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Triennial Assessment

Completed January 26, 2024

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:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

Eastside USD used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: Comparison to a model School Wellness Policy

- See completed WellSAT 3.0 Scorecard (attached).

PART 2: Local measurement of compliance with School Wellness Policy

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard and analyzed using the Combined WellSAT 3.0 and WellSAT-I Scorecard (attached).

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

- See completed WellSAT Worksheet 4 (attached).

Your District's Scorecard

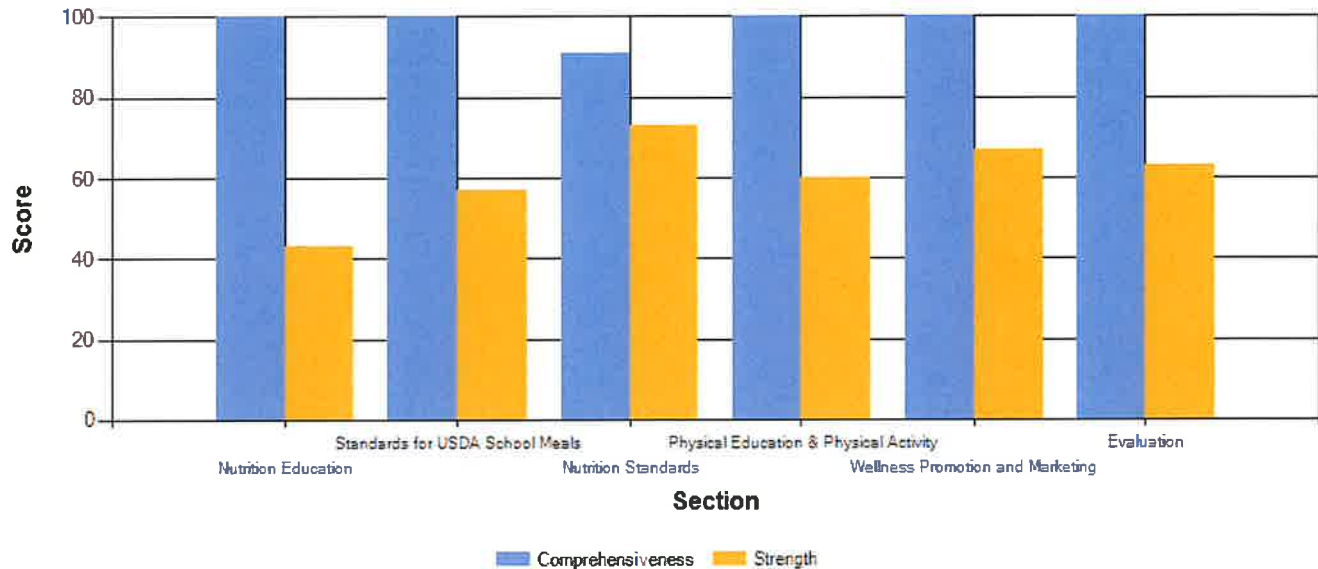
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Wellness Policy







Section 1. Nutrition Education

Rating





NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	43


section). Multiply by 100.

[Click here for Nutrition Education Resources](#)**Section 2. Standards for USDA Child Nutrition Programs and School Meals****Rating**

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	1
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	57

[Click here for School Food Resources](#)**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages****Rating**




NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	 Regulates food and beverages sold in a la carte.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	1
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2


NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	0
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	91
	Strength Score: Count the number of items rated as "2" and divide this number by 11 (the number of items in this section). Multiply by 100.	73

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	2

PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 15 (the number of items in this section). Multiply by 100.	60

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing







Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
WPM2	 Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	1
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100

Strength Score:

Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.

