Triennial Assessment Report: TTSD Triannual Assessment 2025 (12/2025)
District: TIGARD-TUALATIN SD 23J

Introduction

Tigard-Tualatin School District conducted a triennial assessment of the Local School Wellness Policy (LSWP) in the Winter of 2025, the one prior was done Spring 2022. A triennial assessment is required every three years after the required implementation date of July 1, 2017 of the LSWP. The first triennial assessments were originally due on June 30, 2020, however, USDA released an initial waiver extending the deadline to June 30, 2021. An additional extension was granted via COVID-19: Child Nutrition Response #98 further delaying the deadline to June 30, 2022. Any sponsors who chose to delay the deadline to the June 30, 2022 extension date, must also complete a second triennial assessment by June 30, 2025. The assessment is required to include the following:

- Evaluation of the Local School Wellness Policy (LSWP) and how it compares to model policies
- The extent to which school(s) in our district are in compliance with the LSWP; and
- Evaluation of the progress towards goals listed in the policy

The following report was prepared by Kim Leung, MS, RDN – Tigard-Tualatin School District Nutrition Services Manager and Jarvis Gomes, Operations Administrator. Report was made available for review by the public on the Tigard-Tualatin Nutrition Wellness Webpage on December 19, 2025.

Strong Policies and Aligned Practices

The District complies with USDA nutrition standards (Smart Snacks) for students in the majority of all areas of the school setting. The Nutrition Services Department meets requirements for all a la carte items and schools meet requirements in the vending machine items available to students. Requirements are included in the wellness policy which is located on our webpage and provided yearly to all schools. Additionally, food and beverage marketing are restricted on school campuses during the school day to foods and beverages that meet Smart Snack Standards. The District also meets federal requirements for providing breakfast at all school locations. The District provides water to all students and it is freely accessible. In cafeterias where drinking fountains are not present, water jugs and cups are provided. The District has included funding in the recently passed bond to add drinking fountains and water bottle filling stations to all schools that lack them. The District has nutrition education and physical education curriculum that promotes student wellness, promotes a physically active lifestyle and meets national and state standards. Opportunities for activity are available through recess at all elementary schools.

		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**	☆
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**	☆
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**	☆
FR15	How is the wellness policy made available 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**	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price 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**	☆
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**	☆

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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**	☆
PEPA4	How many minutes per week of PE does each grade in elementary 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**	☆
EW1	Are there strategies used by the school to support employee wellness?	**2**	**2**	☆

Create Practice Implementation Plan

There are several areas of the LSWP that are written to meet requirements, but implementation of the policy is limited or has not occurred. These are the areas that are recommended for the next review period to address to comply with the LSWP requirements more fully. The District's students do receive sequential and comprehensive nutrition education in grades Kindergarten through 12th grade. We did reinstate a District Wellness Advisory Committee to review the LSWP, update the LSWP and communicate the policy to the public. Next steps would be to create and reinstate school level wellness advisory committees to help communicate LSWP requirements with regards to Smart Snack requirements for school stores and fund raisers. The policy is written to address these items, but implementation indicates that the policy is not being consistently followed. A lack of understanding of the requirements and how to implement the requirements should be addressed. Level specific communications will be developed to address this topic to more easily communicate the confusing and lengthy expectations around meeting Smart Snack requirements. Post-COVID, Physical activity opportunities have returned and are being practiced.

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		Policy Score	Practice Score	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	**2**	**1**	
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	**2**	**1**	
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**	**1**	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**1**	**0**	
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**	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	**2**	**1**	
NES10	Are foods or beverages containing caffeine sold at the high school level?	**1**	**0**	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**2**	**1**	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**2**	**1**	

PEPA6	How many minutes per week of PE does each grade in high school receive?	**2**	**1**	
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**2**	**1**	
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**	**1**	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**2**	**1**	

Update Policies

Our district's implementation and practice of the District's LSWP is stronger than the policy. The wellness policy is evaluated every three years. Oregon HB 34354 ensures all students receive a full meal regardless of ability to pay and including this information in the LSWP would strengthen the policy related to this topic. Additional components that could be added to strengthen the policy include language related to the use or denial of physical activity as a means of punishment for students. The District practice already appropriately addresses this topic, but adding language to the LSWP would strengthen the policy and practices in the District. Finally, marketing of food products is noted in the District's policy, but expanding the language to include all areas and time where marketing may occur would strengthen the policy. Language and topics to add and address in future LSWP would need to include withholding of physical activity as a classroom management tool and use of physical activity as a punishment.

		Policy Score	**Practice Score**	
FR16	Is wellness policy implementation evaluated every three years?	**1**	**2**	
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**	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**1**	**2**	
PEPA13	Is there daily recess for all grades in elementary school?	**1**	**2**	
PEPA18	Do teachers ever use physical activity as a punishment?	**0**	**2**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**0**	**2**	
IC1	Is there an active district-level wellness committee?	**1**	**2**	

Opportunities for Growth

Our district has reinstated a Wellness Advisory Committee at the district level. The next steps would be the reinstate school-level wellness committees to increase or expand wellness initiatives in the District. The school level wellness committees can help encourage wellness initiatives that could be successfully implemented in the District. We could strengthen our wellness committee through addition of more individuals to represent all stakeholders.

Topics and items to add to the LSWP include staff giving students food as a reward, foods or beverages SOLD (not served) to students, foods or beverages SERVED (not sold) to students, nutrition education, physical activity as reward, and site-level school wellness committees.

The first step will be to create school level wellness committees.

		Policy Score	**Practice Score**	
FR13	Which groups are represented on the district-level wellness committee?	**1**	**1**	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	**1**	**1**	

FR17	What is included in the triennial assessment report to the public?	**1**	**1**	
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**	**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)?	**0**	**0**	
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)?	**0**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**0**	**0**	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	**1**	**1**	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**1**	**1**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**0**	**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?	**0**	**1**	
NE7	 Does nutrition education address agriculture and the food system?	**0**	**1**	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	**0**	**1**	

PEPA17	Are teachers encouraged to use physical activity as a reward for students?	**0**	**0**	
IC2	Is there an active school-level wellness committee?	**0**	**0**	

Conclusion

While our LSWP contains all federal requirements, there are areas to improve and strengthen, including addressing physical activity and food as reward, foods sold and served to students, and nutrition education. While a district-wide wellness committee has been reinstated, next steps would be to have school-level wellness advisory committees to help with implementation of the LSWP.

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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