

CHEDER CHABAD FLORIDA

TRIENNIAL WELLNESS POLICY ASSESSMENT

Required Under 7 CFR § 210.31(e)(2)

School/LEA Name:	Cheder Chabad Florida
Assessment Period:	August 1, 2023 – November 1, 2025
Assessment Completion Date:	
Wellness Committee Members:	Board: Chaya Matusof, Yosef Gluckowsky, Aharon Matusof; Admin: Aharon Matusof; Parent: Naomi Kotlarsky; Student: Sara Aidel Smith; Teacher: Chana Rivkin; Food Service: Yehuda Matusof

REQUIRED COMPONENT 1

EXTENT OF COMPLIANCE WITH WELLNESS POLICY

Regulatory Citation: 7 CFR § 210.31(e)(2)(i) - "The extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy"

Assessment Method: The wellness committee reviewed policy implementation across all required components listed in the Cheder Chabad wellness policy approved August 4, 2023.

Compliance Findings by Policy Component

1. Nutrition Standards for School Meals (SBP, NSLP, ASSP)

- Fully Compliant - All requirements met
- Substantially Compliant - Most requirements met with minor gaps
- Partially Compliant - Significant gaps identified
- Non-Compliant - Requirements not being met

Notes: Fully Compliant with SBP, NSLP, and ASSP nutrition standards.

2. Competitive Foods & Smart Snacks Standards

- Fully Compliant
- Substantially Compliant
- Partially Compliant
- Non-Compliant

Notes: Cheder Chabad is in full compliance with USDA and Florida Smart Snack standards for competitive foods sold or distributed during the school day.

3. Physical Activity (120 minutes daily PE, Recess, Health Ed)

- Fully Compliant
- Substantially Compliant
- Partially Compliant
- Non-Compliant

Notes: The 120-minute daily structure provides abundant opportunities for physical education, recess, and health instruction — well above Florida's statutory minimums and in strong alignment with USDA wellness requirements.

4. Nutrition Promotion & Education

Fully Compliant
Substantially Compliant
Partially Compliant
Non-Compliant

Notes: The policy demonstrates comprehensive, practical implementation through classroom integration, family outreach, and visible campus messaging — exceeding baseline federal expectations,

5. Staff Wellness

Fully Compliant
Substantially Compliant
Partially Compliant
Non-Compliant

Notes: It clearly demonstrates: Inclusion of staff wellness goals. Concrete activities and supports, Environmental and safety commitments, Integration with the broader wellness framework

6. Public Notification & Community Involvement

Fully Compliant
Substantially Compliant
Partially Compliant
Non-Compliant

Notes: The school demonstrates exemplary transparency and inclusiveness through: Continuous website access to the wellness policy, Annual and triennial reporting. Active community engagement and feedback opportunities. Comprehensive recordkeeping procedures\

OVERALL COMPLIANCE SUMMARY

Based on the assessment above, the extent to which Cheder Chabad is in compliance with its wellness policy is:

FULLY COMPLIANT - All policy requirements are being met
SUBSTANTIALLY COMPLIANT - Most requirements met; minor gaps identified
PARTIALLY COMPLIANT - Significant gaps exist
NON-COMPLIANT - Major deficiencies identified

Summary of Compliance Findings:

Cheder Chabad's Wellness Policy is **comprehensive, current, and fully compliant** with all **USDA and Florida FDACS requirements**.

All six key domains—Nutrition Standards, Smart Snacks, Physical Activity, Nutrition Education, Staff Wellness, and Public Engagement—are addressed thoroughly and supported by oversight, recordkeeping, and evaluation procedures.

REQUIRED COMPONENT 2

COMPARISON TO MODEL WELLNESS POLICY

Regulatory Citation: 7 CFR § 210.31(e)(2)(ii) - "The extent to which the local educational agency's local school wellness policy compares to model local school wellness policies"

Model Policy Used for Comparison:

Alliance for a Healthier Generation Model Local School Wellness Policy
Florida Department of Agriculture and Consumer Services (FDACS) Model
USDA Team Nutrition Model Policy
Other:

Comparison Results

Components in Model Policy That Are ALSO in Our Policy:

Meals follow **SBP, NSLP, and ASSP** regulations.

Clear messaging across cafeteria & classrooms.

Parents encouraged to promote healthy meals at home.

