

Triennial Assessment Report: Wellness Policy 537 Triennial Assessment (2/2025)

District: SOUTH KOOCHICHING

Introduction

The Triennial Assessment is a thorough review process that takes place every three years to evaluate our district's wellness policies and practices. It helps ensure that we are meeting federal and state requirements while promoting a healthy environment for our students, staff, and community.

To complete this assessment, our district formed a dedicated sub-committee separate from our Wellness Committee. This sub-committee reviewed the current wellness policy, compared it to the WellSAT 3.0 scoring tool, and discussed areas for improvement. The team involved in this process included the Wellness Coordinator, District Superintendent, School Building Principal, District Business Manager, School Counselor, and a School Board Member.

The Triennial Assessment Report, completed on February 27, 2025, will outline our findings, identify opportunities for growth, and highlight practices that are well-aligned with our wellness goals. This report will serve as a foundation for making necessary policy adjustments to further strengthen our wellness program.

Strong Policies and Aligned Practices

Our district has made great progress in meeting wellness goals, demonstrating a clear commitment to student health and nutrition.

One key area of success is how we handle unpaid meal balances. In line with the federal requirement NES2, we've established a system to ensure students with unpaid balances aren't stigmatized. We focus on maintaining a positive and supportive atmosphere, making sure all students can access meals without embarrassment.

We also excel in providing information about free or reduced-price meals (NES3). Our district regularly shares eligibility information through social media, our website, and parent meetings, making it easier for families to access these resources.

Additionally, we ensure all foods sold during the school day meet the USDA's Smart Snacks standards (NES8). We actively check these standards to ensure everything served aligns with the guidelines.

Our district has a strong wellness committee (IC1), with members from various areas, including the superintendent, wellness coordinator, and school board.

In terms of nutrition education (FR1), our district has clear goals that teach students healthy eating habits and encourage them to make informed choices. Our National School Lunch Program meals (FR2) meet all federal standards, ensuring students have access to nutritious meals.

We are committed to protecting student privacy (FR3) and ensure that all meal information remains confidential. Our nutrition staff (FR5) participates in ongoing training to stay up to date with the latest USDA requirements.

We also ensure that all a la carte items (FR7) meet the Smart Snacks guidelines, so students have access to healthier options throughout the day. Our school has a designated wellness policy coordinator (FR14), ensuring that the policy is being followed and implemented effectively.

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Our wellness policy is easily accessible to the public (FR15) on our website, and we complete a triennial assessment every three years (FR16) to evaluate our progress and identify areas for improvement. The assessment report (FR17) provides a detailed look at how well we're meeting our goals.

Since our last triennial assessment, we've made noticeable improvements, including better communication with families about meal eligibility, more robust nutrition education programs, and improved policies for handling unpaid meal balances. These changes have helped us better align with federal standards and create a healthier, more supportive environment for our students.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	2	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
FR15	How is the wellness policy made available to the public?	2	2	☆

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FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR17	What is included in the triennial assessment report to the public?	2	2	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆
IC2	Is there an active school-level wellness committee?	2	2	☆

Create Practice Implementation Plan

To ensure full compliance with the Local School Wellness Policy (LSWP), our district will create a practice implementation plan that addresses key federal requirements.

Federal Requirements:

The plan will address the following requirements:

FR8, FR9, FR10: Ensure all foods and beverages sold in vending machines, school stores, and at fundraisers meet Smart Snacks standards.

FR11: Regulate foods and beverages at class parties in elementary schools.

FR18: Revise the wellness policy based on the triennial assessment.

NE1: Use interactive methods in nutrition education.

PEPA1: Ensure consistent implementation of the physical education curriculum.

PEPA11: Provide opportunities for family and community physical activity engagement.

Plan to Improve Implementation:

Nutrition Education: Implement interactive, skills-based lessons focused on healthy eating.

Smart Snacks Compliance: Regularly monitor and ensure compliance with Smart Snacks standards.

