

In 2023 CCLCS used the Wellsat screening tool, which is a quantitative assessment tool from the Paul Rudd School of Food Policy and Health at UConn, to audit CCLCS's wellness policy. It shows our strengths and where our policy can be improved.

We scored very well, higher on the comprehensive score and strength score than most other participating schools nationwide. **What we did learn was that we could be stronger in teaching, encouraging and modeling healthy eating habits.** Habits, good or bad, are learned at an early age. Taking time to teach children the importance of wellness and nutrition at an early age is critical as these lessons are more likely to stick with them throughout their childhood and into adult life. What we offer to our students either in meals, snacks or treats will comply with the state of Massachusetts Healthy foods regulations. Food will not be used as a treat, and healthy fruit and snacks will be available throughout the day.

CCLCS will do the Wellsat audit every three years. The wellness committee will recommend improvements. These improvements will be written into the wellness policy if they are approved by the School Board before the end of the audit school year. Results of the audit and the improvements made will be an addendum to the wellness policy. It will be posted on our website within the same year as the audit is done. These steps will also be in our wellness policy.