

Triennial Assessment Report: 2025 (3/2025)

District: OSSEO PUBLIC

Introduction

The triennial assessment was completed in March of 2025. The assessment was completed in collaboration with the wellness coordinators as well as using site specific data from our yearly site wellness self assessment tool which we created.

Overall, our districts wellness policy is very well aligned as compared to federal requirements. However, there are a handful of points per WellSAT that could be added to our policy/procedure language. When reviewing the practice score sections that correlate to these items that are not spelled out in our policy/procedure, the practice section clearly shows that these initiatives are taking place in our district. It will be a fairly simple task to add these to our policy/procedure.


Strong Policies and Aligned Practices

In the section, strong policies and aligned practices, it is clear per our results that our policy and practices are in compliance with regulations and we do a very good job of aligning our practices with our policy.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	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	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria 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	☆
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	☆
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	☆
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	☆
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆

Create Practice Implementation Plan

I will highlight below areas of opportunity for implementation or improvement of practices in this section.

FR8 - Food and beverage sold in vending machines do not meet smart snack standards, but the machines are not available for students to use during the school day as defined by the USDA.

FR9 - We do not regularly monitor school stores and what is sold in them. The wellness coordinators will add this as a question for sites to respond to in our annual site wellness champion survey. We will follow up with site champions and ask them to bring it to their administrations attention if they are not in compliance.

FR11- Our district does not regulate food and beverages served at class parties and other school celebrations in elementary schools.








FR18 - The wellness policy was not revised on our last triennial assessment. The wellness coordinators will update the policy school year 25/26 with changes needed as a result of this assessment.

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NES13 - The policy has strong language on this. The wellness coordinators will follow up with site wellness champions on an as needed basis for sites that are not in compliance.

Regarding minutes of PE per age group level - there are not specific time frames written into our districts curriculum.

IC2 - Each school has a designated wellness champion. To what extent each champion plays and active role in fostering wellness in the school with staff and students is dependent on the site champion as well as administration.

		Policy Score	Practice Score	
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	1	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	2	0	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	1	
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	0	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR17	What is included in the triennial assessment report to the public?	2	1	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	0	

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NES12	Do all foods or beverages SOLD (not served) 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	
NES13	Do teachers or school staff give students food as a reward?	2	0	
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?	1	0	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	0	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	0	
IC2	Is there an active school-level wellness committee?	1	0	











Update Policies

In reviewing the section of the scorecard below it's clear that our districts practices are strong pertaining to each section.








Looking over the policy scores, we have room for improvement in each section to either strengthen existing language or add language altogether.

The districts wellness coordinator team will review and update the policy language in school year 25/26 based on the results of this section.

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		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?	1	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?	1	2	
NES1	Does the district offer breakfast every day to all students?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	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?	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	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	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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PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	0	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	2	
PEPA13	Is there daily recess for all grades in elementary school?	0	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	1	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
IC1	Is there an active district-level wellness committee?	1	2	
















Opportunities for Growth

Based on the results of the assessment the following items will be added to our district's Wellness Policy to ensure a comprehensive approach to student health and well-being.

1. Student Nutrition: The district will offer breakfast every school day to all students attending school in person during the school year.
2. Quality Physical Education: Physical education (PE) classes will be taught by state-certified or licensed teachers who hold an endorsement to teach physical education.
3. Educator Support: Ongoing professional development that is relevant and specific to physical education will be offered to all physical education teachers.
4. Recess: All students in all elementary school grades (K-5) will be provided with daily recess.
5. Discipline: Physical activity will not be used or withheld as a form of punishment or disciplinary action.

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	1	1	

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NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	1	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	0	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA16	What proportion of students walk or bike to school?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	1	

Conclusion

The assessment was completed in collaboration with the wellness coordinators as well as using site specific data from our yearly wellness self assessment tool.

Overall, our districts wellness policy/procedure is very well aligned as compared to federal requirements.

However, there are a handful of points per WellSAT that could be added to our policy/procedure language.

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When reviewing the practice score sections that correlate to these items that are not spelled out in our policy/procedure, the practice section clearly shows that these initiatives are taking place in our district. It will be a fairly simple task to add these to our policy/procedure.

In addition we came across a handful of procedures which we can do better with heightening site awareness of whats stated in the policy in order for sites to be in compliance.

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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