

Triennial Assessment Report: ISAAC_Wellness_2025 (5/2025)

District: INTERDISTRICT SCHOOL FOR ARTS AND COMM DISTRICT

Introduction

The Interdistrict School for Arts and Communication (ISAAC) is fully in compliance with all of the federal requirements that regulate school meals and competitive foods. ISAAC has specific goals for nutrition education that are designed to promote student wellness and include a standards-based nutrition education curriculum. The nutrition education curriculum is comprehensive and sequential and teaches skills that are behavior-focused, interactive, and/or participatory.

The Wellness Policy identifies the officials responsible for the implementation and compliance of the existing policy. The relevant stakeholders include parents/caregivers, representatives of the school nutrition program, the physical education/health teacher(s), school administrators, school board members and/or health professionals. The Wellness Committee will continue to update or modify the wellness policy every three years based on school priorities, community needs, new health science/technology, and new Federal or state guidance. All updates and changes will be made available to the public. ISAAC's current Wellness Policy was last updated in September 2022.

Strong Policies and Aligned Practices

Our Wellness team identified through our Wellness Assessment Tools that our district has a strong policy and is fully implementing practices that align with the policy. ISAAC is in compliance with all federal and USDA nutrition standards for reimbursable school meals. All school meals are prepared by nutrition services staff that receive annual training in accordance with USDA Professional Standards. ISAAC participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) making all meals accessible to all students. Students are allocated at least 10 minutes for breakfast consumption and at least 20 minutes for lunch. Throughout the day, free drinking water is available to all students.

There is a written physical education curriculum for each grade at ISAAC that is aligned with national and/or state physical education standards and that is taught by a trained and certified physical education teacher. The curriculum promotes a physically active lifestyle for students and addresses physical engagement opportunities for all students and families. The nutrition education curriculum addresses sharing information with families and the broader community to positively impact students and the health of the school-wide community.

Our administrative team identified through our last Wellness Assessment that, although the WellSAT-I indicates that teachers do not use or withhold physical activity as a punishment in practice, this standard was not specifically addressed in our Wellness Policy. No language existed indicating that physical activity should not be used or withheld from students as a form of punishment. In order to remedy this, we developed an implementation plan. This plan included reminding/educating teachers about this during professional development and monitoring teachers using informal/formal observations. The plan also included bringing this information to the Wellness Committee to get approval for updating the existing policy the following school year. Although using or withholding physical activity as a punishment is not utilized at ISAAC in practice, the language should have been reflected in or Wellness Policy.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆

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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	☆
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	☆
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	☆

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NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition 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	☆
PEPA12	✍️ Are there opportunities for all students to engage in physical activity before and after school?	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

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Our Wellness Team identified that all students do not have the opportunity to engage in physical activity for the recommended 225 minutes per week. However, our physical education teacher does encourage and assign movement activities for students outside of school. We also offer after-school physical opportunities for students several times a week, such as running club, soccer, and basketball. Additionally, we have a "Get Out and Play Day" designated on our calendar each year where students are encouraged to participate in some form of physical activity during half of the school day.

In the future, the assessment and analysis of the implementation plan will be completed by the Wellness Committee members. All Wellness Committee members will continue to meet on a regular basis throughout the school year in order to assess that the Wellness Policy goals are being met. The Wellness Policy will be updated on a triennial basis based on feedback from the Wellness Committee. All updates and changes to the policy will be made available to the public.

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	2	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	0	
PEPA16	What proportion of students walk or bike to school?	2	1	

Update Policies

Our administrative team identified through our Wellness Assessment Tools that, although teachers do not use or withhold physical activity as a punishment in practice, this standard is not specifically addressed in our current Wellness Policy. No language exists indicating that physical activity should not be used or withheld from students as a form of punishment. In order to remedy this, we have developed an implementation plan. This plan includes reminding/educating teachers about this during professional development and monitoring teachers using informal/formal observations. The plan also includes bringing this information to the Wellness Committee to get approval for updating the existing policy next school year. Although using or withholding physical activity as a punishment is not utilized at ISAAC in practice, the language should be reflected in our Wellness Policy.

All Wellness Committee members will continue to meet on a regular basis throughout the school year in order to assess that the Wellness Policy goals are being met. The Wellness Policy will be updated on a triennial basis based on feedback from the Wellness Committee. All updates and changes to the policy will be made available to the public.

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		Policy Score	Practice Score	
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?	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	
NES13	Do teachers or school staff give students food as a reward?	0	2	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
NE7	 Does nutrition education address agriculture and the food system?	1	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	2	

Opportunities for Growth

There is a written physical education curriculum for each grade at ISAAC that is aligned with national and/or state physical education standards and that is taught by a trained and certified physical education teacher. The curriculum promotes a physically active lifestyle for students and addresses physical engagement opportunities for all students and families. The nutrition education curriculum addresses sharing information with families and the broader community to positively impact students and the health of the school-wide community. However, ISAAC will encourage the PE teacher to involve families in her after school assignments related to physical fitness. ISAAC will also advertise the importance of physical fitness in newsletters and look into a potential collaboration with after-school programming to add an element of parental involvement.

	Policy Score	Practice Score	

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PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	1	
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Conclusion

The Interdistrict School for Arts and Communication (ISAAC) is fully in compliance with all of the federal requirements that regulate school meals and competitive foods. ISAAC has specific goals for nutrition education that are designed to promote student wellness and include a standards-based nutrition education curriculum. The nutrition education curriculum is comprehensive and sequential and teaches skills that are behavior-focused, interactive, and/or participatory.

All Wellness Committee members will continue to meet on a regular basis throughout the school year in order to assess that the Wellness Policy goals are being met. The Wellness Policy will be updated on a triennial basis based on feedback from the Wellness Committee. All updates and changes to the policy will be made available to the public.

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 - 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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