nutrition education standards	 Partially	This year's goals	3/3/2026	Norah I.
MA-LWPS-FL-2	Integrated food system education	 No	This year's goals	1/8/2026	Charlotte S.

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-FL-3	Hands-on learning opportunities	 Yes	Done	3/3/2026	Norah I.
MA-LWPS-FL-4	Programs promoting food systems education	 Yes	Done	3/3/2026	Norah I.
MA-LWPS-FL-5	Accessing local foods	 Yes	-	1/8/2026	Charlotte S.

Physical Activity & Education

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-PA-1 ♦	Goals related to physical activity	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-PA-2	Goals related to physical education	 Yes	-	1/8/2026	Charlotte S.
MA-LWPS-PA-3	Recess before lunch	 Partially	This year's goals	1/8/2026	Charlotte S.

Staff Wellness

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-SW-1	Physical and mental wellness	 Yes	Done	3/3/2026	Norah I.

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
	opportunities for staff				
MA-LWPS-SW-2	Healthy staff meeting and celebration standards	☒ Yes	-	3/9/2026	Norah I.

Social-Emotional Climate and Caregiver Engagement

QUESTION	NAME	STATUS	ACTION PLAN	DATE OF LAST RESPONSE	LAST RESPONDENT
MA-LWPS-SE-1	Communication about community-based support	☐ No	-	1/8/2026	Charlotte S.
MA-LWPS-SE-2	Implementation of social-emotional learning curriculum	☒ Yes	-	3/3/2026	Norah I.
MA-LWPS-SE-3	Collaboration to support social-emotional health	☒ Yes	-	3/3/2026	Norah I.

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