

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

Introduction

Overall, Plymouth-Canton Community Schools meets or exceeds the federal minimum requirements for a school wellness policy. There was little to no change in practice and policy since the last assessment. There is an opportunity to regain focus and order in the oversight of the policy and practice as well as ensure that the activity of the wellness committee is consistent and productive. This triennial assessment was completed utilizing the WellSAT Assessment tool. This is the first year that P-CCS has utilized this tool and the first year we are comparing our policy with the WSCC model policy.

Primarily completed by the Director of Food & Nutrition Services and Dietitian Coordinator, input was received from the Chief Academic Officer and the Chief Finance & Operations Officer. An invitation for input was extended to the Assistant Superintendents and all level leaders, although they did not respond by the deadline. The assessment was completed on June 25, 2025.

Strong Policies and Aligned Practices

Plymouth-Canton Community Schools (P-CCS) proudly offers breakfast every day to all students, ensuring a strong start to their day. We take deliberate steps to support students with unpaid meal balances discreetly and without stigma, while also actively informing families about eligibility for free or reduced-price meals. In addition, students have consistent and easy access to free drinking water throughout the school day to stay healthy and hydrated. Our district implements a written physical education curriculum for every grade level that is aligned with state and national standards. Our program is designed to promote lifelong physical activity and support the development of healthy, active lifestyles for all students.

Plymouth-Canton Community Schools (P-CCS) district demonstrates a strong commitment to student wellness through both policy and practice. Specific goals are outlined in the district's Board-adopted Wellness Policy and are outwardly evident in implementation and messaging.

Student Privacy & Meal Program Protections

Confidentiality protections are strictly upheld in accordance with the National School Lunch Act (NSLA; 7 CFR §245.6) and the Family Educational Rights and Privacy Act (FERPA; 20 U.S.C. § 1232g; 34 CFR Part 99). These regulations ensure that student eligibility for free or reduced-price meals remains protected, and prohibit overt identification practices.

Access to Drinking Water

In compliance with the Healthy, Hunger-Free Kids Act of 2010, specifically 7 CFR § 210.10(a)(1)(i) (NSLP) and 7 CFR § 220.8(a)(1) (SBP), free drinking water is readily accessible to all students through fountains located in or near all district dining areas.

Smart Snacks & A La Carte Offerings

All a la carte foods and beverages sold in school cafeterias meet Smart Snacks standards, as required by 7 CFR § 210.11 under the NSLP. These standards regulate the nutritional quality of "competitive foods" sold to students during the school day.

Wellness Policy Availability & Public Reporting

The district's wellness policy is made available to the public through Board policy documentation and a direct link on the Food & Nutrition Services webpage. Triennial assessments of wellness policy implementation are completed every three years in accordance with 7 CFR § 210.31, and include:


- Progress toward wellness goals
- An evaluation of compliance (i.e., "practice")
- A comparison to a model wellness policy

The Whole School, Whole Community, Whole Child (WSCC) Model has been adopted as the guiding framework for the current assessment cycle, replacing prior use of the MDE model. Upon completion, triennial assessments are publicly posted and presented to the Board's policy review subcommittee to inform updates and recommendations.

		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	★

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

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	☆
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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	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	☆

Create Practice Implementation Plan

Plymouth-Canton Community Schools (P-CCS) affirms that our Local School Wellness Policy (LSWP) includes all required federal elements under 7 CFR § 210.31, as outlined in the Healthy, Hunger-Free Kids Act of 2010. This includes language and expectations related to Smart Snacks compliance, food marketing, classroom celebrations, mealtime duration, and the role of designated wellness coordinators at each building. However, while the policy itself is comprehensive and aligned with federal requirements, several areas are not yet fully implemented or consistently enforced in practice across all school sites.

Areas with Policy but Limited Practice Implementation:

Smart Snacks Compliance: The policy affirms that all competitive foods and beverages sold during the school day—including those in vending machines, school stores, and fundraisers—must meet USDA’s Smart Snacks standards. However, actual implementation varies by building, and not all items sold or marketed meet the required standards.

Fundraisers: Although fundraisers selling food during the school day are addressed in policy, not all such activities comply with Smart Snacks standards. Limited awareness of state exemptions may contribute to inconsistent enforcement.

Classroom Celebrations: The wellness policy states that foods and beverages served at classroom parties in elementary schools should align with nutrition guidelines. In practice, adherence to these expectations is inconsistent and often unmonitored.

