



Triennial Assessment Tracking Form

Date of Assessment: 9/11/25 - 6/30/28

Name of School/District/SAU: KA Brett School/Tamworth/SAU #13

Nutrition Education Goal(s)	Notes	Completed Partially Completed In Progress Not Completed
The District will teach, model, encourage and support healthy eating by all students. • Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. • Nutrition education posters will be displayed in each school cafeteria. • Consistent nutrition messages shall be disseminated throughout the school.		Choose an item.
Schools should provide additional nutrition education that: • Is designed to provide students with the knowledge and skills necessary to promote		

and protect their health; • To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects; • May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits and school gardens; • Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods; • Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise); • Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services; • Teaches media literacy with an emphasis on food and beverage marketing; and • Includes nutrition education training for teachers and other staff.		
Nutrition Promotion Goal(s)		
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will include: • Implementation of at least 1 or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter		Choose an item.

Lunchroom Movement, which may be found at: https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA “Smart Snacks in School” nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Food Planner of the Alliance for a Healthier Generation, available at: https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner		
Marketing of Foods in Schools/RCCIs Goal(s)	N/A	
Foods Sold to Students During the School Day Goal(s)	N/A	
Foods Provided but not Sold to Students During the School Day		
All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). District schools are committed to offering school meals that: - Are accessible to all students; - Are appealing and attractive to children; - Are served in clean and pleasant settings; - Promote healthy food and beverage choices; and - Meet or exceed current nutrition requirements established by local, state, and federal statutes		Choose an item.

and regulations. The District offers reimbursable school meals that meet USDA nutrition standards, which may be found at: https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals		
All foods offered during the school day on the school campus will meet or exceed the USDA “Smart Snacks in School” nutrition standards. Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District’s School Nutrition Services will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet “Smart Snack” nutrition standards.		Choose an item.
Physical Activity Goal(s)		
The District will provide physical education consistent with national and state standards. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.		Choose an item.
In addition to any recess periods provided in the ordinary daily schedule, students will be offered periodic opportunities to be active or to stretch throughout the day. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute for, physical education class, recess, and class transition periods.		Choose an item.
The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.		Choose an item.
The District will support walking or biking to school by students or faculty only if determined to be safe by the Building Principal.		Choose an item.
Other School-Based Activities that Promote School Wellness Goal(s)		

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities. In furtherance of this objective, each school in the District will identify at least one activity or list of options with a requirement to engage in one or more each school year.		Choose an item.
Wellness Policy Leadership/Accountability		
The Superintendent, in consultation with the Director of Food Services and the Building Principal, will facilitate development of updates to the District Wellness Policy, subject to School Board approval, and will oversee compliance with the policy. In addition, the Superintendent shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level.		Choose an item.
The District Wellness Committee shall meet no less than three times per school year.		Choose an item.
Wellness Committee Representation		
The District Wellness Committee should be representative of each school and the diversity of the community, and to the extent feasible include the Superintendent or her/his designee, the Food Services Director/Director of School Nutrition and Building Principal, each Building Wellness Coordinator, parents, students, physical education teachers, health education teachers, school counselors, school administrators, a school board member, outside health professionals, individual school building representatives, and members of the public.		Choose an item.
Notification of the Public		
The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the		Choose an item.

District official(s) chairing the Wellness Committee (i.e., the Superintendent or his/her designee) and any Building Wellness Coordinator(s), in addition to how the public can get involved with the District Wellness Committee.		
Assessment of Wellness Policy Implementation		
• Every three years, the Food Services Director/Director of School Nutrition and Building Principal will assess: The extent to which each of the District's schools are in compliance with the Wellness Policy; • The extent to which the District Wellness Policy complies with model wellness policies; and • A description of the progress made in attaining the goals of the District Wellness Policy.		Choose an item.

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