

# Triennial Assessment Report: Waterford Country School Triennial WellSAT Assessment 2025 (3/2025)

## District: Waterford Country School

### Introduction


Overall, our agency policies and practices are in alignment with Federal requirements and best practices. We did well on our Triennial Assessment from 2022, so there was not a lot of change to our scoring. Our assessment is completed through our Wellness Committee and by including other stakeholders in the policy and practice assessment questionnaires as necessary. The Wellness Committee meets monthly and has established work plan goals each year. Complying with NSLP regulations and completing the Triennial Assessment are goals of this committee. The committee includes the CFO, the Foodservice Director, the Occupational Therapist, the Residential Services and Children's Outpatient Clinic Director and a direct care worker.

### Strong Policies and Aligned Practices



Our agency demonstrates success in this area of meeting wellness goals. We have sound policies in place around nutrition guidelines for food offerings for breakfast, lunch and snacks during the school day. We adhere to NSLP guidelines. We had an administrative review last year and had no findings. We offer free breakfast, lunch and snacks to all students regardless of their need. We have a self-contained water system and offer clean, free water to students via fountains and bottle fillers all around the campus. Water and milk are available in the cafeteria during meal service times. We do not market or sell any foods to students during the school day as part of the Foodservice program. We have an established Wellness Committee that meets regularly and includes stakeholders from different areas of expertise within the agency.

		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	☆



**Triennial Assessment Report: Waterford Country School Triennial  
WellSAT Assessment 2025 (3/2025)  
District: Waterford Country School**

<b>FR5</b>	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?	<b>2</b>	<b>2</b>	☆
<b>FR12</b>	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	<b>2</b>	<b>2</b>	☆
<b>FR14</b>	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	<b>2</b>	<b>2</b>	☆
<b>FR15</b>	How is the wellness policy made available to the public?	<b>2</b>	<b>2</b>	☆
<b>FR16</b>	Is wellness policy implementation evaluated every three years?	<b>2</b>	<b>2</b>	☆
<b>FR17</b>	What is included in the triennial assessment report to the public?	<b>2</b>	<b>2</b>	☆
<b>FR18</b>	Has the wellness policy been revised based on the previous triennial assessment?	<b>2</b>	<b>2</b>	☆
<b>NES1</b>	Does the district offer breakfast every day to all students?	<b>2</b>	<b>2</b>	☆
<b>NES4</b>	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	<b>2</b>	<b>2</b>	☆
<b>NES5</b>	Are marketing strategies used to promote healthy food and beverage choices in school?	<b>2</b>	<b>2</b>	☆
<b>NES6</b>	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?	<b>2</b>	<b>2</b>	☆
<b>NES7</b>	 In your district, is it a priority to procure locally produced foods for school meals?	<b>2</b>	<b>2</b>	☆

**Triennial Assessment Report: Waterford Country School Triennial  
WellSAT Assessment 2025 (3/2025)  
District: Waterford Country School**

<b>NES8</b>	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?	<b>2</b>	<b>2</b>	☆
<b>NES10</b>	Are foods or beverages containing caffeine sold at the high school level?	<b>2</b>	<b>2</b>	☆
<b>NES14</b>	Do students have consistent and easy access to free drinking water throughout the school day?	<b>2</b>	<b>2</b>	☆
<b>NE1</b>	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	<b>2</b>	<b>2</b>	☆
<b>NE2</b>	Do all elementary school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>NE3</b>	Do all middle school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>NE4</b>	Do all high school students receive sequential and comprehensive nutrition education?	<b>2</b>	<b>2</b>	☆
<b>NE6</b>	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	<b>2</b>	<b>2</b>	☆
<b>NE7</b>	 Does nutrition education address agriculture and the food system?	<b>2</b>	<b>2</b>	☆
<b>PEPA1</b>	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	<b>2</b>	<b>2</b>	☆
<b>PEPA3</b>	How does your physical education program promote a physically active lifestyle?	<b>2</b>	<b>2</b>	☆

**Triennial Assessment Report: Waterford Country School Triennial  
WellSAT Assessment 2025 (3/2025)  
District: Waterford Country School**

