

Triennial Assessment of the Local Wellness Policy

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Triennial Assessment of the Local Wellness Policy

Section 1: General Information

School(s) included in the assessment: Creative Minds International Public Charter School

Month and year of current assessment: March 3, 2022

Date of last wellness policy revision: July 2020 (to extend one additional year due to the pandemic)

Website address for the wellness policy and/or information on how the public can access a copy:
https://www.creativemindspcs.org/wp-content/uploads/2018/07/CMIPCS_Local_Wellness_Policy_2016-2019.pdf

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
 - Nutrition
 - promotion
 - Nutrition education
 - Physical activity
 - Other school based activities that promote student wellness.
- 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 school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- 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).
- 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.
- Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially

Triennial Assessment of the Local Wellness Policy

meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Triennial Assessment of the Local Wellness Policy

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Wellness _____</p> <p>Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep</p> <p>Name person responsible for facilitating the upkeep: Heather Hesslink (Dir of Ops)</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps: The Local Wellness Policy needs to be updated to better confirm with the new guidance involving the WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL.</p>			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p>			

Triennial Assessment of the Local Wellness Policy

Stakeholders are actively encouraged to participate, but participation has been limited due to the global pandemic. This school year, parents have been asked to not come into the building due to health and safety measures.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps:

Creative Minds has established a weekly home delivery program due the global pandemic. In partnership with our local meals vendor, we have served over 180,000 meals, which meet the USDA requirements, direct to students homes in SY20-21.

For SY21-22, we have adopted the flexibilities offered by the USDA to robustly and flexibly respond to the current health and safety situations. We are able to offer wholesome and nutritious meals to students learning in person as well as offering home delivery of meals to those learning remotely for individual or school-wide reasons for an anticipated exclusion of at least one week.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: We currently do not sell food and beverages outside the NSLP program.

Triennial Assessment of the Local Wellness Policy

--

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Snacks and food outside the school day are smart-snack compliant.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: NA; We do not offer competitive food and beverages.			

Triennial Assessment of the Local Wellness Policy

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Nutrition Education: Has at least 2 goals for nutrition education</p> <p>List goals: includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;</p> <p>Creative Minds International PCS will include in the health education curriculum the following essential topics on healthy eating:</p> <ul style="list-style-type: none"> • The benefits of eating fresh fruit and vegetables • The benefits of drinking water each day regularly 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>Goal 1:</p> <p>Prior to the global pandemic, we partnered with Urban Adventure Squad and students had opportunities to grow vegetables in our raised-bed garden. In addition, lessons, including harvesting vegetables into healthy snacks.</p> <p>At the school, every student is encouraged to use their own water bottle and all water fountains have been upgraded to filtered, bottle filling stations. The benefits of fresh fruits are described by signage, through our garden education program, and our meals program provides fresh fruit on a daily basis.</p>			

Triennial Assessment of the Local Wellness Policy

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Nutrition Promotion: Has at least 2 goals for nutrition promotion</p> <p>List goals:</p> <ul style="list-style-type: none"> ● implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques ; and ● ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. <p>Additional promotion techniques that Creative Minds</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>For goal 1, we have been using evidence-based healthy food promotion techniques, including</p> <ul style="list-style-type: none"> -keep milk case full -only white milk is offered - cafeteria staff politely promote students to select a reimbursable meal - cafeteria staff smile and greet students -cleaning supplies are not visible during meal service -student feedback is encouraged - monthly menu is provided to the community - students engage in growing food - school partners with local partner to promote gardening -smarter lunchroom strategies are included in the local wellness policy -USDA Healthy Eating posters are posted in student eating areas. <p>For goal 2, all promoted foods and beverages are smart-snack compliant.</p>			

