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Your Triennial Assessment Report

Triennial Assessment Name: Test 1 (3/2026)

District Name: St. Michael's School

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Introduction

St. Michael's School Wellness Policy was reviewed and updated during the 2025-2026 school year. A wellness committee made up of administration (Sarah Chalich) and advisory council members (Megan Askelson, Danielle Uran, Kristi Dormanen) met throughout the year. Student input was provided during the process. During the review process, our wellness policy was scored using the WellSAT Tiennial Assessment.

Strong Policies and Aligned Practices

St. Michael's School Wellness Policy scored highly in federal requirements for our National School Lunch Program, nutrition education and physical education practices:
-We strive to ensure that all standards for meal patterns and nutrition requirements are met.
-We strive to protect the privacy of students.
-School nutrition program staff receive continuing education training annually.
-Food and beverages are not marketed to students during the school day.
-Breakfast is offered to students every day.
-Families are provided information about free or reduced price meals and are encouraged to

apply.
-Students have ample time to eat school meals.
-Nutrition education is integrated into other subjects.
-All grades receive daily physical education and recess time.

		Policy Score	Practice Score	
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	
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	
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	
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	

		Policy Score	Practice Score	
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	
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	
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	
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	

		Policy Score	Practice Score	
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	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	2	
NE7	Does nutrition education address agriculture and the food system?	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	
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	
IC1	Is there an active district-level wellness committee?	2	2	
IC2	Is there an active school-level wellness committee?	2	2	

Create Practice Implementation Plan

-No Federal requirements fall into this category.
St. Michael's School does have areas within our wellness policy in need of improvement and is working on implementing action plans to improve our score. St. Michael's School will:
Nutrition Education:
-Work to reduce and limit food based student rewards in the classroom.
-Utilize nutrition education methods to develop student skills
Physical Education:
-Provide professional Development around physical education
-Encouraging students to walk or bike to school
-Teachers sometimes keep students in from recess to work on missing work. Teachers will notify parents of this practice and request permission to keep students in to complete missing assignments.

		Policy Score	Practice Score	
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	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	0	
PEPA16	What proportion of students walk or bike to school?	2	0	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	1	0	
EW1	 Are there strategies used by the school to support employee wellness?	2	1	

Update Policies

-No federal requirements are in this section.
By November 15, 2026, St. Michael's School administration will update weak policy language

within the School Wellness Policy to recognize fully implemented practices in the following areas:
Nutritional Education:
-Encourage maximum participation in the breakfast and lunch programs
Physical Education:
-Use of written physical education curriculum across grade levels.
-Ensure that physical education is taught by licensed/certified teachers.
-Ensure St. Michael's School playground remains open for use outside of school hours.

		Policy Score	Practice Score	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	2	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	1	2	

Opportunities for Growth

Federal requirements:
Specific goals for nutrition education designed to promote student wellness:
-St. Michael's School will provide professional development around teaching nutrition and physical education classes.
-St. Michael's School will invite nutritionists into the classrooms to provide additional nutrition education.
Regulate foods and beverages served at class parties and school celebrations:
-St. Michael's School will encourage healthy food choices when planning classroom parties. The portions and sweets will be limited. There will be parent information sent home on healthy snack/food ideas. Snacks served during the school day will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items.

Which groups are represented on the district-level wellness committee:
-St. Michael's School 2026 wellness committee includes; administration, parents (nurse, dietitian, school cook), and a student.

The above goals will be updated in the St. Michael's School wellness policy by administration by November 15, 2026. St. Michael's School administration and teachers will implement these practices during the 2026-2027 school year. Assessment of success will take place before the start of the 2027-2028 school year.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	1	
FR13	Which groups are represented on the district-level wellness committee?	1	1	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	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	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	

		Policy Score	Practice Score	
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	1	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

Conclusion

St. Michael's School strives to provide students with healthy food options, appropriate nutritional education, and ample opportunities for students to engage in physical education. The practice of reviewing and updating our St. Michael's School Wellness Policy allows us to improve the health and well-being of our students. Through this process we recognize where our strengths are and where further study and development are needed and welcome the opportunity to create the healthiest environment for our students.