<b>PEPA7</b>	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	<b>2</b>	<b>2</b>	☆
<b>PEPA8</b>	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	<b>2</b>	<b>2</b>	☆
<b>PEPA9</b>	What percentage of students do you estimate do not take PE each year due to exemptions?	<b>2</b>	<b>2</b>	☆
<b>PEPA10</b>	What percentage of students do you estimate do not take PE each year due to substitutions?	<b>2</b>	<b>2</b>	☆
<b>PEPA13</b>	Is there daily recess for all grades in elementary school?	<b>2</b>	<b>2</b>	☆
<b>PEPA14</b>	 Do teachers provide regular physical activity breaks for students in the classroom?	<b>2</b>	<b>2</b>	☆
<b>PEPA18</b>	Do teachers ever use physical activity as a punishment?	<b>2</b>	<b>2</b>	☆
<b>PEPA19</b>	Do teachers ever withhold physical activity as a classroom management tool?	<b>2</b>	<b>2</b>	☆
<b>EW1</b>	 Are there strategies used by the school to support employee wellness?	<b>2</b>	<b>2</b>	☆
<b>EW2</b>	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	<b>2</b>	<b>2</b>	☆
<b>IC1</b>	Is there an active district-level wellness committee?	<b>2</b>	<b>2</b>	☆
<b>IC2</b>	Is there an active school-level wellness committee?	<b>2</b>	<b>2</b>	☆





**Create Practice Implementation Plan**

# Triennial Assessment Report: Waterford Country School Triennial

## WellSAT Assessment 2025 (3/2025)

### District: Waterford Country School

We hold a bake sale fundraiser once per year to raise money for the students of Burkina Fasa. This is the one time that we allow students to purchase baked goods and consume them during the school day. While this is a deviation from best practices and policy, it is not a significant event in that it is once per year. There are also infrequent celebrations that include foods that are not smart snacks. We have a Founders Fair once per year that is like a field day for students. At this fair, we offer students free snack items that do not meet Smart Snack standards. Teachers do not often give students food as a reward, but occasionally a class will earn a pizza party for a significant accomplishment. Nutrition education is integrated into subjects beyond health education, but not by every teacher every year.

		Policy Score	Practice Score	
<b>FR10</b>	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?	<b>1</b>	<b>0</b>	
<b>FR11</b>	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	<b>1</b>	<b>0</b>	
<b>NES13</b>	Do teachers or school staff give students food as a reward?	<b>1</b>	<b>0</b>	
<b>NE5</b>	Is nutrition education integrated into other subjects beyond health education?	<b>2</b>	<b>1</b>	

### Update Policies

While the standards for physical education duration are not met for the middle and high school students, our campus is sprawled across 320+ acres of land, and part of every school day involves walking to and from different parts of campus and participating in farm/wildlife activities. These are not specifically classified as Physical Education, so they were not included in the physical education times for each week. As an agency, we do feel that the students are getting ample physical movement in their day when the physical education is combined with traversing campus and participating experiential education down on the farm. Our Wellness Committee does not have a parent, student or community representative. That is an item we could work on improving by increasing outreach for committee participation,









### Opportunities for Growth

There is a student operated school store that sells fruit snacks and 1oz single serve chip bags for students that earn money by completing student jobs. These are two items along with many other non-food items

# Triennial Assessment Report: Waterford Country School Triennial WellSAT Assessment 2025 (3/2025)

## District: Waterford Country School

that are available for sale. We will consider changing the snacks to Smart Snack options. We will increase outreach to additional stakeholders for our Wellness Committee. We will continue to try to find additional Physical Education time for students in middle and high school, but we do believe they are getting physical activity in other ways during their school day that are not classified as Physical Education.

		Policy Score	Practice Score	
<b>FR9</b>	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	0	0	
<b>FR13</b>	Which groups are represented on the district-level wellness committee?	1	1	
<b>PEPA2</b>	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	1	
<b>PEPA4</b>	How many minutes per week of PE does each grade in elementary school receive?	1	1	
<b>PEPA5</b>	How many minutes per week of PE does each grade in middle school receive?	1	1	
<b>PEPA6</b>	How many minutes per week of PE does each grade in high school receive?	1	1	
<b>PEPA17</b>	 Are teachers encouraged to use physical activity as a reward for students?	1	1	

## Conclusion

In conclusion, the Triennial Wellness Assessment has revealed some areas of focus for policy and practice revision around food offerings in the school store and at fundraising events and special events. We have also

# Triennial Assessment Report: Waterford Country School Triennial

## WellSAT Assessment 2025 (3/2025)

### District: Waterford Country School

identified that Physical Education standards are not being aligned with Federal guidelines in terms of the minutes spent in PE class. Our Wellness Committee has diverse members of our agency workforce, but should be expanded to include representative participants from our student, parent and community stakeholders. Overall, we are proud to offer free, nutritious meals and snacks to our students, a beautiful campus that includes 320+ acres of farmland, nature trails and bike paths. We also offer a ropes course with high and low elements, a zipline and a climbing tower, along with animal interactions and opportunities to grow, harvest and cook fresh produce.

#### 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](https://wellsat.org/resources)

# **Triennial Assessment Report: Waterford Country School Triennial WellSAT Assessment 2025 (3/2025) District: Waterford Country School**

## **USDA Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Mail Stop 9410  
Washington, D.C. 20250-9410;
2. **Fax:**  
(202) 690-7442; or
3. **Email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.