

2020-2021  
Health and Wellness  
Triennial Assessment Update

**Section 1: General Information**

School(s) included in the assessment: All schools in the Cave City School District

Month and year of current assessment: May 2021

Date of last wellness policy revision: May 2017

Website address for the wellness policy and/or information on how the public can access a copy:  
[www.cavecity.k12.ar.us](http://www.cavecity.k12.ar.us)

**Section 2: Compliance with the Wellness Policy and Progress Towards Goals**

At a minimum, school wellness policies are required to include:

• Specific goals for:

- Nutrition promotion
- Nutrition education
- Physical activity
- Other school based activities that promote student wellness.

• Standards and nutrition guidelines for all foods and beverages *sold* to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.

• Standards for all foods and beverages provided, *but not sold*, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).

• Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

• Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Wellness Coordinator:</b> Has identified at least one person as responsible for facilitating the wellness policy upkeep  Name person responsible for facilitating the upkeep: <u>Diana Gore</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> The Cave City Wellness committee has quarterly meetings to discuss topics outlined in the Wellness Committee requirements checklist. During these meetings we discuss the topics planned for that meeting and encourage participation with members to discuss pros and cons on topics at hand and make any recommendations or changes that need addressed. Our next step is to have each campus form their own committee to review school level issues in coordination with the district committee. The individual school committee will create strengthen and work within the existing framework for a school health council to serve as a resource to the school health, wellness, and nutrition program.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Stakeholder Participation:</b> Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> The Cave City District Wellness Committee consists of Ashley Beller - school board member; Marc Walling - principal; Diana Gore - high school nurse; Elaine Nix - nutrition coordinator; Jamie King - high school baseball coach; Sarah Vinson - school employee and parent; Justin Stauffer - student. Our next step is for each campus to form their own stakeholder participation. Each year committees from each campus and the district committee will meet to compare, evaluate and update the wellness policy.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>USDA Requirements for School Meals:</b> Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> We have employed the OPPAA food service to ensure that all school meals meet the USDA requirements. Our next step is make sure that not only is the food nutritious, but appealing to our students.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for all foods and beverages sold:</b> Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> Access to foods with little nutritional value has been restricted. Our next step is to incorporate a fruit juice choice in the vending machine that are accessible to our student body throughout the school day.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutritional Guidelines for non-sold foods and beverages:</b> Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> <small>The Cave City School District has established the nine school wide event days which permit exceptions to the food and beverage limitations. These days will be part of the annual school calendar. Our goal is to encourage parents to introduce more fruits and vegetables to these days. Teachers will be encouraged to make available to parents healthy party ideas.</small>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Food &amp; Beverage Marketing:</b> Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> Cave City School District is committed to ensuring that most competitive foods and beverages served outside the school meal program will meet the USDA Smart Snack standards. Our next step is to offer more healthy food and beverage choices in the competitive venues.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Education: Has at least 2 goals for nutrition education</b> List goals: 1. Distribute nutritional tidbits 2. Nutritional nuggets news pamphlets will be set home with students monthly	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> Our progress includes the offering of state mandated nutrition education. Put Nutritional Tidbits on a television that is located in a hallway that all high school students have access to. We are sending Nutrition Nuggets news pamphlets home with students monthly. Our next step is to work on implementing taste tests of new entrees and use surveys in selecting new foods sold through the school meals program in order to identify new, healthy, and appealing food choices. Also apply for a grant to construct a greenhouse which will allow us to implement Farm to Table.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Nutrition Promotion: Has at least 2 goals for nutrition promotion</b> List goals: 1. Will provide professional development for nutrition staff 2. Evaluate state mandated nutrition objectives.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> As part of the school districts responsibility to operate a food service operation, the district will provide continuing professional development for all nutrition staff, including child nutrition directors, school cafeteria managers, and cafeteria workers, according to their levels of responsibilities.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Physical Activity: Has at least 2 goals for physical activity</b> List goals: 1. Promote physical activity during the school day. 2. Provide professional development for physical education teachers.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> The district will promote physical activity during the school day including the 130 minutes of physical activity mandated by the state. Physical activities may include walking, jump rope, volleyball and other forms of physical activities. All physical education teachers will be required to participate in a once a year professional development in education. Our next step is to monitor state guidelines yearly.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness</b> <b>List goals:</b> <small>Encourage and support booster club sports.</small> 1. <small>Help with advertising for upcoming events and club activities.</small> 2.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> We have booster club sports that promotes collaboration between the community and the school. We encourage students to participate in intermural sports such as basketball, softball, kickball, and soccer tournaments that take place after school and throughout the summer. Our next step is to increase participation in these sports by five percent.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</b> <ul style="list-style-type: none"> <li>o to what extent the LEA is in compliance with the school wellness policy</li> <li>o the extent to which the local wellness policy compares to model school wellness policies</li> <li>o the progress made in attaining the goals of the school wellness policy</li> </ul> <b>Name person responsible for monitoring the policy:</b> <u>Diana Gore</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Describe progress and next steps:</b> The Cave City Wellness Policy is closely aligned with Model Local Wellness Policy developed by Alliance for a Healthier Generation. This model addresses all the required areas- school food and nutrition, physical education and communication with parents. We use the School Health Index to assess wellness policy goals. After reviewing all data, we found approximately five items not in place. Our goal is to work towards getting these items fully in place and to suggest some changes to our district wellness policy to better serve our students and community.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<b>Communication:</b> Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Describe progress and next steps: The annual finding of the Wellness Committee will be posted on the school web site by May 31, 2021.			

Include any additional notes, if necessary:

### Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

- Alliance for a Healthier Generation: Model Policy
- Upgrade Sample Language
- Other (please specify): Model School Wellness Policy

Describe how the school wellness policy compares to model wellness policies.

The Cave City District Wellness Policies align closely with the Alliance for a Healthier Generation.