



Triennial Assessment District Wellness Summary

Results, Progress and Goals

1. General Information

School(s) included in assessment: 17 elementary schools, 4 middle schools, 3 high schools

Month and year of current assessment: May 2024

Date of last LWP revision: 6/12/2017

Website for LWP and/or details on how public can access a copy:

Columbia Public Schools Nutrition Services website

2. Wellness Committee Information

How many times per year does your Wellness Committee meet? Four

POLICY LEADERSHIP: Designated School Wellness Leader

Name	Job Title	Email address
Bridget Lolli	School Wellness Coordinator	blolli@cpsk12.org

PUBLIC INVOLVEMENT: School Wellness Committee Members

*A diverse group of stakeholders should be invited including Administrators, Classroom Teachers, PE Teachers, SFA Reps, School Nurses, Community Members, Parents, Students, Medical/Healthcare Professionals

Name	Job Title	Email Address
Heather McArthur	Chief Financial Officer	Hmcarthur@cpsk12.org
Laina Fullum	Director of Nutrition Services	lfullum@cpsk12.org
Robin Gammon	Nutrition Services Dietitian	rgammon@cpsk12.org
Jessica Baker	Gentry MS Nurse	jbaker@cpsk12.org
Lance Foulk	Beulah Ralph Elementary Principal	lfoulk@cpsk12.org
Susan Perkins	Director of Elementary School Counseling & District Children's Division Liaison	sperkins@cpsk12.org
Kelly George	Benefits Manager	kgeorge@cpsk12.org
Leigh Spence	Director of Secondary School Counseling	lspence@cpsk12.org
Dana Jones	Occupational Health Nurse	djones@cpsk12.org
Jeanne Snodgrass	Board of Education	
Molly Stebbins	School Psychology Supervisor	mstebbing@cpsk12.org

Name	Job Title	Email Address
Jennifer Maddox	Director of Health Services	jmaddox@cpsk12.org
Adam Taylor	Executive Director of Secondary Schools	adtaylor@cpsk12.org
Jeremy Milarsky	Program Manager, No Kid Hungry, parent	Jeremy.milarsky@mofact.org
Billy Polansky	Executive Director, Columbia Center for Urban Agriculture	billyp@columbiaurbanag.org
Stephanie Wightman	Media Specialist	swightman@cpsk12.org
Kim Goforth	Health and PE Coordinator	kgoforth@cpsk12.org
Lara Wakefield	Wakefield Consultation Services, LLC	wakefieldconsultationservices@gmail.com
Sara Buckallew	Assistant Teaching Professor Site Coordinator and Coordinated Program of Dietetics	buckallewss@missouri.edu
Liz Harrison	MU Extension Liaison for Public Health Country Engagement Specialist	eharrison@missouri.edu
Leigh Neier	Teaching Professor in Department of Educational, School & Counseling Psychology at MU	neierL@missouri.edu
Amber Kapila	School Nurse	akapila@cpsk12.org
Tracy Grant	Home School Coordinator	tgrant@cpsk12.org

3. COMPARE LEA's Local Wellness Policy to Model Local Wellness Policy

- Complete the Rudd Center WellSAT3.0 Assessment Tool
- Assessment Tool Scores: Total Comprehensiveness-53 Total Strength-36
- Keep a copy of the results on file for at least three full years plus the current year
- Indicate model policy language used for comparison
 - Missouri School Boards' Association
- Describe how your wellness policy compares to model wellness policy:
CPS policy is like the MSBA policy as they contain similar language and material required per federal regulations. CPS needs to update language on standards for USDA Child Nutrition Programs and School Meals to include these requirements: steps to protect the privacy of students who qualify for free or reduced priced meals, free drinking water is available during meals, and ensuring annual training for food and nutrition services staff in accordance with USDA Professional Standards. CPS also needs to add language stating the wellness policy is made available to the public. CPS has suggested to MSBA to add this required language. CPS anticipates the amended policy being approved in the coming months.

4. ASSESS School Compliance with LWP and Progress Towards Goals

- Complete the CDC's School Health Index (SHI)
- Assessment Tool Scores: see attached scores
- Keep a copy of the results on file for at least three full school years plus the current year.

Using the tables below:

First, indicate language that is currently written in district local wellness policy in relation to each topic listed.

Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal.

Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Guidelines for All Foods & Beverages for Sale at School (School Meals, Smart Snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
All foods and beverages sold to students during the school day on any property under jurisdiction of the district will meet USDA school meal and Smart Snacks in School	X			Will continue to follow USDA school meal and Smart Snacks standards

Guidelines for Other Foods and Beverages Available at School, but Not Sold (celebration snacks, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
Smart snacks standards apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day.			X	Will educate community on Smart Snacks standards and give suggestions on snacks, nonfood celebrations, etc. Will encourage community to follow Smart Snacks in Schools standards

Marketing and Advertising of Only Food and Beverages that Meet Smart Snack Guidelines	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The district will disseminate nutrition messages and other nutrition-related materials received from the USDA to student, staff, and the community through a variety of media and methods	X			Will continue to utilize USDA marketing and advertising materials.

Nutrition Education & Nutrition Promotion Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The district will provide nutrition education aligned with the Missouri Learning Standards and Grade-Level Expectations (GLEs) in health and physical education in all grades.	X			Will continue to align with Missouri Learning Standards and GLEs.

Physical Activity Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The district will provide physical education and opportunities for physical activity aligned with the Missouri Learning Standards and GLEs in health and physical education in all grades.	X			Will continue to align with Missouri Learning Standards and GLEs.
The wellness program coordinator, in consultation with the wellness committee, will develop procedures that address physical education and physical activity.		X		Wellness program coordinator and committee will develop procedures to address physical activity breaks in the classroom, out of school time activity, and promotion of walking and bicycling to and/or from school.

Other School-based strategies for Wellness Goal(s) (staff wellness, community partnership, family engagement, etc.)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Progress and Next Steps
The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.		X		Will continue to look for ways to communicate and develop other school-based wellness strategies to improve staff wellness, strengthen community partnerships, and increase family engagement.

School Health Index: Secondary
Overall Score Card

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1-School Health and Safety Policies and Environment					83%
Module 2-Health Education					84%
Module 3 - Physical Education and Physical Activity Programs			77%		
Module 4 - Nutrition Environment and Services			75%		
Module 5 - School Health Services					83%
Module 6 - School Counseling, Psychological, and Social Services			79%		
Module 7-Social and Emotional Climate			77%		
Module 8 - Physical Environment					81%
Module 9 - Employee Wellness and Health Promotion			64%		
Module 10 - Family Engagement			46%		
Module 11 - Community Involvement			61%		

School Health Index: Elementary
Overall Score Card

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	
Module 1-School Health and Safety Policies and Environment					83%
Module 2-Health Education			72%		
Module 3 - Physical Education and Physical Activity Programs			79%		
Module 4 - Nutrition Environment and Services			76%		
Module 5 - School Health Services			76%		
Module 6 - School Counseling, Psychological, and Social Services			80%		
Module 7-Social and Emotional Climate					90%
Module 8 - Physical Environment					86%
Module 9 - Employee Wellness and Health Promotion			52%		
Module 10 - Family Engagement			59%		
Module 11 - Community Involvement			57%		