Food and Beverage Marketing: While the policy restricts marketing on campus to items that meet Smart Snacks criteria, unregulated product logos and branding may still appear in hallways, athletic sponsorships, or vending machines without active monitoring.

Building-Level Oversight: Although the policy designates responsibility for implementation and compliance to building-level officials, in practice, this role has not been clearly assigned or supported at each school.

Revisions Based on Assessment: While the triennial assessment has been completed, prior results have not yet led to meaningful policy revisions or

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

structured follow-through.

Meal Time Durations: The policy supports providing students with at least 10 minutes to eat breakfast and 20 minutes for lunch (once seated), but actual time varies by building schedule and transitions, and is not consistently monitored.

Use of Food as a Reward: While the policy discourages the use of food as a reward, many staff are unaware of this provision or do not receive regular training on alternatives.

Plan for Improvement and Accountability

To move from written policy to effective practice, P-CCS will develop a district-wide practice implementation plan led by the District Wellness Committee, with guidance from the Director of Food & Nutrition Services. The plan will:

- Identify gaps between policy and practice
- Assign building-level wellness leads
- Provide professional development on Smart Snacks, non-food rewards, and celebration alternatives
- Standardize fundraising and marketing approval protocols
- Monitor mealtime schedules to align with policy

Proposed Timeline

Plan Development: August – October 2025

Board Review & Approval: November 2025

Building-Level Rollout: January 2026

Initial Monitoring Period: Spring 2026









Full Implementation Check-In: June 2026

Measuring Success

Success will be assessed through:





- A self-assessment checklist completed by each building
- Spot audits of competitive food offerings and fundraisers
- Staff surveys and feedback
- Documentation of any policy revisions or new protocols developed based on the implementation plan

This focused implementation process will ensure the district moves from policy compliance on paper to a culture of active wellness practice in every school building.

		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	0	
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	0	
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?	2	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	1	
FR13	Which groups are represented on the district-level wellness committee?	2	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?	2	0	

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	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	0	
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	1	
NES13	Do teachers or school staff give students food as a reward?	1	0	

Update Policies

Plymouth-Canton Community Schools (P-CCS) is committed to aligning both practice and policy with federal wellness standards as outlined in 7 CFR § 210.31 of the Healthy, Hunger-Free Kids Act of 2010. While many wellness practices are actively implemented across the district, several required components and local priorities are not yet explicitly written into the current Local School Wellness Policy (LSWP).

Federally Required Elements Practiced but Not in Policy

P-CCS currently complies with the following federal expectations in practice:

- National School Lunch and School Breakfast Program meals meet all federal nutrition standards for calories, nutrients, and meal patterns.
 - School nutrition staff meet USDA Professional Standards for annual training hours.
 - Strategies are used to increase student participation in school meal programs.
 - Staff have access to Smart Snacks standards to ensure compliance in food sales.
 - Nutrition education is comprehensive, sequential, and skills-based at all grade levels.
 - Physical education is taught by certified teachers, with annual professional development opportunities.
 - Elementary students have daily recess and classroom activity breaks.
 - An active district wellness committee and employee wellness efforts are in place.
- These elements, while implemented, must be formally integrated into the district's written policy to ensure full compliance and accountability.

Additional Local Priorities

P-CCS will also include additional locally valued practices in the updated policy:

- Commitment to procuring locally sourced foods through farm-to-school initiatives.
- Nutrition education that includes agriculture and food system awareness.
- Maintenance of PE access with minimal exemptions.
- Joint-use agreements that allow for broader community access to wellness spaces.

Roles & Responsibilities


The District Wellness Committee, coordinated by the Director of Food & Nutrition Services, will lead the policy update process. Contributors will include staff from Curriculum & Instruction, Health & PE, Facilities, Operations, school administrators, and parent and student representatives.

Timeline for Policy Update

- Policy Review & Drafting: October 2025 – January 2026
- Stakeholder Feedback & Revisions: February 2026
- Board Review & Adoption: March – May 2026
- Public Posting & Rollout: June 2026






















The revised policy will include clear references to all federally required components and will be aligned with the Whole School, Whole Community, Whole Child (WSCC) model to promote a holistic approach to student and staff wellness.

By formally codifying these standards and practices, P-CCS will ensure that its wellness policy reflects the district's true commitment to healthy school environments and is fully compliant with state and federal requirements.