Triennial Assessment of the Local Wellness Policy

--

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Physical Activity: Has at least 2 goals for physical activity</p> <p>List goals:</p> <ul style="list-style-type: none"> ● students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education; ● physical education teachers shall develop and implement a curriculum that connects and <ol style="list-style-type: none"> 1. demonstrates the interrelationship between physical activity, good nutrition, and health; 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<p>Describe progress and next steps:</p> <p>Prior to the global pandemic, students were meeting the minimum PE activities in school; during virtual learning, movement breaks and PE classes are incorporated in the curriculum.</p> <p>In 21-22 students are receiving at least the minimum requirements of physical activity each week as well as recess daily.</p> <p>Our staff are modeling making good choices about exercise and nutrition for our students.</p>
--

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
--	--------------	------------------------	------------------

Triennial Assessment of the Local Wellness Policy

<p>Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness</p> <p>List goals:</p> <ul style="list-style-type: none"> • the benefits of growing your own produce and learning this through maintaining a school garden • contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices; 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	-------------------------------------	--------------------------	--------------------------

Describe progress and next steps:

We have achieved these goals. Prior to the global pandemic, we had an active gardening program where students could participate during scheduled class activities, recess, and after school.

We have partnered with a local catering company who incorporates locally grown foods and the DOD fresh program to ensure that students have access to high-quality local produce.

In the next plan, we will focus on enhancing our recycling program and creating an environment that embraces recycling and sustainability.

School Wellness Policies are to Include: _____	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
--	--------------	------------------------	------------------

Triennial Assessment of the Local Wellness Policy

<p>Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> • to what extent the LEA is in compliance with the school wellness policy • the extent to which the local wellness policy compares to model school wellness policies • the progress made in attaining the goals of the school wellness policy <p>Name person responsible for monitoring the policy: Heather Hesslink, Dir. Of Ops</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>Creative Minds overall has been compliant with the Local Wellness Policy. There are some limitations due to the unexpected global pandemic and transition to remote learning. However, we are adapting and continuing to implement our Local Wellness Policy.</p> <p>Next steps involve updating our policy and soliciting community feedback.</p>			

Triennial Assessment of the Local Wellness Policy

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Describe progress and next steps:</p> <p>The local wellness policy is available on the school's website and is included in the student handbook.</p> <p>Next steps include revising our local wellness policy for SY22-25 as well as reevaluating how to incorporate best practices as we return to a new normal post-global pandemic. We are expecting health and safety requirements to impact how some aspects of the local wellness policy is implemented.</p>			

Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

- Alliance for a Healthier Generation: Model Policy
- Upgrade Sample Language
- Other (please specify): OSSE's template for the Local Wellness Policy.

Describe how the school wellness policy compares to model wellness policies.

Our policy is based on OSSE's template for 2016-2019.

Describe how the school wellness policy meet [DC laws](#).

Last updated March 3, 2022

Triennial Assessment of the Local Wellness Policy

(2) Goals for:

(A) Improving the environmental sustainability of schools;

Creative Minds' implemented goals for sustainability. Specifically, our school garden program taught students about the benefits of growing and consuming local produce and we worked with our food vendor to ensure that locally grown produce was incorporated into meals to the extent feasible.

(B) Increasing the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices;

We solicited a new NSLP food vendor and the contract clearly stated that a certain percentage of the produce must be locally grown.

(C) Increasing physical activity; and

Our Local Wellness Policy has clear goals that we strive to achieve. Some of the goals were more difficult to implement and monitor during the remote learning posture. However, we aimed to meet each goal to the maximum extent feasible.

(D) Developing and implementing an Environmental Literacy Program.

We have incorporated environmental literacy into our curriculum. For example, our 4th graders focus on environmental sustainability and design posters that are displayed at the school.

(c) Public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be:

(1) Posted on each school's website, if it has one;

Our policy posted to our website and referenced in our student handbook.

(2) Distributed to food service staff members;

Food service staff are trained annually on our local wellness policy

(3) Distributed to the school's parent/teacher organization, if it has one; and

The Local Wellness is shared with our CFA, which is our parent teacher organization.

