

Triennial Assessment Report: WellSat (6/2025)

District: PRESTON

Introduction

Preston Public Schools recently completed its second triennial assessment of its School Wellness Policy per the CT State Department of Education's Office of Student Supports and Organizational Effectiveness. The assessment was completed by the Executive Administrative Assistant to the Superintendent, along with the assistance of the School Wellness Committee, and other school faculty members.

Preston continues to successfully meet its wellness goals. We did show overall improvement from the first assessment that was completed three years ago. A revised School Wellness Policy will be presented to our Board of Education in the near future to ensure that we continue to follow the best practices of all federal requirements.

Strong Policies and Aligned Practices

Preston Public School Policies and Practices align to meet the requirements of the National School lunch Program and the USDA.

Preston continues to implement healthy food choices and cafeteria procedures. Policies were reviewed to ensure that student confidentiality is maintained in the best way possible. Practices regarding fundraisers were also reviewed and it was determined that Preston is handling all food/beverage sales appropriately.

Preston has a consistent Physical Education Curriculum in place, but continues to work on its health curriculum for all grade levels.

		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	☆

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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?	2	2	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
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?	2	2	☆
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?	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	☆
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	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆

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NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	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?	2	2	☆
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	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	☆
NES13	Do teachers or school staff give students food as a reward?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
NE5	Is nutrition education integrated into other subjects beyond health education?	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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PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	2	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
EW1	 Are there strategies used by the school to support employee wellness?	2	2	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

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IC2	Is there an active school-level wellness committee?	2	2	★
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Create Practice Implementation Plan

Preston must rework its schedule to ensure that there is enough time to teach both PE and Health adequately at the elementary and middle school levels in order to better meet the requirements of the CT State Department of Education.

The Curriculum Sub Committee will meet to review and discuss the above implementation plans. Professional Development will be provided to teachers as needed for new curricula. We hope to have this in place by the Fall of 2025. This team can also work on ways to engage family members in physical activity at school. Currently there is a student/parent/faculty basketball fundraiser in place. There are also adult basketball and volleyball games arranged by the Preston Parks and Recreation Department. We would like to work together to promote an increased knowledge of nutrition, exercise and healthy lifestyle for all children and adults in our community.

		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	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	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?	2	1	
NE7	 Does nutrition education address agriculture and the food system?	2	1	

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PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	2	1	
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Update Policies

Since our practice scores are higher than our policy scores we know that it is time to adjust our policy in order to meet the requirements of the USDA and the CT State Dept. of Ed.

The School Wellness Committee, along with the Superintendent, will seek guidance from CABE as to the best way to update the policy. We plan to bring the policy updates to the Board of Education in April. It is our goal to have a revised policy in place by the end of the 2024-2025 school year.

		Policy Score	Practice Score	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	1	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?	1	2	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	2	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	1	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	1	2	

Opportunities for Growth

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Preston Public Schools intends to meet the requirements of the USDA to the best of its ability.

All faculty and administrators will work together to encourage further implementation of physical activity breaks in the classroom.

The Preston Board of education will vote on any necessary policy updates and the administration will be in charge of enforcing these changes no later than Fall of 2025.

		Policy Score	Practice Score	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	1	1	
PEPA16	What proportion of students walk or bike to school?	0	0	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	

Conclusion

The Triennial Assessment opens up the need for further discussion regarding the review and revision of our policies and practices.

Preston is a small district, with fewer people to work on such projects, but that does not make the projects any less important.

All teachers work together to provide education on nutrition, exercise, and healthy lifestyles. They do so in PE, Health, and Science classes.

Preston will continue to implement healthy food choices and safe cafeteria procedures. We will continually seek guidance from the USDA and the CT State Dept of Education for the most updated information and best practices.

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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