



Triennial Assessment Report 12/16/2024

Charlotte-Mecklenburg Schools

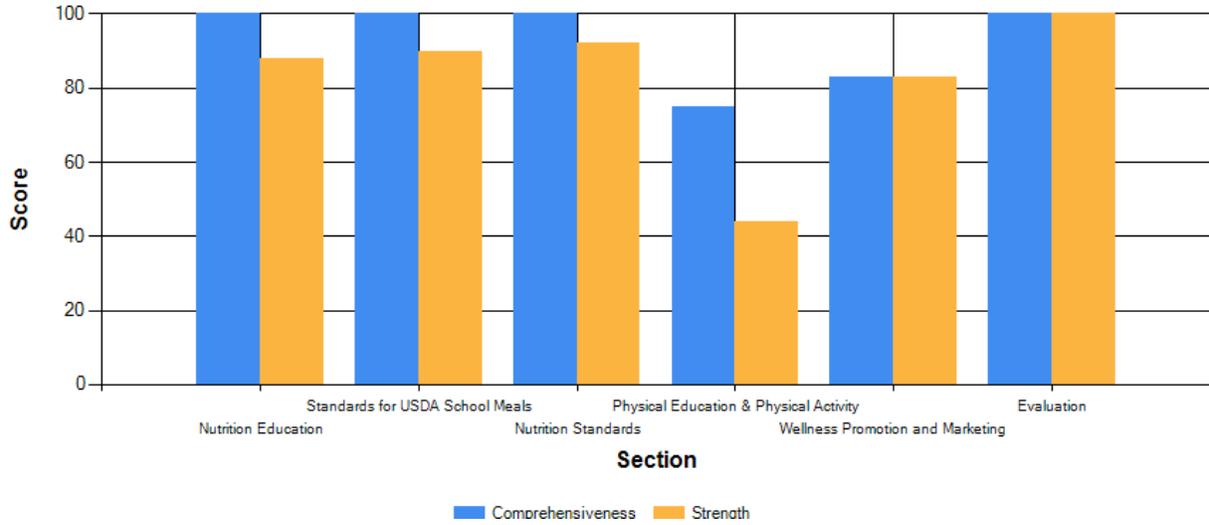
BACKGROUND: Local Education Agencies (LEAs) must conduct a comprehensive assessment of the Local School Wellness Policy (LSWP), a minimum of once every three years. The Well Stat 3.0 Assessment Tool measures the extent of compliance with the policy, how the wellness policy compares to model school wellness policies, and progress made in attaining the goals of the Student Wellness Policy.

Charlotte Mecklenburg Schools (CMS) Nutrition Leadership Team chose an online tool recommended for model policy comparison called Well SAT 3.0. More information about this can be located on the Well SAT website at <http://www.wellsat.org/>. The Wellness & Marketing Specialist along with other key leadership throughout the district completed the WellSAT 3.0 in November of 2024 in order to comply with the triennial assessment requirements. LEAs must also make the results of the triennial assessment available to the public. Charlotte-Mecklenburg School's First Triennial Assessment was completed on June 21, 2021 and was submitted to NC Department of Public Information-School Nutrition Department.

RESULTS for 12/16/2024: A copy of the WellSAT 3.0 for CMS is available and will continue to be posted on the Charlotte Mecklenburg School (CMS), School Nutrition Webpage. The assessment tool covers the following areas of the wellness policy: Nutrition Education, Standards of USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education/Physical Activity, and Wellness Promotion/Marketing. The WellSAT 3.0 District Scorecard for CMS continues to reveal an overall strength score of 83 and a comprehensive score of 93. As stated in "Scoring your Policy (wellsat.org), a comprehensive score reflects the extent to which recommended content areas are covered in the policy. A strength score describes how strongly the content is stated. Lower scores indicate less content and weaker language, where higher scores indicate more content and use of specific and directive language. Below is the completed copy of the CMS scorecard for the WellSAT 3.0 along with a summary of findings. The assessment tool shows CMS is in full compliance with all elements of the Local School Wellness Policy.



Nutrition Services



Section 1. Nutrition Education

Rating

NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	88



Nutrition Services

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	90



Nutrition Services

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	92



Section 4. Physical Education and Physical Activity

Rating

PEPA1	✘ There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	✘ Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	✘ Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	✘ Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	44



Nutrition Services

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	83
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	83



Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 93
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 83



Federal Requirement



Farm to School



CSPAP

Triennial Assessment: SUMMARY



STRONG POLICIES AND ALIGNED PRACTICES

We conducted our The Triennial Assessment of the Charlotte-Mecklenburg School (CMS) Student Wellness policy JL was conducted, as part of our ongoing efforts to evaluate and improve the wellness policy. School Health Teams, CMS Senior Leadership and School Nutrition Leadership were invited to assess the wellness policy to see if policy aligns to practice. Based on the WellSAT: 3.0 Assessment Interviewing Tool, CMS continues to be fully compliant with all seven areas that are federal requirements for a school wellness policy. Since submitting The Triennial Assessment in 2021, CMS School Health Advisory Committee (SHAC) continues to meet quarterly each school year to increase awareness of CMS programs and policies. (See dates of previous SHAC meeting minutes on our CMS School Nutrition webpage). Members of SHAC, represent the 10 components of the Whole School, Whole Community, and Whole Child. (WSCC) model. One component of the WSCC model that came up during a SHAC meeting over the past year was the need for more resources for Employee Wellness. CMS successfully addressed it by providing an Employee Wellness Playbook. This playbook focuses on what employee wellness looks like from the lens of health services and nutrition. It provides valuable resources and guidance to staff, supporting their well-being and providing a healthy work environment. The playbook was well received by school health teams, who found it to be a valuable resource in supporting staff wellness. Currently, we are working on a Student Wellness Playbook that will be available soon.

School Nutrition Leadership along with CMS District Leadership continues to provide the resources necessary to address the health and wellbeing for our students in the Mecklenburg Communities.



IMPLEMENTATION, EVALUATION, and COMMUNICATION

The CMS School health Advisory Committee (SHAC) will continue to meet periodically to review the Students Wellness Policy-JL. SHAC will provide advice to our school system to ensure we are providing a healthy school environment that promotes and protects children's health. No updates to CMS wellness policy will be required at this time.