

Triennial Assessment Report: ECPPS Triennial Assessment (6/2026)

District: ELIZABETH CITY-PASQUOTANK PUBLIC SCHOOLS

Introduction

The Elizabeth City-Pasquotank Public Schools (ECPPS) School Health Advisory Council (SHAC) is committed to fostering school environments that support the health, wellness, and academic success of every student. As required by the Healthy, Hunger-Free Kids Act of 2010, school districts participating in the National School Lunch and School Breakfast Programs must complete a comprehensive assessment of their Local School Wellness Policy at least once every three years. This triennial assessment serves as an opportunity to evaluate the effectiveness of the district's wellness policy, measure the extent to which schools are implementing the policy, and identify areas for continuous improvement.

To complete this review, ECPPS utilized the WellSAT (Wellness School Assessment Tool), a nationally recognized instrument developed to assess the strength and comprehensiveness of local school wellness policies while comparing written policy with actual district practices. The assessment examined key components of the district's wellness efforts, including nutrition education, school meals, physical education, physical activity, employee wellness, and stakeholder engagement.

Overall, the 2026 WellSAT Triennial Assessment demonstrates that ECPPS has established a strong foundation for supporting student wellness. The district earned high marks in numerous areas where written policy and implementation are well aligned, particularly in nutrition standards, school meal compliance, and physical education.

The assessment also identifies several opportunities to strengthen the wellness program. Recommendations include increasing school-level wellness committee participation, expanding nutrition education practices at the high school level, and strengthening employee wellness initiatives.

The recommendations contained in this report will guide the School Health Advisory Council as it reviews and updates the district's Local School Wellness Policy. By building upon existing strengths and addressing identified areas for growth, ECPPS will continue to create healthy learning environments that support the physical, social, emotional, and academic well-being of all students.

Strong Policies and Aligned Practices

Elizabeth City-Pasquotank Public Schools (ECPPS) continues to demonstrate a strong commitment to promoting student health and wellness through comprehensive policies and consistent implementation across the district. The 2026 Triennial Assessment identified numerous areas where district policies are well developed and fully aligned with current practices, reflecting a coordinated effort to support the physical, nutritional, and social-emotional well-being of all students.

The district successfully met several federal requirements associated with the Local School Wellness Policy and the National School Lunch and School Breakfast Programs. These include ensuring that all reimbursable school meals meet USDA nutrition standards; ensuring all competitive foods, à la carte items meet Smart Snacks nutrition standards; maintaining required professional development for school nutrition personnel; conducting the required triennial wellness assessment; and making the district's wellness policy and assessment results available to the public. The district also maintains an active District School Health Advisory Council (SHAC), which includes representation from required stakeholder groups and provides oversight for implementation of the Local School Wellness Policy.

Overall, the findings indicate that ECPPS has built a strong wellness infrastructure that not only meets federal requirements but also promotes healthy school environments where students are better prepared to learn, grow, and succeed. The district will continue to use the results of this assessment to sustain these strengths while identifying opportunities for future enhancement.

		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	★

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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	☆
FR8	Do all foods and beverages sold in vending machines 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	☆
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	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	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)?	2	2	☆
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	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
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	2	☆

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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	☆
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	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
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	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

The 2026 Triennial Assessment identified several areas where Elizabeth City-Pasquotank Public Schools (ECPPS) has established policy language but implementation is inconsistent or not yet fully realized. These findings provide an opportunity for the district to strengthen practices and ensure that the Local School Wellness Policy (LSWP) is implemented consistently across all schools.

Several of the items identified in this section are directly related to federal wellness policy requirements. These include designating a wellness policy coordinator at each school responsible for implementation and compliance, ensuring that wellness initiatives are supported at both the district and school levels through active wellness committees, and implementing practices that support healthy school environments.

The School Health Advisory Council (SHAC) will work with each school to designate a School Wellness Coordinator who will serve as the primary contact for wellness policy implementation and will lead the development of a school-level wellness committee. These committees will meet regularly to review progress, identify barriers, and promote wellness initiatives that align with district goals. Progress updates will be reviewed annually by the SHAC, with recommendations provided to district leadership for continuous improvement.

Through these targeted actions, ECPPS will strengthen implementation of its Local School Wellness Policy, ensure greater consistency across all schools, and continue fostering learning environments that support the health, wellness, and academic success of every student.

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		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
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	1	
NES13	Do teachers or school staff give students food as a reward?	2	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	1	
IC2	Is there an active school-level wellness committee?	1	0	

Update Policies

Elizabeth City-Pasquotank Public Schools is committed to regularly reviewing and updating its Local School Wellness Policy to ensure full alignment with all federal requirements

		Policy Score	Practice Score	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	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?	0	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	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	2	
NE7	 Does nutrition education address agriculture and the food system?	1	2	

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PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
EW1	 Are there strategies used by the school to support employee wellness?	0	2	

Opportunities for Growth

ECPPS will continue to build upon its strong wellness foundation while ensuring that district policies, practices, and programming reflect current best practices and support the health, well-being, and academic success of every student.

		Policy Score	Practice Score	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	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?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	1	

Conclusion

ECPPS is committed to working collaboratively with students, families, staff, community partners, and the Board of Education to ensure that every school provides a healthy environment where students can learn, grow, and thrive. By regularly reviewing progress and updating both policies and practices, the district will continue to strengthen its Local School Wellness Policy and support the overall health, well-being, and academic success of every student.

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

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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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