December 2025

The Gilbert School Triennial Wellness Assessment Summary

The Gilbert School demonstrates a strong foundation in school wellness, with full alignment between policy and practice across core areas such as USDA meal compliance, nutrition education quality, water access, staff training, Smart Snacks adherence, physical education standards, and oversight through an active district wellness committee. These strengths indicate that day-to-day implementation of nutrition and wellness practices is consistently high, ensuring students receive healthy meals, adequate time to eat, supportive nutrition instruction, and opportunities for physical activity.

One area with a minor implementation gap had been the triennial assessment process. While policies require a formal evaluation of wellness policy implementation every three years, this practice had yet to be completed until this year. Establishing a consistent, documented evaluation cycle will help the district maintain compliance and measure progress over time.

The most significant need lies in updating written policies to match the strong practices already occurring. Many policies scored lower (0–1) despite consistently strong implementation, particularly those related to Smart Snacks standards, competitive foods and marketing restrictions, afterschool foods, local procurement language, physical education requirements, staff wellness, and the structure of school-level wellness committees. Strengthening these policies will ensure clarity, compliance, and sustainability of current practices.

Finally, several areas present opportunities for growth in both policy and practice. These include improving nutrition education integration, strengthening farm-to-school curriculum elements, increasing physical activity breaks, and supporting active transportation. Focusing on these growth areas will help the district advance beyond its already strong foundational compliance.