

Triennial Assessment Report: NWR7 WellSAT Assessment 2025 (6/2025)

District: REGIONAL 07

Introduction

NW Regional 7 School Triennial Wellness Report

The recent Triennial Assessment for the NW Regional 7 School Wellness Policy has been completed. The results show that the district has set specific goals for nutrition education aimed at enhancing student wellness. The nutrition education curriculum is incorporated into various subjects beyond just health education. Generally speaking, there is a robust and healthy learning community at Northwestern regional School District No. 7.

NW Regional 7 School complies with all USDA nutrition standards for reimbursable school meals. All meals are prepared by nutrition services staff who receive annual training as per USDA Professional Standards. We are part of the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), ensuring that all meals are available to every student. All foods and drinks provided to students meet or exceed the USDA Smart Snacks in School nutrition standards. Furthermore, our food service manager has sought out and secured a number of local fresh fruits and vegetable grants which have provided a wonderful variety of healthy, local foods for the enjoyment of students and staff members who regularly purchase high quality, healthy meals in our cafeteria.

The assessment of the Wellness Policy revealed a number of areas where the district is implementing positive and effective practices, but the Wellness Policy itself does not consistently reflect these practices. The Wellness Policy will be updated in the 2025 - 2026 school year to include aspects such as the mandatory training for Food Service staff, hours of PE per week, which are in effect but not recorded in policy, and other areas where there is an identified discrepancy between policy and practice. and the involvement of stakeholders in the future updates and reviews of the Wellness Policy and Triennial Reviews.

During our evaluation of the Wellness Policy, we pinpointed a few areas that need attention. The Administration should consider evaluating the following:

- The increased meetings of the district-level wellness committee.
- The process for sharing and promoting goals and elements of the Local School Wellness Policy with the public.
- Establishing a system to ensure that food-based fundraisers and celebrations better comply with the Wellness Policy requirements.
- Developing increased opportunities to promote healthy family and staff fitness activities at the school, including family activity events/nights.

We look forward to our ongoing efforts to ensure compliance and further, to model wellness and good health throughout our learning community.

Strong Policies and Aligned Practices

		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	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆

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FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	2	2	☆
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	2	☆
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	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	☆
FR13	Which groups are represented on the district-level wellness committee?	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	☆
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	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	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?	2	2	☆
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	2	2	☆
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	2	2	☆

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NES10	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
NES13	Do teachers or school staff give students food as a reward?	2	2	☆
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	☆
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	☆
NE7	 Does nutrition education address agriculture and the food system?	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	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆

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PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	★
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Create Practice Implementation Plan

Update Policies

		Policy Score	Practice Score	
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	
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	2	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	2	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	2	
IC1	Is there an active district-level wellness committee?	1	2	

Opportunities for Growth

		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	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	0	1	

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EW1	 Are there strategies used by the school to support employee wellness?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	1	
IC2	Is there an active school-level wellness committee?	1	1	

Conclusion

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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