# Triennial Assessment Report: RSD 18 Triennial (3/2025)
# District: REGIONAL 18

## Introduction

Our schools policy vs practice align well with federal requirements and best practices.  The district strives to achieve complete alignment between each assessment.

The District's Coordinated School Health Council/Wellness Committee reviewed and scored each question, which were then reviewed by additional administrators to confirm compliance and alignment between policy vs practice.

## Strong Policies and Aligned Practices

RSD 18's policy and practice align well, which we proactively work to achieve.

Multiple federal requirements were met, as well as nutrition education, nutrition standards, physical education and wellness promotion and marketing.

In comparison, the District scored similarly to the last assessment from 3 years prior.

| | | 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** | ☆ |
| **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** | ☆ |

## Triennial Assessment Report: RSD 18 Triennial (3/2025)
## District: REGIONAL 18

| | | | | |
|---|---|---|---|---|
| **FR7** | Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards? | **2** | **2** | ☆ |
| **FR8** | Do all foods and beverages sold in vending machines meet Smart Snack standards? | **2** | **2** | ☆ |
| **FR13** | Which groups are represented on the district-level wellness committee? | **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** | ☆ |
| **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** | ☆ |
| **NES3** | Does your school or district provide information to families about eligibility for free or reduced-price meals? | **2** | **2** | ☆ |
| **NES4** | Does your school use strategies to maximize participation in the school breakfast program and/ or school lunch program? | **2** | **2** | ☆ |
| **NES7** | In your district, is it a priority to procure locally produced foods for school 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** | ☆ |

## Triennial Assessment Report: RSD 18 Triennial (3/2025)
## District: REGIONAL 18

| | | | | |
|---|---|---|---|---|
| **NE1** | Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills? | **2** | **2** | ☆ |
| **NE2** | Do all elementary school students receive sequential and comprehensive nutrition education? | **2** | **2** | ☆ |
| **NE3** | Do all middle school students receive sequential and comprehensive nutrition education? | **2** | **2** | ☆ |
| **NE4** | Do all high 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** | ☆ |
| **PEPA3** | How does your physical education program promote a physically active lifestyle? | **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** | ☆ |
| **PEPA9** | What percentage of students do you estimate do not take PE each year due to exemptions? | **2** | **2** | ☆ |
| **PEPA10** | What percentage of students do you estimate do not take PE each year due to substitutions? | **2** | **2** | ☆ |

## Triennial Assessment Report: RSD 18 Triennial (3/2025)
## District: REGIONAL 18

| | | | | |
|---|---|---|---|---|
| **PEPA11** | Are there opportunities for families and community members to engage in physical activity at school? | **2** | **2** | ☆ |
| **PEPA13** | Is there daily recess for all grades in elementary school? | **2** | **2** | ☆ |
| **PEPA14** | Do teachers provide regular physical activity breaks for students in the classroom? | **2** | **2** | ☆ |
| **PEPA17** | Are teachers encouraged to use physical activity as a reward for students? | **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** | ☆ |
| **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

Practice and policy do not yet align in regards to FR 12, 14 & 18. This is an area the District is actively pursuing improvement and expect the next assessment to be reflective of meeting all federal requirements. This will be done beginning with a change in the Wellness Policy. This policy will then be implemented by each building administrator.

Our success in achievement will be determined by the score on the next triennial assessment.

| | **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? | **2** | **0** |  |
| **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** | **1** |  |
| **FR18** | Has the wellness policy been revised based on the previous triennial assessment? | **2** | **0** |  |
| **NES5** | Are marketing strategies used to promote healthy food and beverage choices in school? | **2** | **1** |  |
| **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** | **0** |  |
| **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** |  |
| **PEPA4** | How many minutes per week of PE does each grade in elementary school receive? | **2** | **0** |  |
| **PEPA5** | How many minutes per week of PE does each grade in middle school receive? | **2** | **0** |  |
| **PEPA6** | How many minutes per week of PE does each grade in high school receive? | **2** | **0** |  |

| | | | | |
|---|---|---|---|---|
| **PEPA12** | Are there opportunities for all students to engage in physical activity before and after school? | **2** | **1** | |
| **PEPA16** | What proportion of students walk or bike to school? | **2** | **0** | |
| **EW2** | Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? | **2** | **1** | |

## Update Policies

The only federal requirement listed relates to the availability of free water during meal service.

All the areas listed (4 total) will be addressed by the Board of Education Policy Review Committee, by the end of FY26.

| | | **Policy Score** | **Practice Score** | |
|---|---|---|---|---|
| **FR4** | Is free (i.e., no cost to students) drinking water available to students during meals? | **0** | **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** | |
| **NES14** | Do students have consistent and easy access to free drinking water throughout the school day? | **0** | **2** | |

## Opportunities for Growth

In practice, the district has made strides in regulating F/B for class parties and celebrations, and the policy will be reflective of this once the Board of Education Policy Review Committee meets to address it.

The Policy Review Committee is responsible for updating all policies for the district and senior administration will ensure that practice follows said policy.  This will be complete by the end of FY26.

# Triennial Assessment Report: RSD 18 Triennial (3/2025)
# District: REGIONAL 18

| | | Policy Score | Practice Score | |
|---|---|---|---|---|
| **FR11** | Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools? | **0** | **0** |  |
| **NES13** | Do teachers or school staff give students food as a reward? | **0** | **0** |  |

## Conclusion

The District has strong alignment between policy and practice; however, there are opportunities for growth and improvement that will be addressed and implemented by the end of FY26.

**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

# Triennial Assessment Report: RSD 18 Triennial (3/2025)
# District: REGIONAL 18

## USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, **AD-3027**, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW, Mail Stop 9410
   Washington, D.C. 20250-9410;

2. **Fax:**
   (202) 690-7442; or

3. **Email:**
   program.intake@usda.gov

This institution is an equal opportunity provider.