		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	

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

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?	0	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?	0	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	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	2	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	0	2	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	0	2	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	0	2	
NE7	 Does nutrition education address agriculture and the food system?	0	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
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	
PEPA13	Is there daily recess for all grades in elementary school?	0	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	0	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	
IC1	Is there an active district-level wellness committee?	1	2	

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

Opportunities for Growth

Plymouth-Canton Community Schools (P-CCS) recognizes that while many wellness standards are acknowledged in practice, there are key areas where implementation is inconsistent and federal requirements are not fully met or reinforced in district policy. These areas include nutrition promotion and marketing, afterschool food and beverage practices, integration of nutrition education, physical activity access and use, staff modeling, and local wellness infrastructure.

Federally Required Components Needing Strengthening

Under 7 CFR § 210.31, the following components are required and currently not consistently implemented or addressed in written policy:

- Use of marketing strategies to promote healthy food and beverage choices
- Regulation of foods and beverages sold or served to students after the school day
- Avoiding the use of physical activity as punishment or withholding it as a management tool
- Establishing school-level wellness committees
- Staff modeling of healthy behaviors

Additional Priority Areas for P-CCS

Beyond federal requirements, the district has identified several wellness goals as local priorities:

- Monitoring and limiting the sale of caffeinated beverages at the high school level
- Integrating nutrition education into subjects beyond health class
- Enhancing collaboration between school nutrition staff and educators
- Increasing opportunities for before- and after-school physical activity
- Promoting active transportation (walking or biking to school)
- Encouraging use of physical activity as a reward rather than a consequence
- Creating more community and family engagement opportunities in physical wellness

Implementation Plan

Improvement Strategies:

- Develop marketing campaigns and signage to promote healthy options in cafeterias
- Create guidance for acceptable foods and beverages sold or served after school aligned with Smart Snacks or CACFP
- Provide PD for staff on appropriate use of physical activity and the risks of using it as punishment or withholding it
- Identify school-level wellness champions and build or reestablish wellness committees
- Introduce classroom-based tools for integrating nutrition education across subjects
- Audit vending and point-of-sale items for caffeine content at high schools

Lead Roles:

The District Wellness Committee, under the leadership of the Director of Food & Nutrition Services, will oversee the implementation plan, with contributions from:

- Curriculum & Instruction team
- Building Principals
- PE and Health Education Coordinators
- Before- and after-school program managers
- Parent/community liaisons

Timeline for Implementation Plan:

Plan Development: October–December 2025

Implementation Begins: January 2026

Mid-Year Check-In: May 2026

Annual Review and Adjustments: June 2026

Measuring Success:

- Pre/post implementation surveys for staff, students, and families
- Wellness committee checklists and annual building-level reports
- Observation logs and audits for marketing, afterschool sales, and PE scheduling
- Documented PD participation and staff feedback

Policy Update Timeline

Responsibility for Policy Language Updates:

The District Wellness Committee will draft policy revisions, with review and edits from central office administrators and the district legal/policy team.

Policy Update Timeline:

Drafting and Crosswalk Review: January – February 2026


















Stakeholder Input: March 2026

Board Review and Adoption: April – May 2026

Public Communication and Posting: June 2026





By aligning both policy and daily practice with federal wellness requirements and local priorities, P-CCS will create a more consistent, equitable, and health-promoting environment for all students and staff.

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)
District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

		Policy Score	Practice Score	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	1	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	0	
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	0	
NE5	Is nutrition education integrated into other subjects beyond health education?	0	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?	0	1	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	1	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	1	
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	
PEPA16	What proportion of students walk or bike to school?	0	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	1	

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

PEPA18	Do teachers ever use physical activity as a punishment?	1	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	
IC2	Is there an active school-level wellness committee?	0	0	

Conclusion

Plymouth-Canton Community Schools is committed to aligning both policy and practice with federal wellness requirements while advancing locally prioritized goals that support whole-child health. Through structured timelines, clear accountability, and a focus on practical implementation, the district will strengthen its Local School Wellness Policy to reflect what is already working in practice, address areas of inconsistency, and build sustainable systems that promote student and staff well-being. This comprehensive approach ensures that wellness is not only a written commitment but a lived experience across every school in the district.

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

Triennial Assessment Report: P-CCS 2025 Triennial Assessment (5/2025)

District: PLYMOUTH-CANTON COMMUNITY SCHOOLS

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. **Fax:**
(202) 690-7442; or
3. **Email:**
program.intake@usda.gov

This institution is an equal opportunity provider.