

EESD Wellness Policy Assessment (Baseline / Triennial)

School Year: 2025-26

Completed by:

Name	Role
Cindy Ksaissek	Food Services
Aura Weinstein	Horticulture
Valeria Stroud	Mental Health
Maggie Peterson	Physical Education
Raina Cable	Employee Wellness
Tina Croes	After School/Preschool
Kayla Colburn	Health Services
Bryn Valencia	Community Member
Tiffany Rodrigues	Administrator

Compliance Check

Area	Status (Yes / In Progress / No)	Notes
USDA school meal requirements met	Yes	
Smart Snacks compliance (foods sold)	In Progress	Area of need
Access to free drinking water	Yes	
PE minutes requirements met	Yes	
Food and beverage marketing compliant	In Progress	Area of need
Wellness Committee established & meeting	Yes	
Annual public notification (policy/report shared)	In Progress	

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Implementation of Policy Goals

Area	Status <small>(Yes / In Progress / No)</small>	Notes
Nutrition education	In Progress	
Physical education program	Yes	
Physical activity opportunities	Yes	
Student mental health supports	Yes	The committee chose to update the policy to remove specific program names (due to name changes)
Staff wellness efforts	Yes	
Family/community engagement	In Progress	The committee feels like there is a lot of effort from the district that is not yielding adequate participation

Progress Summary

What are we doing well?

- Implementation of a comprehensive Universal Meals Program
- Strong integration of mental health supports across all sites
- Continued alignment of physical education programs with state standards
- Expansion of staff wellness opportunities and partnerships
- Ongoing collaboration with community organizations to support student wellness

Where do we need to improve?

- More education to staff and parent clubs regarding Smart Snacks standards
- Consider site-level wellness oversight from administrators and front office staff to ensure the wellness policy is followed (including snacks sold and distributed, fundraisers, and marketing and advertising).
- Encourage giving healthy alternatives (including non-food) to what is used for incentives and celebrations

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Policy Alignment Review

Does our policy reflect current practice?

- Yes
- Some updates needed
- Significant updates needed

If updates are needed, list areas:

- Change committee members
- Update section 5 to remove specific names of partners/programs

Overall Assessment

Overall Implementation Level:

- Strong
- Progressing
- Needs Improvement