

2026 Wellness Triennial Assessment Summary Tables

Assessment was administered to 12 building, district, and food service administrators.

Wellness Policy & Communication

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
Q2. We have LEA official(s)/designee(s) in charge of wellness policy compliance.	9 (75.0%)	1 (8.3%)	1 (8.3%)	1 (8.3%)
Q3. We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").	7 (58.3%)	1 (8.3%)	1 (8.3%)	3(25.0%)
Q4. Triennial assessment results are made available to the public in an easily accessible manner.	5 (41.7%)	0 (0.0%)	1 (8.3%)	6 (50.0%)
Q5. At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	5 (41.7%)	0 (0.0%)	2 (16.7%)	5 (41.7%)
Q6. The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.	3 (25.0%)	2(16.7%)	2 (16.7%)	5 (41.7%)
Q7. The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy: administrators, food service staff, school health professionals, parents, school board members, physical education teachers, students, public.	7 (58.3%)	0 (0.0%)	1 (8.3%)	4 (33.3%)

Nutrition Education & Promotion

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
Q8. Nutrition education is provided within PDE's sequential, comprehensive health education standards.	8 (66.7%)	2(16.7%)	0 (0.0%)	2 (16.7%)
Q9. We teach, model, encourage, and support healthy eating through nutrition education.	6 (50.0%)	6(50.0%)	0 (0.0%)	0 (0.0%)
Q10. We provide all students with	9 (75.0%)	3(25.0%)	0 (0.0%)	0 (0.0%)

knowledge and skills for healthy lives via nutrition education.		)		
Q12. Our nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness.	6 (50.0%)	3(25.0%)	0 (0.0%)	3 (25.0%)
Q14. In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g, math, science, language arts)	2 (16.7%)	5(41.7%)	1 (8.3%)	4 (33.3%)
Q15. We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	7 (58.3%)	5(41.7%)	0 (0.0%)	0 (0.0%)
Q16. Staff providing nutrition education receive standards-based training and professional development.	4 (33.3%)	3(25.0%)	0 (0.0%)	5 (41.7%)
Q17. We engage and involve families and the community in nutrition education efforts.	1 (8.3%)	5(41.7%)	2 (16.7%)	4 (33.3%)
Q18. We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	4 (33.3%)	3(25.0%)	1 (8.3%)	4 (33.3%)
Q19. We participate in Farm to School activities such as having a school garden, taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	0 (0.0%)	5(41.7%)	3(25.0%)	4 (33.3%)
Q20. We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition	0 (0.0%)	4(33.3%)	1 (8.3%)	7 (58.3%)
Q21. We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	3 (25.0%)	1 (8.3%)	1 (8.3%)	7 (58.3%)
Q22. We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	1 (8.3%)	8(66.7%)	1 (8.3%)	2 (16.7%)
Q23. Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	2 (16.7%)	3(25.0%)	1 (8.3%)	6 (50.0%)
Q24. We offer health and nutrition	1 (8.3%)	6(50.0%)	1 (8.3%)	4

resources to parents to help them provide healthy meals for their children.		)		(33.3%)
Q54. School nutrition staff meet local hiring criteria and in compliance with federal regulations.	6 (50.0%)	0 (0.0%)	0 (0.0%)	6 (50.0%)
Q55. We provide continuing education to school nutrition staff as required by federal regulations.	3 (25.0%)	0 (0.0%)	1 (8.3%)	8 (66.7%)
Q61. Only authorized staff have access to the food service operation.	10(83.3%)	0 (0.0%)	0 (0.0%)	2 (16.7%)
Q62. We provide the nutrition content of school meals to the school community.	8 (66.7%)	2(16.7%)	0 (0.0%)	2 (16.7%)
Q67. Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	4 (33.3%)	2(16.7%)	1 (8.3%)	5 (41.7%)
Q68. We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	4 (33.3%)	5(41.7%)	1 (8.3%)	2 (16.7%)
Q83. Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.	4 (33.3%)	4(33.3%)	1 (8.3%)	3 (25.0%)
Q13. School food service and nutrition education classes work together to create a learning laboratory	0 (0.0%)	2(16.7%)	4 (33.3%)	6 (50.0%)
Q63. We include students/parents in menu selections through taste-testing and surveys.	0 (0.0%)	2 (16.7%)	2(16.7%)	8(66.7%)
Q78. We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	4 (33.3%)	7 (58.3%)	0 (0.0%)	1 (8.3%)

Physical Activity & PE

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
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Q28. We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	8 (66.7%)	3 (25.0%)	0 (0.0%)	1 (8.3%)
Q30. In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics and clubs to meet the needs and interests of our students.	6 (50.0%)	5 (41.7%)	0 (0.0%)	1 (8.3%)
Q31. We maintain a physical and social environment that encourages safe and enjoyable activities for all students.	11(91.7%)	1 (8.3%)	0 (0.0%)	0 (0.0%)
Q44. Our curriculum promotes both team and individual activities.	12(100.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Q33. We provide physical activity breaks in the classroom.	4 (33.3%)	7 (58.3%)	0 (0.0%)	1 (8.3%)
Q34. We offer before and/or after-school programs that include physical activity for participating children.	4 (33.3%)	5 (41.7%)	1 (8.3%)	2(16.7%)
Q35. We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc) to offer programs supporting lifelong physical activity.	1 (8.3%)	6 (50.0%)	2(16.7%)	3(25.0%)
Q36. We do not use physical activity as a punishment (e.g., running laps).	8 (66.7%)	0 (0.0%)	1 (8.3%)	3(25.0%)
Q37. We do not withhold physical activity as a punishment (e.g., taking away recess).	8 (66.7%)	1 (8.3%)	2 (16.7%)	1 (8.3%)
Q38. We encourage walking and biking to school.	2 (16.7%)	5 (41.7%)	3 (25.0%)	2(16.7%)
Q39. We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	5 (41.7%)	5 (41.7%)	1 (8.3%)	1 (8.3%)
Q41. We implement a PE program consistent with state academic standards. All students participate in PE.	10(83.3%)	1 (8.3%)	0 (0.0%)	1 (8.3%)
Q42. PE instruction promotes skills and knowledge necessary for lifelong physical activity.	10(83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q45. We offer a comprehensive PE	11(91.7%)	1 (8.3%)	0 (0.0%)	0 (0.0%)

