

Triennial Assessment Report: Wellness Policy Triennial Assessment (11/2025)

District: CUTTEN ELEMENTARY

Introduction

Our Wellness Policy continues to align with Federal regulations. In many areas we have exceeded the minimum standards. We have a strong Physical Education practice; however, we need to align our our practices more explicitly in our policy.

Wwe used the WellSAT 3.0 to review our policy. The Superintendent, the and the School Nutrition Program Specilist from the County office helped assess the policy. It was completed on November 7, 2025.

Strong Policies and Aligned Practices

We have a very strong policy complying with Federal requirements, nutrition education, physical educaiton, and integration and coordination. While we meet all the Federal requirements our District Wellness Council will continue to strengthen our policy with evidence best strategeis to improve student heallth outcomes beyond basic compliance.

		Policy Score	Practice Score	
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	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during 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	☆
FR13	Which groups are represented on the district-level wellness committee?	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	☆

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FR15	How is the wellness policy made available to the public?	2	2	☆
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	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES1	Does the district offer breakfast every day to all students?	2	2	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
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)?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE5	Is nutrition education integrated into other subjects beyond health education?	2	2	☆
NE7	 Does nutrition education address agriculture and the food system?	2	2	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆

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PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	2	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	2	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	
PEPA16	What proportion of students walk or bike to school?	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

We are working on a classroom party compliance as stated Wellness policy. Discussions and revisions to practice will be addressed by our School Wellness Committee. The Principals will make sure practice changes are implemented. The plan and practice will be reviewed and revised by the end of the 2025-26 school year.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	0	

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NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	2	1	
EW1	 Are there strategies used by the school to support employee wellness?	2	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	1	

Update Policies

We meet all the Federal requirement; however, we will focus on nutrition and physical education moving forward. The Wellness Committee will be responsible for updating the policy language by the end of the 2025-26 school year.

		Policy Score	Practice Score	
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	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	

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PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
PEPA13	Is there daily recess for all grades in elementary school?	1	2	

Opportunities for Growth

We have met all Federal requirements; however, we have opportunities to grow in our physical and nutrition education programs.

		Policy Score	Practice Score	
NES13	Do teachers or school staff give students food as a reward?	1	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	
PEPA18	Do teachers ever use physical activity as a punishment?	0	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	1	

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Conclusion

Our Triennial Assessment affirms our District's commitment to fostering a healthy school environment that supports student well-being, academic success, and lifelong health habits. Through this review we have identified key areas of success including federal requirements, and our practices go above and beyond our policy. We will be updating our language in our policy to align with our practices.

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

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