Triennial Assessment Report: Triennial Assessment - 2026 (10/2026)
District: St. Josaphat Parish School

Introduction

In October 2026, St. Josaphat Parish School (SJPS) completed its triennial assessment of the school's Local School Wellness Policy. Overall, SJPS is pleased with the results and believes our policies and practices demonstrate a strong commitment to promoting student health, nutrition, and wellness in accordance with federal requirements and recognized best practices. The assessment also identified areas where improvements are needed to strengthen implementation, documentation, and communication of our wellness initiatives.

The assessment was completed through a review of the school's Wellness Policy, current practices, and available documentation. School administration and members of the School Wellness Committee participated in the process. The findings will guide future improvements and help SJPS continue to support the health and well-being of our students, staff, and school community. The results will also serve as a reference point for comparison during the next triennial assessment.

Strong Policies and Aligned Practices

St. Josaphat Parish School demonstrates success in meeting its wellness goals through collaboration with our food service vendor and adherence to federal nutrition requirements. As a Community Eligibility Provision (CEP) school, SJPS works closely with our food service vendor to ensure that school meals meet all applicable federal requirements and nutrition standards.

Additionally, Archdiocesan policies establish expectations for health instruction, physical education, and recess time by grade level. These requirements support student wellness by promoting nutrition awareness, physical activity, and healthy habits throughout the school day.

As part of this triennial assessment, SJPS reviewed current policies and practices to identify strengths and opportunities for improvement. The school will continue to monitor compliance, maintain communication with our food service vendor, and strengthen documentation to ensure that our wellness practices remain aligned with federal requirements and recognized best 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**	☆
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**	☆
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**	☆
FR17	What is included in the triennial assessment report to the public?	**2**	**2**	☆
NES1	Does the district offer breakfast every day to all students?	**2**	**2**	☆

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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**	☆
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**	☆
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**	☆
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**	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	**2**	**2**	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	**2**	**2**	☆
PEPA13	Is there daily recess for all grades in elementary school?	**2**	**2**	☆
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**2**	**2**	☆
PEPA17	Are teachers encouraged to use physical activity as a reward for students?	**2**	**2**	☆

PEPA18	Do teachers ever use physical activity as a punishment?	**2**	**2**	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**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

St. Josaphat Parish School will strengthen implementation of its Local School Wellness Policy (LSWP) by improving the tracking, documentation, and management of School Wellness Committee practices and responsibilities to ensure compliance with all applicable federal requirements. These include requirements related to nutrition promotion and education, physical activity, and the implementation and evaluation of the LSWP.

The Principal, in collaboration with the School Wellness Committee and food service vendor, will develop a written implementation plan outlining responsibilities, required activities, documentation procedures, and timelines. The plan will be developed by December 2026 and implemented by January 2027. Progress will be reviewed at least annually through committee documentation, a review of policy compliance, and an evaluation of progress toward wellness goals. Success will be measured by documented committee activities, completion of required assessments, improved recordkeeping, and continued compliance with federal requirements.

Due to our school's urban location and building layout, before-school physical activities are not feasible because all students gather in the gymnasium before the school day begins. However, SJPS promotes physical activity through a variety of after-school sports opportunities and occasional educational field trips that include physical activities, such as bowling and hiking. Although SJPS does not currently offer a formal staff wellness program, healthful wellness options are available to employees through the school health insurance plan.

		Policy Score	**Practice Score**	
FR13	Which groups are represented on the district-level wellness committee?	**2**	**1**	
FR16	Is wellness policy implementation evaluated every three years?	**2**	**1**	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**2**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**2**	**1**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**2**	**1**	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**2**	**0**	
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**2**	**1**	

EW1	Are there strategies used by the school to support employee wellness?	**2**	**1**	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**2**	**1**	

Update Policies

SJPS recognizes the importance of encouraging students to participate in both breakfast and lunch programs. Our food service manager and kitchen staff work diligently to increase participation by promoting meal choices through colorful posters, surveying student meal preferences, and communicating feedback to our food service vendor. Menu items receiving poor student ratings may be removed or modified based on feedback. Special events, such as breakfast for lunch, National Hot Dog Day, and a Mardi Gras meal, also generate interest and encourage participation. These practices will continue, with opportunities to improve documentation and evaluate their effectiveness.

St. Josaphat Parish School incorporates connections between nutrition, agriculture, and the food system into its health curriculum through developmentally appropriate, grade-level instruction. Students explore where food comes from, how food is grown and processed, the importance of fruits, vegetables, and grains, and how food access and personal choices influence nutrition and health.

Instructional topics progress by grade level, beginning with food groups, healthy eating, and the origins of food in grades K–2; food sources, fruits and vegetables, grains, and nutrition in grades 3–5; and nutrition, food access, and influences on eating in grades 6–8. These lessons help students build an understanding of the relationship between food production, availability, and healthy eating habits. SJPS will continue to strengthen this area by reviewing curriculum alignment, documenting instruction, and exploring opportunities to connect classroom learning with school meal services and practical examples of the food system.

		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**	
NE7	Does nutrition education address agriculture and the food system?	**1**	**2**	

Opportunities for Growth

The Principal, in collaboration with the School Wellness Committee, food service manager, kitchen staff, and teachers, will be responsible for developing and implementing a written practice implementation plan establishing clear procedures for monitoring foods and beverages served at classroom parties and school celebrations. The plan will clarify expectations for food and beverage choices during classroom celebrations, identify opportunities for nutrition services staff to support classroom nutrition lessons, and establish procedures for documenting and monitoring these practices. SJPS will also review applicable federal requirements and determine whether additional school-level guidelines are needed to promote healthier choices during celebrations.

The implementation plan will be completed by December 2026 and put into place by January 2027. The School Wellness Committee will review implementation at least annually, using committee meeting records, documentation of classroom celebration practices, evidence of collaboration between nutrition services staff and teachers, and feedback from staff to assess progress. Success will be measured by improved documentation, increased collaboration, consistent implementation of established procedures, and continued alignment with federal wellness policy requirements.

Finally, SJPS will support continuous improvement in physical education by connecting our physical education teacher with relevant professional development opportunities offered annually for PE educators, whenever these opportunities are applicable, accessible, and affordable. Additionally, SJPS will make efforts to connect families with physical activity programs and recreational opportunities available within the local community, encouraging students and their families to maintain active, healthy lifestyles beyond the school day.

	Policy Score	**Practice Score**	

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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**	
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**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**1**	**1**	
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**1**	**1**	

Conclusion

St. Josaphat Parish School completed its triennial assessment in October 2026 and is pleased with its overall progress in supporting student health and wellness. SJPS works closely with its food service vendor to meet federal nutrition requirements, encourages participation in school breakfast and lunch programs, and incorporates nutrition education, food sources, and healthy eating into grade-level health instruction. Students also have opportunities for physical activity through after-school sports and educational field trips.

The assessment identified opportunities for improvement, particularly in documenting School Wellness Committee responsibilities, monitoring policy implementation, strengthening guidelines for foods and beverages at school celebrations, and increasing collaboration between nutrition services staff and teachers. SJPS also plans to pursue relevant professional development for its physical education teacher and connect families with physical activity opportunities in the community.

By December 2026, the school will develop an implementation plan, with improvements beginning in January 2027. Through continued collaboration, consistent documentation, and regular evaluation, SJPS remains committed to strengthening its wellness practices and providing a healthy, supportive environment for our students and school community.

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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