

Raisin City Elementary School District Triennial Assessment

In accordance with the [2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

Step 1: Comparison to a model School Wellness Policy using the WellSAT

The WellSAT Policy was used to compare the written policy to model standards and assess compliance of LSWP with federal requirements.

Step 2: Local measurement of compliance with School Wellness Policy

The WellSAT Practice was used to assess the implementation of the Local School Wellness Policy and compliance of district practices with federal requirements via interviews with district and school-level personnel.

Step 3: Description of the district's progress toward achieving goals described in the policy

The results of the WellSAT Policy and WellSAT Practice were analyzed and summarized in the Triennial Assessment report, documenting our progress towards meeting wellness goals. Scores range from 0-2.

N/A - Not Applicable

0 - Not mentioned or the policy clearly detracts from requirement

1 - Information is implied, repeats language in the federal requirement or lacks specifics

2 - Specific goals and standards are met

Raisin City Elementary School District used the [WellSAT Triennial Assessment](#) tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed on the subsequent pages.

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Introduction

The Raisin City Elementary School District completed its triennial wellness policy assessment to review the district's efforts to support student health and well-being through nutrition, physical activity, and wellness initiatives. This assessment provides the community with an overview of how well current wellness policies and practices align with federal requirements and recommended best practices. Overall, the district's wellness policies and practices generally meet federal requirements and demonstrate a continued commitment to supporting a healthy school environment. The process included participation from district administrators, school staff, and members of the wellness committee.

Strong Policies and Aligned Practices

The district shows strong alignment between policy and practice in several areas, including protecting student privacy related to providing free drinking water during meals, and making the wellness policy available to the public. These areas indicate that both the written policies and daily practices are working effectively together to support student wellness.

		Policy Score	Practice Score	
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	★
FR15	How is the wellness policy made available to the public?	2	2	★
NES1	Does the district offer breakfast every day to all students?	2	2	★
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	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	★
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	2	★

Create Practice Implementation Plan

The district has written policies in place, but there are areas of implementation that may need to be strengthened through improved communication and consistency. The district has identified the need for improved nutrition education goals & activities, identifying a person responsible for implementation at the school level and more consistent communication with the wellness committee, including evaluation of the wellness policy.

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		Policy Score	Practice Score	
FR16	Is wellness policy implementation evaluated every three years?	2	1	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	

Update Policies

The wellness committee will discuss a plan for updating the written wellness policy by adding more detailed language about school meals meeting nutritional standards and school nutrition professional development requirements. The triennial assessment report process and required components will also be review for future updates.

		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	
FR17	What is included in the triennial assessment report to the public?	1	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	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	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	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)?	1	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	1	2	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	

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PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	2	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	0	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	2	
PEPA13	Is there daily recess for all grades in elementary school?	0	2	

Opportunities for Growth

The district has opportunities to improve wellness efforts by coordinating wellness policy oversight and strengthening the documentation and evaluation of ongoing wellness activities.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	1	
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?	0	1	
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?	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	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	0	1	

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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	1	
NE7	 Does nutrition education address agriculture and the food system?	0	1	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical 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?	0	1	
PEPA16	What proportion of students walk or bike to school?	0	1	
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	
IC1	Is there an active district-level wellness committee?	1	1	
IC2	Is there an active school-level wellness committee?	1	1	

Conclusion

The triennial wellness assessment shows that the district supports student health through strong nutrition programs, physical education, and access to healthy foods and beverages. Over the next three years, the district wellness committee will develop a plan to focus on strengthening wellness policy language, improving nutrition education, continuing physical activity opportunities and supporting employee education and engagement.

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 - 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

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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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