67
[Click here for Wellness Promotion and Marketing Resources](#)
Section 6. Implementation, Evaluation & Communication**Rating**

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	63

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)
Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 99
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 61



Federal Requirement



Farm to School



CSPAP

WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

Instructions: Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- Describe the items that received a written policy score of 2 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1: Nutrition Education
NE 1	Nutrition Education Goals
NE 3	Elementary schools receive sequential and comprehensive nutrition education
NE 4	Middle school students receive sequential and comprehensive nutrition education
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 1	Assures compliance with USDA nutrition standards for reimbursable meals
SM 2	Addresses access to the USDA School Breakfast Program
SM 8	Free drinking water is available during meals
SM 9	Ensures annual training for food and nutrition services staff in accordance with USDA professional standards
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 1	Addresses compliance with USDA nutrition standards (smart snacks) for all food and beverages sold to students during the school day
NS 2	USDA Smart Snack standards are easily accessed in the policy
NS 3	Regulates food and beverage sold in a la carte
NS 5	Regulates food and beverages sold in school stores
NS 10	Addresses nutrition standards for all foods and beverages served to students after the school day
NS 11	Addresses nutrition standards for all foods and beverages sold to students after the school day
NS 13	Addresses availability of free drinking water throughout the school day
	Section 4: Physical Education and Physical Activity

PEPA 1	There is a written physical education curriculum for grades K-12
PEPA 2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
PEPA 4	Addresses time per week of physical education instruction for all elementary school students
PEPA 5	Addresses time per week of physical education instruction for all middle school students.
PEPA 7	Addresses qualifications for physical education teachers for grades K-12
PEPA 10	Addresses physical education substitution for all students
PEPA 13	Addresses recess for all elementary school students
PEPA 14	Addresses physical activity breaks during school
PEPA 15	Joint or shared-use agreements for physical activity participation at all schools
Section 5: Wellness Promotion and Marketing	
WPM 4	Addresses physical activity not being used as a punishment
WPM 5	Addresses physical activity not being withheld as a punishment
WPM 7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards
WPM 8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment)
WPM 9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials)
WPM 10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers)
WPM 11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system)
WPM 12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education)

Section 6: Implementation, Evaluation & Communication

IEC 1	Addresses the establishment of an ongoing district wellness committee.
IEC 3	Identifies the officials responsible for the implementation and compliance of the local wellness policy
IEC 4	Addresses making the wellness policy available to the public
IEC 7	Addresses a plan for updating policy based on results of the triennial assessment.

SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The Connecticut State Department of Education (CSDE) recommends working with key stakeholders and developing a plan to fully implement the policy as written.

- Enter the items that received a written policy score of 1 or 2 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
NE 2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory
NE 6	Nutrition education is integrated into other subjects beyond health education
NE 7	Links nutrition education with the school food environment
NE 8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 6	Specifies strategies to increase participation in school meal programs
SM 7	Addresses the amount of "seat time" students have to eat school meals
SM 10	Addresses purchasing local foods for the school meals program
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 6	Addresses fundraising with food to be consumed during the school day

NS 7 Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day

NS 9 Regulates food and beverages served at class parties and other school celebrations in elementary schools

NS 12 Addresses food not being used as a reward

Section 4: Physical Education and Physical Activity

PEPA 3 Physical education promotes a physically active lifestyle

PEPA 8 Addresses providing physical education training for physical education teachers

PEPA 9 Addresses physical education exemption requirements for all students

PEPA 11 Addresses family and community engagement in physical activity opportunities at all schools

PEPA 12 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities

PEPA 16 District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance

Section 5: Wellness Promotion and Marketing

WPM 1 Encourages staff to model healthy eating and physical activity behaviors

WPM 2 Addresses strategies to support employee wellness

WPM 3 Addresses using physical activity as a reward

WPM 6 Specifies marketing to promote healthy food and beverage choices

Section 6: Implementation, Evaluation & Communication

IEC 2 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy

IEC 5 Addresses the assessment of district implementation of the local wellness policy at least once every three years

IEC 8 Addresses the establishment of an ongoing school building level wellness committee

SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 2. **Start with the Federal Requirements for each section.**

Item number	Item description
NONE	Section 1. Nutrition Education
NONE	Section 2: Standards for USDA Child Nutrition Programs and School Meals
NONE	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NONE	Section 4: Physical Education and Physical Activity
NONE	Section 5: Wellness Promotion and Marketing
NONE	Section 6: Implementation, Evaluation & Communication

SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1: Nutrition Education
NE 2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory
NE 6	Nutrition education is integrated into other subjects beyond health education
NE 7	Links nutrition education with the school food environment
NE 8	Nutrition education addresses agriculture and the food system.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM 6	Specifies strategies to increase participation in school meal programs
SM 7	Addresses the amount of "seat time" students have to eat school meals
SM 10	Addresses purchasing local foods for the school meals program
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS 6	Addresses fundraising with food to be consumed during the school day
NS 7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day
NS 9	Regulates food and beverages served at class parties and other school celebrations in elementary schools
NS 12	Addresses food not being used as a reward
	Section 4: Physical Education and Physical Activity
PEPA 3	Physical education promotes a physically active lifestyle
PEPA 8	Addresses providing physical education training for physical education teachers
PEPA 9	Addresses physical education exemption requirements for all students
PEPA 11	Addresses family and community engagement in physical activity opportunities at all schools
PEPA 12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities
PEPA 16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance

Section 5: Wellness Promotion and Marketing

- | | |
|-------|--|
| WPM 1 | Encourages staff to model healthy eating and physical activity behaviors |
| WPM 2 | Addresses strategies to support employee wellness |
| WPM 3 | Addresses using physical activity as a reward |
| WPM 6 | Specifies marketing to promote healthy food and beverage choices |

Section 6: Implementation, Evaluation & Communication

- | | |
|-------|---|
| IEC 2 | Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy |
| IEC 5 | Addresses the assessment of district implementation of the local wellness policy at least once every three years |
| IEC 8 | Addresses the establishment of an ongoing school building level wellness committee |

WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet is used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals.



SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

Eastside USD wellness committee met extensively in the 2023-24 school year to review and update its wellness policy. The areas of success include nutrition education, compliance with USDA nutrition standards for reimbursable meals, exceeding annual training requirement for food and nutrition services staff and regulating food and beverages sold on school campuses.

There is a written physical education curriculum for grades K-8 that addresses the time per week of physical education instruction for all elementary and middle school students. It also addresses qualifications for physical education teachers for grades K-8 including joint or shared-use agreements for physical activity participation at all schools.

Another area of success is restricting marketing on the school campus during the school day to only foods and beverages that meet Smart Snacks standards. No signs, scoreboards, textbooks, or any other equipment/supplies were found to promote non-compliant food and beverages.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

The implementation plan will cover nutrition education that teaches students skills that are behavior focused, interactive and/or participatory. Nutrition education must be integrated into other subjects beyond health education, linking nutrition education with the school food environment.

Another area of focus is addressing fundraising. Specifically, food to be consumed during the school day and exemptions for infrequent school-sponsored fundraisers. Food must not be used as a reward and regulation of food and beverages served at class parties and other school celebrations must be completed on an on-going basis by the school wellness committee.



SECTION 3: UPDATE POLICIES

The wellness committee reviewed and updated EUSD's wellness policy in the 2023-24 school year. As a result, the majority of the policies and procedures that were reviewed, updated, and adopted coincided with the feedback obtained from the WellSat tool. The wellness committee will review all federally required policy updates and provide edits to be reviewed by the school board during SY 23-24.



SECTION 4: OPPORTUNITIES FOR GROWTH

The district wellness committee has reviewed the opportunities for growth and will prioritize updating all federally required elements of the local school wellness policy in the immediate future. Based on the results of this Triennial Assessment, the wellness committee will develop an action plan for the next 3 years.

- Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
- Nutrition education is integrated into other subjects beyond health education, it addresses agriculture, the food system, and it is linked with the school food environment.
- The amount of "seat time" students have to eat school meals

- Regulating food and beverages served at class parties and other school celebrations in elementary schools.
- Providing physical education training for physical education teachers and promoting a physically active lifestyle for students.
- Addressing active transport such as Safe Routes to School for all K-8 students who live within walkable/bikeable distance.
- Increase participation of relevant stakeholders in the wellness committee meetings including parents, students, and community members.
- Establish school wellness committees.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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