School Wellness Report Card

Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

OUTSANDING	SATISFACTORY	NEEDS IMPROVEMENT	
☐	☐	✔	Participation in meal programs is promoted to families.
✔	☐	☐	School hosts a school garden.
☐	☐	✔	Self serve spices and seasonings are available for students to add flavor to vegetables
✔	☐	☐	Bright and informational local food posters are displayed in the lunchroom.
☐	✔	☐	Health education teachers provide opportunities for students to practice or rehearse the skills taught through
☐	☐	✔	Physical activity of any kind is available for at least 30 minutes per day for all students.
☐	☐	✔	Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.
☐	✔	☐	Teachers incorporate movement and kinesthetic learning approaches into “ core ” subject instruction when
☐	✔	☐	Families are informed and invited to participate in school-sponsored activities and receive information about
✔	☐	☐	The school hosts health fairs via mobile health clinics

Highlights

During the 2025-26 School Year, CFLC made it a goal to incorporate courses and activities that encourage healthy eating and overall wellness to our student population. Our Horticulture class began working on a school garden in which they've grown vegetables and other greenery with the goal of one-day producing enough to feed the surrounding community. The health and wellness class emphasized the importance of daily excercise and movement by participating in walking/running challenges to win prizes.

Areas for Growth

Due to our limited outdoor space, it is a challenge to incorporate activities during recess, lunch and/or after school that encourage our students to move and excercise. Next year, CFLC will focus on partnering with community agencies such as the boys and girls club or other youth centers to provide more opportunities for students to engage in physical activities.