



STEM PREPARATORY SCHOOLS

Wellness Policy - Triennial Assessment

June 2021

INTRODUCTION

“Each local education agency (LEA) that participates in the National School Lunch Program and/or School Breakfast Program is required to develop a wellness policy.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.”

-From [USDA Local Wellness Policy Summary](#)

The STEM Prep Schools CMO Wellness Committee

Name	Title / Relationship to the School or CMO	Email address	Role on Committee
Karen Gonzalez	Network Operations Manager (School Nutrition Director)	kgonzalez@stem-prep.org	STEM Prep Wellness Policy Manager, Convene the CWC and facilitate development of and updates to the wellness policy
Jessica Chavez	School Operations Manager	jchavez@stem-prep.org	MSCP Wellness Policy Coordinator
Martha Gomez	School Operations Manager	mgomez@stem-prep.org	CPA Wellness Policy Coordinator
Olga Martinez	School Operations Manager	omartinez@stem-prep.org	SPES Wellness Policy Coordinator
Susana Enriquez	HR Manager	senriquez@stem-prep.org	Staff Wellness

Triennial Wellness Policy Assessment results

I. Does the STEM Prep Schools Wellness Policy contain all elements required by federal law?	2
II. How well are STEM Prep Schools implementing the wellness policy?	3
III. How does our district policy compare to the model wellness policy identified by the USDA?	3
IV. Progress towards wellness goals	4

I. Does the STEM Prep Schools Wellness Policy contain all elements required by federal law?

Findings: The STEM Preparatory Schools Wellness Policy and associated policies for nutrition and physical fitness contain all required Wellness policy elements.

Content of the Wellness Policy At a minimum, policies are required to include:	Yes	No	N/A	Notes/Comments
Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.	✓			Pg. 16
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: <ul style="list-style-type: none"> • School meal nutrition standards, and the • Smart Snacks in School nutrition standards. 	✓			Pg. 6-7
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).	✓			Pg. 7-8
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.	✓			Pg. 10-11
Wellness Leadership: LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.	✓			Pg. 3-4
Public Involvement: At a minimum, LEAs must: permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.	✓			Pg. 4-6
Triennial Assessments: LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine: <ul style="list-style-type: none"> • Compliance with the wellness policy, • How the wellness policy compares to model wellness policies, and • Progress made in attaining the goals of the wellness policy. 	✓			On April 23, 2020, FNS established nationwide waiver on original June 30, 2020 assessment with new regulatory deadline of June 30, 2021
Public Updates: The rule requires that LEAs must make available to the public: <ul style="list-style-type: none"> • The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and • The Triennial Assessment, including progress toward meeting the goals of the policy. 	✓			Pg. 5

II. How well are STEM Prep Schools implementing the wellness policy?

Findings: The STEM Prep Schools CMO Wellness Committee identified three specific areas in which Wellness policy implementation could be improved.

- Celebrations and Rewards - While our food vendors offer healthy food choices, STEM Prep Schools could work to improve on ensuring that classroom celebrations, such as birthday parties and incentive/reward parties, at all schools within the CMO limit celebrations and rewards that include calorically dense and sugar-laden foods and beverages to no more than two times per month. The committee believes that school leaders would be responsive to additional support on ways to build community and celebrate in ways that align with the wellness policy.
- Encouraging water intake - While water is made available at each meal time, STEM Prep Schools can improve upon promotion of free, safe, unflavored drinking water to all students throughout the school day* and throughout every school campus.
- Fundraising - The committee would like to spearhead the promotion of non-food fundraisers, and encourage those including physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.). Some ideas have included bringing back the annual staff versus student basketball competition.

III. How does our district policy compare to the model wellness policy identified by the USDA?

Findings: The STEM Preparatory Schools Wellness Policy and associated policies for nutrition and physical fitness closely mirrors the model wellness policy identified by the USDA.

The STEM Preparatory Schools Wellness Policy was built off of the model wellness policy provided by the USDA. Minor edits were made to provide school leaders with additional guidance on how the policy applies within our school operations. Some areas the CMO Wellness Committee is considering to modify to more closely align with the model policy include:

- Adding more staff members to the committee, including members of each school's administration team
- Developing more robust goals for the 2021-24 Term

IV. Progress towards wellness goals

Findings: STEM Preparatory Schools has not met the established wellness goals, but has raised consciousness on wellness program goals. Overall policy implementation remains strong.

Goals Approved 2020	Met	Not Yet	Notes/Comments
Create protocols that will support this policy org-wide		✓	Distance Learning planning delayed the development of this protocol, however Committee Members utilized their authority and responsibility to practices at respective school sites in compliance with the policy.
Implement one non-food/dessert related fundraising event before end of year Ex: Staff vs. Students Basketball game Ex: Walk/Run-a-thon		✓	This remains an important goal, however social distancing mandates have made implementation not feasible.

The STEM Preparatory Schools CMO Wellness Committee plans to collaborate during summer 2021 on updating the wellness goals to fit present school operations limitations.