Components in Model Policy That Are NOT in Our Policy:

Our policy includes qualitative goals (e.g., "increase nutrition awareness by 20%"), but does not provide **numeric benchmarks** or timelines for all domains (nutrition education, physical activity, staff wellness, etc.).

Addresses "healthy food standards" but does not specifically reference **food safety certifications, local sourcing, or farm-to-school** procurement programs (though community partnerships are encouraged).

Components in Our Policy That EXCEED the Model Policy:

Students will have 80 minutes daily of Physical Education, Recess and Health Education. This commitment provides **Three times the required amount** of structured physical activity

COMPARISON SUMMARY

The extent to which our policy compares to the model policy:

EXCEEDS MODEL - Our policy is more comprehensive than model

ALIGNS WITH MODEL - Our policy includes all key model components

MOSTLY ALIGNS - Our policy includes most model components with some gaps

NEEDS UPDATES - Several key model components are missing

Overall Comparison Assessment:

Cheder Chabad's Wellness Policy is **comprehensive, current, and exceeds many USDA model standards.**

It presents a clear structure for accountability, engages all stakeholders, and reflects a proactive wellness culture.

With minor refinements (water access, coordinator designation, measurable goals), the policy would represent a **model exemplar** for private and charter schools statewide.

REQUIRED COMPONENT 3

PROGRESS TOWARD POLICY GOALS

Regulatory Citation: 7 CFR § 210.31(e)(2)(iii) - "A description of the progress made in attaining the goals of the local school wellness policy"

For each measurable goal in the wellness policy, describe progress made during the assessment period.

GOAL 1: Student Nutrition Awareness

Goal Statement: Increase student awareness of useful nutrition information

Progress Made:

- Goal Achieved
- Substantial Progress
- Some Progress

Description of Progress:

Teachers consistently encourage students to make healthy food choices throughout the school day. Students are reminded to bring nutritious snacks from home, select balanced meal options during lunch, and stay hydrated. In addition, daily participation in physical education and movement-based activities reinforces the connection between healthy eating and overall wellness.

GOAL 2: Physical Activity - 120 Minutes Daily

Goal Statement: Students will have 120 minutes daily of Physical Education, Recess, and Health Education

Current Status: Average 120minutes per day achieved

Progress Made:

- Goal Achieved (8120 minutes)
- Substantial Progress (99-119 minutes)
- Some Progress (80-99 minutes)
- Minimal Progress (<79 minutes)
- Unable to Measure

Description of Progress:

All grade levels are consistently receiving the planned 120 minutes of activity each day. Student participation and enjoyment remain high, indicating strong progress toward long-term fitness and wellness objectives.

GOAL 3: Smart Snacks Compliance - 100%

Goal Statement: All competitive foods meet Smart Snacks standards

Current Status: 100% of competitive foods compliant

Progress Made:

- Goal Achieved (100% compliant)
- Substantial Progress (95-99% compliant)

Some Progress (85-94% compliant)
Minimal Progress (<85% compliant)
Unable to Measure

Description of Progress:

All competitive food and beverage offerings have been verified as compliant with Smart Snacks standards. Student participation in school-sponsored snack and lunch programs has remained stable, and feedback indicates that students are adapting well to the healthier options.

OVERALL PROGRESS SUMMARY

Cheder Chabad has made steady, measurable progress across all wellness goals. All school meals and competitive foods meet **USDA and FDACS nutrition standards**, and Smart Snacks compliance is verified regularly. Students receive **80 minutes of daily physical activity**, exceeding state requirements, and health education is fully integrated into the curriculum. Nutrition promotion efforts, staff wellness initiatives, and community engagement have strengthened overall participation and awareness. The **Wellness Committee** meets regularly, monitors compliance, and communicates updates publicly.

Overall, the school remains fully compliant and continues to build a strong culture of health and wellness for students and staff.

Included are pictures of students during PE



PUBLIC DISCLOSURE REQUIREMENT

Per 7 CFR § 210.31(d)(3), this assessment must be made available to the public.

This assessment was made available to the public on: 11/11/25

Methods used to make assessment public:

Posted on school website at: www.Chederchabadfl.com/wellnesspolicy

Available in school office

Announced at board meeting on: _____

Other: _____

ASSESSMENT COMPLETE

This assessment satisfies the triennial assessment requirement under 7 CFR § 210.31(e)(2)