Physical Education: Maintain consistent physical education across grades.

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Community Engagement: Host family fitness events and explore shared-use agreements for school facilities.







Responsible Parties:

The wellness coordinator will lead the plan, with support from the district wellness committee and other school staff.

Timeline:






The implementation process will begin in 2024 and continue through 2027, in line with our wellness goals. The plan will be reviewed and assessed annually, with progress measured against our goals for each year. Success will be measured through surveys, audits, participation metrics, and the triennial assessment in 2027.

This plan will ensure compliance while supporting student health and wellness throughout the implementation period.

		Policy Score	Practice Score	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	1	0	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	1	0	
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	1	0	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	1	

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PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	0	
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	1	0	

Update Policies

Our district will update the Local School Wellness Policy (LSWP) to ensure full compliance with federal requirements and align with our wellness program goals. The focus will be on:

- Smart Snacks compliance (FR4, FR5, FR6, FR8, FR9, FR13)
- Comprehensive nutrition education (NE3, NE4, NE5)
- Physical education standards (PEPA1-8, PEPA13)
- Promoting healthy food choices (NES5, NES7, NES11)

Responsible Parties:

The wellness coordinator, with support from the wellness committee and school staff, will oversee the updates.

Timeline:

Policy revisions will be completed by September 2024 and implemented immediately. Success will be evaluated annually.

Improving Partial Implementation:













Where practices were partially implemented (scoring ‘1’ on WellSAT), we will enhance:

- Nutrition Education: Expand interactive lessons and professional development for teachers.
 - Physical Education: Strengthen curriculum alignment and provide additional teacher training.
 - Healthy Food Marketing: Collaborate with food services to promote healthier choices.
- This process ensures compliance while supporting our health and wellness goals.





	Policy Score	Practice Score	
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FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	1	2	
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	1	2	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	0	2	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	2	
NES13	Do teachers or school staff give students food as a reward?	0	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	2	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	2	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	2	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	2	

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PEPA13	Is there daily recess for all grades in elementary school?	1	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	2	

Opportunities for Growth

To align our district wellness program with federal requirements and enhance our practices, we will focus on the following key areas:

Federal Requirements
 NES5: Marketing Healthy Foods

Plan: Promote healthy food choices through signage, posters, and digital media in cafeterias. Host wellness events and workshops to raise awareness.
 Responsible: Wellness committee, nutrition services, communications team.
 Timeline: Plan created by 2024-25, implementation by 2025-26. Success measured by increased healthy food choices and student feedback.

PEPA2: Physical Education Curriculum Alignment

Plan: Update PE curriculum to align with national/state standards, incorporating physical activity breaks and lifestyle choices.
 Responsible: Physical education department, wellness committee.
 Timeline: Curriculum updated by 2024-25, implemented by 2025-26. Success measured by participation rates and academic improvement.

Additional Goals
 Physical Activity Enhancements

Plan: Increase activity breaks across all grade levels, expanding to high school by 2026-27.
 Responsible: Physical education department, school leadership.
 Timeline: Start in 2024-25, expand by 2026-27. Success measured by participation and student feedback.

Policy Updates
 Plan: Update wellness policy to include healthy food marketing, local food sourcing, and the new PE curriculum.
 Responsible: Wellness committee, legal advisors.
 Timeline: Policy updated by 2024-25, implemented by 2025-26. Success assessed through policy compliance.










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Assessment and Success Indicators

We will assess success through surveys, participation rates, and academic impact. Annual reviews will ensure ongoing alignment with federal requirements.


By prioritizing these updates, we will enhance student wellness and ensure compliance with federal standards.

		Policy Score	Practice Score	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	0	0	
FR13	Which groups are represented on the district-level wellness committee?	1	1	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	1	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	1	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	0	
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	1	1	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	0	0	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	0	0	


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PEPA16	What proportion of students walk or bike to school?	0	0	
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Key

 **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

 **Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited

 **Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

 **Opportunities for Growth** - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources