



## **WELLNESS POLICY TRIENNIAL ASSESSMENT**

**8-24-26**

### **BACKGROUND**

CIS Academy's Board of Directors recognizes that it is essential for students to maintain their physical health and receive proper nutrition to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. Therefore, the board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. As part of that commitment, the board has adopted a wellness policy that defines guidelines and goals to promote the overall physical health and well-being of our students.

### **AREA 1 – COMPLIANCE**

#### ***School Health Advisory Council (SHAC)***

The school maintains an appointed School Health Advisory Council to help plan, update, implement, promote and monitor the board's student wellness policy as well as other health and nutrition issues within the school. The council serves as an advisory committee regarding student health issues. The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also may make recommendations to the board related to the school wellness policy and other policies related to student wellness and may assist the executive director in the periodic review and revision of the school wellness policy.

The council meets several times a year and is composed of representatives from the school system, the local health department and the community. The council includes members of each of the following groups: school system administrators, school system food service representatives, physical education teachers, school health professionals, students, parents or guardians and the public.

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### **School Health Advisory Council Member Roster:**

| <b>Last Name</b> | <b>First Name</b> | <b>Job Title</b>           | <b>School/Business Name</b>              |
|------------------|-------------------|----------------------------|------------------------------------------|
| Stedman          | Danny             | Executive Director         | Communities In Schools of Robeson County |
| Murray           | Latasha           | Board Chair                | Robeson Health Care Corporation          |
| Blue             | Jonathan          | Principal                  | CIS Academy                              |
| Locklear         | Shelia            | Child Nutrition Director   | CIS Academy                              |
| Maynor           | Catherine         | Teacher                    | CIS Academy                              |
| Lovin            | Micheal           | PE Teacher                 | CIS Academy                              |
|                  |                   |                            |                                          |
| Brewington       | Sandra            | Student Support Specialist | CIS Academy                              |
| Cintron          | Joseph            | Parent Representative      | Public Schools of Robeson County         |
| Cintron          | Dayla             | Student Representative     | CIS Academy                              |
|                  |                   |                            |                                          |
|                  |                   |                            |                                          |
|                  |                   |                            |                                          |

### ***Nutrition Promotion and Education***

CIS Academy and the CIS Board of Directors believe that children and youth, who begin each day as healthy individuals can learn more, learn better and are more likely to complete their formal education. The board and the Academy also believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

CIS Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

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### ***Physical Activity and Health Education***

CIS Academy follows the state's Healthful Living standards and designs lessons and activities with the intent of defining goals and objectives for behaviors that contribute to a healthy lifestyle. The curriculum's focus is multi-dimensional, encompassing the well-being of the whole child. The total Healthful Living curriculum is a combination of two content areas: health education and physical education. The two courses complement each other. The curriculum provides students with a sequential education program that will involve learning a variety of skills that enhance the quality of life.

The Health Education component comprises the following five strands: Mental and Emotional Health; Personal and Consumer Health; Interpersonal Communication and Relationships; Nutrition and Physical Activity; and Alcohol,

Tobacco, and Other Drugs. The Physical Education component of the curriculum consists of four strands; the strands are as follows: Motor Skills, Movement Concepts, Health-Related Fitness, and Personal/Social Responsibility.

### ***Nutrition Guidelines***

All foods offered to students by the district's Child Nutrition Services comply with federal guidelines governed by the National School Lunch Programs. Meals, foods and beverages served at schools meet state and federal requirements based on the USDA Dietary Guidelines.

Meals served through the National School Lunch will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, with USDA meal pattern regulation established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables

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- Serve only low-fat (1% or less) and fat-free milk and serve daily variety (at least 2) of fat-free unflavored milk or low-fat (1% or less) unflavored milk or low-fat or fat-free lactose-reduced/lactose-free milk
- Ensure that half of the served grains are whole grain
- No food or beverages are sold in competition with the child nutrition program.

### ***Compliance Summary***

The school utilizes numerous methods to assist and monitor school compliance with the Student Wellness Policy. The school's Child Nutrition Director is available to support schools with implementation of wellness initiatives and conduct daily walkthroughs for compliance checks. Child Nutrition Director provide site supervision of school cafeteria to ensure school meals are in compliance with the nutritional guidelines of the National School Lunch Program. Any issues compliance issues identified are addressed, documented, corrective action prescribed, and another review is conducted to ensure the correction has been fully implemented. CIS Academy is in general compliance with the board's Student Wellness Policy.

### **AREA 2 - COMPARISON WITH MODEL POLICY**

The CIS Academy Student Wellness Policy was developed in alignment with the model State Board of Education Student Wellness policy. The school's policy has also been compared with The Alliance for a Healthier Generation model wellness policy and noted that the overall content of the two policies are comparable, as both include information related to:

- A school wellness committee with defined leadership and members
- Information related to policy implementation, monitoring, accountability, and community engagement
- Information related to reporting, notification, updating, and revision, triennial assessments, and communication
- Information related to meal, snack, and beverage standards.
- Information related to professional development for child nutrition staff
- Nutrition promotion and education
- Physical activity, physical education, and classroom activity

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Although both policies covered most of the same general topics it was noted that the model Alliance for a Healthier Generation policy was more detailed and specifically related to topics than the CIS Academy's policy. The following areas were addressed in the model policy that were not addressed in the CIS Academy's policy:

- Essential Healthy Eating Topics in Health Education
- Essential Physical Activity Topics in Health Education
- Before and After School Activities
- Active Transport
- Community Partnerships
- Professional Learning

The school will consider appealing elements of the model policy in future years in reviewing and considering potential revisions and updates to the student wellness policy.

### **AREA 3 - PROGRESS TOWARDS ATTAINING POLICY GOALS**

The school has made progress toward meeting the goals of the wellness policy. The school's Student Health Advisory Council (SHAC) is composed of a variety of stakeholders, including internal staff and community representatives and meets several times a year to discuss and review a variety of health and wellness topics and initiatives within the district, including the implementation of and potential updates to the wellness policy. The Child Nutrition Services Department has met all state and federal regulations for nutrition and physical education standards. Students are actively engaged in nutrition education and activities to promote active lifestyles.

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