(4) Made available in each school's office.

Copies are available upon request. We do not have a traditional office, but it resides in the Director of Operations office.

Describe how the waiver extension has helped implement the goals of the policy during the 2020-21 school.

Creative Minds has used the USDA for 2020-21 in the following manner:

- The waivers have allowed us to deliver over 150,000 healthy and nutritious meals directly to students' homes.**
- It allows us to extend the current policy for one year, which was instrumental, as a policy update was due but the global pandemic made it difficult to solicit and actively engage multiple stakeholders.**
- It also allowed us to continue our current goals, and not have to train and try to execute new goals when students were learning remotely. By continuing the previous**

Triennial Assessment of the Local Wellness Policy

curriculum, our staff had a better understanding about expectations and could deliver content aligned with our Local Wellness Policy more effectively.

Creative Minds

International PCS

Local Wellness Policy

SY 2016 – 2020

This Local Wellness Policy (LWP) outlines the LEA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools in the Creative Minds International PCS. Specific measurable goals and outcomes are identified within each section below.

Local Wellness Committee Role and Membership

Creative Minds International PCS will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP. The Local Wellness Committee will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g.,

Triennial Assessment of the Local Wellness Policy

dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

The designated officials for oversight are Heather Hesslink and Margaret Ward:

Name	Title /Relationship to the School or District	Email address	Role on Committee
Heather Hesslink	Director of Operations and Compliance	heather.hesslink@creativemindspcs.org	Assists in the implementation and evaluation of the wellness policy implementation
Margaret Ward	Director of Grants And Communications	margaret.ward@creativemindspcs.org	Assists in the implementation and evaluation of

			the wellness policy implementations
--	--	--	-------------------------------------

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan

All schools will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Creative Minds International PCS will use a variety of tools (see list below) to complete school-level assessment of implementation of this plan; based on the results; Creative Minds International PCS will create an action plan, implement the plan, and generate an annual report. Creative Minds International PCS will retain records to document compliance with the requirements of this LWP at the Creative Minds International PCS's main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Each school in the Creative Minds International PCS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website <http://www.creativemindspcs.org> and through Creative Minds International PCS-wide communications. This will include a summary of the Creative Minds International PCS's events or activities related to wellness policy implementation. Annually, the Creative Minds International PCS also will publicize the name and contact information of the school officials leading and coordinating

Triennial Assessment of the Local Wellness Policy

the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, Creative Minds International PCS will conduct a Triennial Progress Assessment and develop a report that reviews each Creative Minds International PCS

schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of Creative Minds International PCS's LWP.

The positions/persons responsible for managing the triennial assessment and report is Heather Hesslink (heather.hesslink@creativemindspcs.org) and Margaret Ward (margaret.ward@creativemindspcs.org). The above referenced individuals will monitor Creative Minds International PCS schools' compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. Creative Minds International PCS schools will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

Creative Minds International PCS will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of Creative Minds International PCS's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when Creative Minds International PCS's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Community Involvement, Outreach and Communications

All Creative Minds International PCS schools are committed to being responsive to community input, which begins with awareness of the LWP. All Creative Minds International PCS schools will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for Creative Minds International PCS. All Creative Minds International PCS schools also will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. All Creative Minds International PCS schools will actively notify the public

about the content of or any updates to this LWP annually, at a minimum. All Creative Minds International PCS schools will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, Creative Minds International PCS will disseminate this LWP to parents through posting it in the school office, on the school website, and through any parent-teacher organizations.

Nutrition

Triennial Assessment of the Local Wellness Policy

Creative Minds International PCS school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Creative Minds International PCS is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- schools will operate a Universal "Free for All" School Breakfast Program in the cafeteria; and
- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - whole fruit options offered in attractive, accessible settings;
 - sliced or cut fruit offered, especially for age-appropriate students;
 - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
 - student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
 - placing white milk at the front of the coolers
 -

Creative Minds International PCS will strive to implement the following Farm to School activities:

- dissect vegetables in science class

- run farm stands using the school garden

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA Professional Standards for Child Nutrition Professionals](#).