course of study with planned instruction time for students to meet standards at the proficient level.				
Q46. We use a local assessment system to track student progress on state standards.	10 (83.3%)	1 (8.3%)	0 (0.0%)	1 (8.3%)
Q47. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	10(83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q48. We provide safe and adequate equipment, facilities, and resources for PE class.	10(83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q49. Certified health and PE teachers teach our classes.	12(100.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Q50. We provide professional development for PE staff.	12(100.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Q51. PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	10 (83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q52. We do not use or withhold physical activity as a form of punishment in PE class.	10 (83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q69. We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children	0 (0.0%)	7 (58.3%)	2 (16.7%)	3(25.0%)
Q29. We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of activity a day.	3 (25.0%)	2(16.7%)	2(16.7%)	5 (41.7%)
Q43. PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills	11(91.7%)	1 (8.3%)	0 (0.0%)	0 (0.0%)
Q32. We discourage extended periods of inactivity (two hours or more) for students.	4 (33.3%)	7 (58.3%)	0 (0.0%)	1 (8.3%)

Meal Environment & Food Access

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
Q53. Free drinking water is available and accessible to students during meal periods and throughout the school day.	11 (91.7%)	0 (0.0%)	0 (0.0%)	1 (8.3%)

Q56. We provide adequate space for eating and serving school meals.	10 (83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q57. We provide a safe and clean meal environment for students.	11(91.7%)	1 (8.3%)	0 (0.0%)	0 (0.0%)
Q58. We implement alternate school breakfast service models to increase participation, such as “grab & go,” breakfast served in the classroom, or breakfast after first period.	10 (83.3%)	2 (16.7%)	0 (0.0%)	0 (0.0%)
Q60. Students have access to hand washing or sanitizing before meals.	8 (66.7%)	2 (16.7%)	0 (0.0%)	2(16.7%)
Q77. Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	7 (58.3%)	1 (8.3%)	0 (0.0%)	4(33.3%)
Q79. Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school store, non-exempt fundraisers and a la carte items.	3 (25.0%)	4 (33.3%)	0 (0.0%)	5(41.7%)

Staff & School Based Wellness

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
Q64. We utilize outside funding and programs to enhance school wellness.	1 (8.3%)	0 (0.0%)	3(25.0%)	8(66.7%)
Q65. We train all staff on the components of the school wellness policy.	2 (16.7%)	3(25.0%)	3 (25.0%)	4 (33.3%)
Q66. School based activities are planned with wellness policy goals in mind	2 (16.7%)	4(33.3%)	4 (33.3%)	2 (16.7%)

Food Standards & Fundraising

Question	Fully In Place	Partially In Place	Not In Place	I Don't Know
Q76. We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	3 (25.0%)	5 (41.7%)	0 (0.0%)	4(33.3%)
Q80. We limit the number of food fundraisers at school and have procedures in place for requesting a	7 (58.3%)	2(16.7%)	0 (0.0%)	3(25.0%)

fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE				
Q81. We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.	8 (66.7%)	2 (16.7%)	0 (0.0%)	2(16.7%)
Q82. We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	8 (66.7%)	1 (8.3%)	1 (8.3%)	2(16.7%)

General

In general, how often do classroom celebrations (birthdays, holidays, rewards, etc) involving food occur within a classroom?	2-4 times a year 10 (83.3%)	Once every 2-3 months 1(8.3%)	Unsure 1(8.3%)	
How appropriate do you feel the frequency of food celebrations is?	Appropriate 10 (83.3%)	Depends on the nature of the food celebration 1(8.3%)	Not Sure 1(8.3%)	
How are student food allergies, dietary restrictions, and cultural dietary needs addressed in classroom and school-wide activities involving food?	Clear, consistent building-wide practices in place 7(58.3%)	Generally addressed with some variation 3(25%)	Managed at the individual student level; does not require adjustments to whole-class activities. 1(8.3%)	Addressed inconsistently across classrooms 1(8.3%)
Where do students most often eat their grab and go breakfast?	Classroom 9(81.82%)	Cafeteria 2(18.18%)		
How often are structured wellness activities (e.g., mindfulness sessions,	A few times a year (305)	1-2 times per year 2(16.7%)	Monthly 1(8.3%)	Never 1 (8.3%)

staff appreciation events, fitness opportunities) planned for staff in your building?	7(58.3%)			
To what extent is specific self-care information (and/or strategies) actively promoted to staff in your building?	Consistentl y promoted and embedded in practice 1 (8.3%)	Frequently promoted 2(16.7%)	Occasionall y Promoted 5(41.7%)	Rarely 3(25%)
To what extent is student screen time balanced with non-digital learning activities in your building?	Well balanced across classrooms 2(16.7%)	Mostly balanced 5(41.7%)	Somewhat balanced 3(25%)	Limited balanced 2(16.7%)