

TRIENNIAL ASSESSMENT WELLNESS POLICY AND PRACTICE

2026 Assessment (3/2026)

The District has completed the WellSAT Policy Assessment and the WellSAT Practice Assessment, recognized authorities in wellness policy and practice development. The District's Policy and Practice scores for each item are below. Each pair of responses is compared and linked to an outcome. These are explained below.



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



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

ASSESSMENT NARRATIVE:

Our wellness policies and practices compare favorably to federal requirements and best practices but we do have opportunities for growth. Our policies and practices are aligned in many ways, but improvements need to be made. Comments for specific areas of improvement are below.

This assessment was conducted by the current wellness committee, comprised of the Director of Teaching & Learning, the Chief Finance Officer, and the Food Management Company manager.

The online version of this document is available at: <https://www.steilacoom.k12.wa.us/who-we-are/departments/food-services>

2026 POLICY AND PRACTICE ASSESSMENT		Policy Score	Practice Score	Link Score
Section 1. Federal Requirements				
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?	1	2	📄
<i>DISTRICT GOAL: Improve policy regarding student privacy regarding free or reduced price meals eligibility.</i>				

2026 POLICY AND PRACTICE ASSESSMENT		Policy Score	Practice Score	Link Score
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?	1	2	📄
DISTRICT GOAL: Improve policy regarding school nutrition staff training requirements.				
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?	1	2	📄
DISTRICT GOAL: Improve policy regarding competitive foods and beverages sold to students during the school day. ("Competitive foods" are a la carte items sold at the secondary level.)				
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	★
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	NA	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	1	📄
DISTRICT GOAL: Align practice to policy.				
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?	1	0	📄
DISTRICT GOAL: Diversify the wellness committee membership.				
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	📈
DISTRICT GOAL: Improve policy and practice: Designate a wellness policy advocate at each school.				
FR15	How is the wellness policy made available to the public?	1	1	📈
DISTRICT GOAL: Improve policy and practice: Design and implement a plan to improve the visibility of the wellness policy.				
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	★

2026 POLICY AND PRACTICE ASSESSMENT		Policy Score	Practice Score	Link Score
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	
DISTRICT GOAL: Maintain an active wellness committee and implement district goals around policy and practice improvements.				
Section 2. Nutrition Environment and Services				
NES1	Does the district offer breakfast every day to all students?	1	2	
DISTRICT GOAL: Improve policy to reflect current practice.				
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?	NA	NA	
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	
DISTRICT GOAL: Improve policy to align with practice.				
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?	NA	2	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	1	
DISTRICT GOAL: Improve policy and practice regarding foods and beverages containing caffeine.				
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)?	NA	NA	
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)?	2	1	
DISTRICT GOAL: Improve practice to align with policy by communicating nutrition standards to entities that sell food to students after the school day. (E.g. secondary student stores)				
NES13	Do teachers or school staff give students food as a reward?	2	1	

2026 POLICY AND PRACTICE ASSESSMENT		Policy Score	Practice Score	Link Score
	DISTRICT GOAL: Improve practice to align with policy by communicating nutrition standards to classroom staff.			
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
Section 3. Nutrition Education				
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	1	
	DISTRICT GOAL: Align practice to policy by improving nutrition education in the classroom.			
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	1	
	DISTRICT GOAL: Align practice to policy by improving nutrition education in the classroom.			
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	1	
	DISTRICT GOAL: Align practice to policy by improving nutrition education in the classroom.			
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
	DISTRICT GOAL: Improve policy and practice to align with nutrition education standards.			
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	
	DISTRICT GOAL: Align policy to practice.			
NE7	Does nutrition education address agriculture and the food system?	0	1	
	DISTRICT GOAL: Improve policy and practice to align with nutrition education standards.			
Section 4. Physical Education and Physical Activity				
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	
	DISTRICT GOAL: Align policy to practice.			
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?	1	2	
	DISTRICT GOAL: Align policy to practice.			
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	1	
	DISTRICT GOAL: Align practice to policy for elementary weekly PE minutes.			

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PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	1	
	<i>DISTRICT GOAL: Align practice to policy for middle school weekly PE minutes.</i>			
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice to align with high school weekly PE minutes.</i>			
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
	<i>DISTRICT GOAL: Align policy to practice.</i>			
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	1	
	<i>DISTRICT GOAL: Improve policy and practice to align with physical education standards.</i>			
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	0	
	<i>DISTRICT GOAL: Align practice to policy by evaluating the percent of students who take exemptions for PE.</i>			
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice by evaluating the percent of students who use substitutions for PE requirements.</i>			
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice to engage community members in physical activities at school.</i>			
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice to increase physical activity before and after school.</i>			
PEPA13	Is there daily recess for all grades in elementary school?	2	2	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
	<i>DISTRICT GOAL: Align policy to practice.</i>			
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	2	2	
PEPA16	What proportion of students walk or bike to school?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice to encourage walking/biking to school.</i>			
PEPA17	Are teachers encouraged to use physical activity as a reward for students?	1	1	
	<i>DISTRICT GOAL: Improve policy and practice to align with physical education requirements.</i>			

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PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
Section 5. Employee Wellness				
EW1	Are there strategies used by the school to support employee wellness?	1	2	
	DISTRICT GOAL: Align policy to practice.			
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	2	
	DISTRICT GOAL: Align policy to practice.			
Section 6. Integration and Coordination				
IC1	Is there an active district-level wellness committee?	1	2	
	DISTRICT GOAL: Align policy to practice.			
IC2	Is there an active school-level wellness committee?	1	1	
	DISTRICT GOAL: Improve policy and practice to develop school-level wellness committees.			

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