



# Caledonia Community Schools

## Wellness Committee 24/25 EOY Report

### State Requirements for Local Wellness Policy

Local Education Agencies (LEAs) that participate in the National School Breakfast/Lunch Program are obligated to create and implement a local wellness plan (often referred to as policy by the State) that encourages the health and wellness of students. Wellness plans are meant to be specific to the needs of the district. Best practice ensures that:

- a written copy of the plan is available
- the wellness plan is posted on the [school website](#)
- plans are revised as recommended by the team and continually align to the district's Triennial Assessment

The Caledonia Wellness Committee consists of teachers, parents, administrators, district office representatives, and school health professionals. The team met regularly throughout the 2024-2025 school year to monitor established goals. Notable accomplishments for the 24/25 school year include:

- [Revising](#) previously constructed goals to current vision and supplying schools with the appropriate information to meet the goals.
- Aligning the revised goals to the [triennial assessment](#), a three year report that helps guide future work.
- Providing guidance to schools about how to uphold positive wellness practices such as:
  - Promoting mood boost foods (via communication from the Food Service Dept.)
  - Highlighting [healthy snack options](#) for parents
  - Communicating the availability and health benefits of breakfast
  - Equipping staff members with age appropriate reasons for healthy eating

Overall, the team met the goals we had for the year and are in a good place heading into the 25/26 school year.