Water

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. Creative Minds International PCS will make drinking water available where school meals are served during mealtimes. Additionally, Creative Minds International PCS will also:

- Widely publicize the benefits of drinking fresh clean water

Competitive Foods and Beverages

Creative Minds International PCS is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#). To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

Rewards

Triennial Assessment of the Local Wellness Policy

Creative Minds International PCS schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Third-Party Vendors

Creative Minds International PCS schools will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Creative Minds International PCS will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Food and Beverage Marketing in Schools

Creative Minds International PCS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Creative Minds International PCS strives to teach students how to make informed choices about nutrition, health and physical activity. It is Creative Minds International PCS's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other

Triennial Assessment of the Local Wellness Policy

entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however, Creative Minds International PCS will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Creative Minds International PCS;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Creative Minds International PCS's school nutrition services, athletics department, Parent-Teacher Association (PTA), and Parent-Teacher Organization (PTO) reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

Nutrition Promotion

All Creative Minds International PCS schools will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and

Triennial Assessment of the Local Wellness Policy

- ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that Creative Minds International PCS schools may use are available [here](#).

Ensuring Quality Nutrition Education, Health Education and Physical Education

Creative Minds International PCS aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Nutrition Education

Creative Minds International PCS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff; and

Essential Healthy Eating Topics in Health Education

Creative Minds International PCS will include in the health education curriculum the following essential topics on healthy eating:

- The benefits of eating fresh fruit and vegetables
- The benefits of drinking water each day regularly

Health Education

Creative Minds International PCS is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, Creative Minds International PCS will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the [DC Health Education Standards](#) and incorporate the [characteristics of an effective health education curriculum](#). Creative Minds International PCS will provide health education that:

- is offered at least 75 minutes per week at each grade level, K-8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;
- requires the health instructors to participate at least once a year in professional development in health education; and

Triennial Assessment of the Local Wellness Policy

- requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, Creative Minds International PCS will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. Creative Minds

International PCS will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

Improving Environmental Sustainability

Creative Minds International PCS will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- school wide recycling programs; and
- the benefits of growing your own produce and learning this through maintaining a school garden

Physical Education and Physical Activity

Creative Minds International PCS acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of Creative Minds International PCS that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being. The components of Creative Minds International PCS's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as [state activities the Creative Minds International PCS provides, such as dance, yoga or the martial arts, as well as, goals to increase physical activity for students to satisfy the Healthy Schools Act requirement.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, [state activities such as intramurals,

Triennial Assessment of the Local Wellness Policy

interscholastic athletics, and physical activity clubs]. Creative Minds International PCS will ensure that:

- students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education;
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.

Pre-Kindergarten (Pre-K) Physical Activity Recommendations:

Creative Minds International PCS Pre-K shall ensure that students receive 90 to 120 minutes of active play daily. These minutes shall consist of a combination of adult-led/structured active play and child-initiated/unstructured active play. Creative Minds International PCS will seek to offer active play outdoors, weather permitting. Creative Minds International PCS will ensure that:

- these active play minutes shall be achieved through recess, active transitions (marching, hopping, etc.), and classroom games that involve physical movement;
- recess shall be at least 60 minutes daily and scheduled in more than one block of time (e.g., three 20-minute sessions, two 30-minute sessions);
- as with physical education minutes, OSSE shall report to the mayor, DC Council, and Healthy Youth and School Commission (HYSC) annually regarding compliance with physical activity minutes for pre-K children in public and charter schools;
- these school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.



Triennial Assessment of the Local Wellness Policy

The assessment has been reviewed and received input from the following individuals:

Heather Hesslink

Craig Bednarovsky, COO

Jessica Curry

Freguenet Demisse

Lorna Dill

Margaret Ward