

USDA requires all child nutrition program sponsors to create and maintain a ***Local School Wellness Policy (LSWP)***. This is a written document of official policies that guide a school district's efforts to establish a school environment that promotes student health and their ability to learn. It encompasses strategies that support healthy eating and physical activity.

The CTECS LSWP currently meets all federal requirements and goes beyond in these critical content areas:

- CTECS nutrition standards meet or exceed the federal standards of Smart Snacks requirements.
- Professional development for food service staff meets or exceeds USDA requirements, providing experienced and well-trained workers.
- The School Breakfast Program operates in all schools and provides balanced meals to students and provides a healthy start to each school day
- The CEP provision provides meals to students at no charge and eliminates any meal status stigma

USDA also requires that each district participating in Child Nutrition programs complete an assessment of their local school wellness policy at least once every three years. The ***LSWP Triennial Assessment*** is overseen by the Wellness Advisory Council. The assessment must indicate:

- The extent to which schools are in compliance with the district policy
- The extent to which the local wellness policy compares to model policies; and
- The progress made in attaining the goals of the local wellness policy.

The assessment has been completed and posted on the district website. The Wellness Advisory Council will continue to review, update, and revise the Local School Wellness Policy. The Council will work to ensure compliance with new USDA regulations and to improve the health and well-being of students by creating a supportive school environment. Interested community members and parents are encouraged to offer suggestions and to inquire about membership on the Advisory Council.