St. Cecilia School

Triennial Local School Wellness Policy Assessment

Assessment Period: 2024–2027
Assessment Status: Initial assessment; implementation evidence requires verification
Wellness Policy Availability: Posted on the school website
Wellness Committee or Designated Wellness Coordinator: Not yet confirmed
Previous Triennial Assessment: None completed

1. Purpose of the Assessment

St. Cecilia School conducted this initial review of its Local School Wellness Policy to evaluate the policy's content, assess progress toward wellness goals, identify areas requiring additional documentation, and establish priorities for continued implementation.

This assessment addresses the requirements for evaluating the implementation of the school's wellness policy, comparing the policy with a recognized model wellness policy, and documenting progress toward established wellness goals.

Because this is the school's first documented triennial assessment, additional records and implementation evidence are needed to determine the extent to which the policy has been fully implemented.

2. Assessment of Policy Implementation

Wellness Policy Area	Assessment Finding
Policy availability	The policy is posted on the school website.
Wellness leadership	The policy identifies the principal as responsible for implementation. The designation of a wellness committee or coordinator requires confirmation.
Nutrition education	The policy addresses nutrition education. Evidence of implementation and integration into school activities requires verification.
Nutrition standards	The policy addresses nutrition-related practices. Current compliance with applicable USDA requirements and Smart Snacks standards requires verification.
Foods and beverages available at school	Implementation of applicable nutrition standards for foods and beverages sold or provided during the school day requires verification.
Food and beverage marketing	The policy requires updated language addressing the promotion and marketing of foods and beverages on school property. Implementation requires verification.
Physical activity	The policy identifies physical activity as a wellness goal. Documentation of opportunities for physical activity and implementation of related practices requires verification.

Other school-based wellness activities	The policy addresses the school environment and student wellness. Evidence of implementation requires verification.
Stakeholder participation	The policy describes stakeholder involvement. Records identifying participating parents, students, school staff, administrators, and other stakeholders require verification.
Monitoring and evaluation	The policy identifies administrative responsibility and review procedures. Documentation of ongoing monitoring and evaluation requires verification.
Public notification	The policy is available online. Evidence that the school communicates assessment results and policy updates to the public requires verification.

Overall implementation finding: The school has a written wellness policy available to the public. However, the available information does not establish the extent to which each policy component has been implemented. The school should retain supporting records before making a final determination of compliance.

3. Comparison with a Model Local School Wellness Policy

The school's policy was reviewed for alignment with the general requirements of the USDA Local School Wellness Policy framework and recognized model wellness policy practices.

The policy includes several important components, including administrative responsibility, nutrition and physical activity goals, school-based wellness practices, and policy review procedures.

The following areas should be addressed or documented to strengthen alignment with current federal expectations and model policy practices:

- Clearly identify the designated wellness coordinator or committee and establish responsibilities for implementation and monitoring.
- Document stakeholder participation in policy development, implementation, review, and updates.
- Maintain current nutrition standards, including applicable Smart Snacks requirements and standards for foods and beverages provided to students.
- Establish clear requirements for food and beverage marketing on school property during the school day.
- Document procedures for monitoring implementation and evaluating progress toward wellness goals.
- Complete and document a triennial assessment, including the extent of implementation, comparison with a model policy, and progress toward goals.
- Make the assessment results and any policy updates available to the public.
- Maintain records of policy reviews, stakeholder involvement, monitoring activities, and communications.

The comparison identifies areas for clarification and documentation. It does not constitute a finding that the school is either compliant or noncompliant with every applicable requirement.

4. Progress Toward Wellness Goals

The written policy establishes goals related to nutrition education, nutrition standards, physical activity, and the school environment. However, records demonstrating measurable progress toward these goals were not available for confirmation during this assessment.

Goal Area	Progress Assessment	Recommended Next Step
Nutrition education	Progress not yet verified	Review curriculum materials, classroom activities, and nutrition education records.
Nutrition standards	Implementation not yet verified	Review menus, food-service practices, and applicable nutrition standards.
Physical activity	Progress not yet verified	Document physical education, recess, and other opportunities for student activity, as applicable.
School-based wellness	Progress not yet verified	Review practices supporting student health, well-being, and a positive school environment.
Policy monitoring	Formal assessment history not established	Assign responsibility for monitoring, maintain records, and establish a review schedule.
Stakeholder engagement	Participation not yet verified	Document stakeholder input and participation in future policy reviews.
Public communication	Policy is posted online; assessment communication not yet verified	Publish the completed assessment and communicate policy updates to the school community.

The absence of documentation does not necessarily mean that activities have not occurred. It means that progress cannot be substantiated until appropriate evidence is reviewed.

5. Areas for Improvement

Based on the policy review and the need to establish a documented assessment process, St. Cecilia School should prioritize the following actions:

Confirm the designated wellness coordinator or establish a documented assessment process, St. Cecilia School should prioritize the following actions:

1. Confirm the designated wellness coordinator or establish a wellness committee.
2. Review the written policy for alignment with current USDA requirements and applicable state and local expectations.

3. Collect documentation of existing nutrition education, food-service practices, physical activity opportunities, and other wellness activities.
4. Establish a process for monitoring implementation and measuring progress toward wellness goals.
5. Maintain records of stakeholder participation and policy review.
6. Publish the completed triennial assessment and make the results accessible to families and the public.
7. Establish a recurring review process to ensure the policy remains current and implementation can be documented.

6. Conclusion

St. Cecilia School has established a written Local School Wellness Policy and made it available on the school website. This initial triennial assessment provides a framework for reviewing the policy, identifying documentation needs, and strengthening the school's ongoing wellness practices.

The available information is insufficient to determine full implementation or measurable progress toward all wellness goals. The school should verify the findings in this assessment using available records, document any additional evidence, and address identified gaps through a structured improvement process.

The completed assessment and any subsequent policy revisions should be made available to the public in accordance with applicable requirements.

Assessment prepared for: St. Cecilia School
Assessment period: 2024–2027
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Administrative review and approval: Estela Valadez

Date: 10/27/2026

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