# Triennial Assessment Report: Tomah Area School District (9/2026)
# District: TOMAH AREA

## Strong Policies and Aligned Practices

| | | 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** | ☆ |
| **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? | **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** | ☆ |
| **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** | **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** | ☆ |
| **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** | **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** | ☆ |

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| **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** | ☆ |
| **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** | ☆ |
| **NES4** | Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program? | **2** | **2** | ☆ |
| **NES7** | In your district, is it a priority to procure locally produced foods for school meals? | **2** | **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? | **2** | **2** | ☆ |
| **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** | **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** | ☆ |
| **NE1** | Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills? | **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** | ☆ |
| **NE4** | Do all high school students receive sequential and comprehensive nutrition education? | **2** | **2** | ☆ |
| **NE5** | Is nutrition education integrated into other subjects beyond health education? | **2** | **2** | ☆ |
| **NE6** | Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom? | **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** | ☆ |
| **PEPA7** | Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education? | **2** | **2** | ☆ |
| **PEPA8** | Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education? | **2** | **2** | ☆ |
| **PEPA12** | Are there opportunities for all students to engage in physical activity before and after school? | **2** | **2** | ☆ |
| **PEPA13** | Is there daily recess for all grades in elementary school? | **2** | **2** | ☆ |
| **PEPA16** | What proportion of students walk or bike to school? | **2** | **2** | ☆ |
| **PEPA19** | Do teachers ever withhold physical activity as a classroom management tool? | **2** | **2** | ☆ |
| **EW1** | Are there strategies used by the school to support employee wellness? | **2** | **2** | ☆ |
| **EW2** | Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? | **2** | **2** | ☆ |

## Create Practice Implementation Plan

| | | **Policy Score** | **Practice Score** | |
|---|---|---|---|---|
| **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** | **1** | |

## Update Policies

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| | | Policy Score | Practice Score | |
|---|---|---|---|---|
| **NE7** | Does nutrition education address agriculture and the food system? | **1** | **2** | |
| **PEPA4** | How many minutes per week of PE does each grade in elementary school receive? | **1** | **2** | |
| **PEPA5** | How many minutes per week of PE does each grade in middle school receive? | **1** | **2** | |
| **PEPA6** | How many minutes per week of PE does each grade in high school receive? | **0** | **2** | |
| **PEPA9** | What percentage of students do you estimate do not take PE each year due to exemptions? | **0** | **2** | |
| **PEPA10** | What percentage of students do you estimate do not take PE each year due to substitutions? | **0** | **2** | |
| **PEPA11** | Are there opportunities for families and community members to engage in physical activity at school? | **1** | **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? | **1** | **2** | |
| **PEPA18** | Do teachers ever use physical activity as a punishment? | **1** | **2** | |
| **IC1** | Is there an active district-level wellness committee? | **1** | **2** | |

## Opportunities for Growth

| | | Policy Score | Practice Score | |
|---|---|---|---|---|
| **FR3** | Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals? | **1** | **1** | |

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|---|---|---|---|---|
| **FR11** | Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools? | **1** | **1** |  |
| **NES5** | Are marketing strategies used to promote healthy food and beverage choices in school? | **1** | **1** |  |
| **NES13** | Do teachers or school staff give students food as a reward? | **0** | **0** |  |
| **PEPA17** |  Are teachers encouraged to use physical activity as a reward for students? | **0** | **1** |  |
| **IC2** | Is there an active school-level wellness committee? | **1** | **1** |  |

## Conclusion

**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

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   1400 Independence Avenue, SW, Mail Stop 9410
   Washington, D.C. 20250-9410;

2. **Fax:**
   (202) 690-7442; or

3. **Email:**
   program.intake@usda.gov

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