

Triennial Assessment Report: NLS2026 (2/2026)

District: NORTH LAKELAND

Introduction

Our district recently completed its Triennial Assessment, a comprehensive review of our wellness policies required every three years by federal law. This process ensures our schools remain healthy environments where students can thrive both academically and physically. To complete this assessment, a dedicated Wellness Committee—including administrators, PE teachers, school nurses, and nutrition staff met to evaluate our progress.

Key Takeaways:

Compliance: Our current policies mostly meet federal standards, and we have successfully implemented "best practice" updates in our school meal programs and physical activity requirements.

Strong Policies and Aligned Practices

Our latest assessment highlights several major wins for student health, particularly in how we've prioritized physical activity and hydration. By intentionally shifting our schedules, we have successfully increased daily recess and PE time, ensuring every student has more opportunities to move, play, and reset throughout the school day.

Beyond physical activity, we've made healthy hydration a seamless part of the day. By installing touchless bottle fillers in every hallway, we've seen a significant increase in water consumption and a decrease in single-use plastic waste. These combined efforts show that our district is moving beyond mere compliance to create an environment where the healthy choice is the easiest choice for our students.

		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	☆
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	☆
FR17	What is included in the triennial assessment report to the public?	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	☆

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NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	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	☆
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	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆

Create Practice Implementation Plan

To ensure our district reaches full compliance with our Local School Wellness Policy (LSWP), we are moving from assessment to action through a structured practice implementation plan.

A key part of this strategy focuses on consistent nutrition education. To support our teachers in this effort, our PE and health specialists will lead a professional development training for all staff. This session will provide practical tools to integrate healthy messaging into daily routines and core subjects, ensuring students receive a unified message about wellness.

Additionally, we are using the findings from our recent Triennial Assessment as a roadmap for policy revision. By identifying exactly where we stand today, we can update our formal wellness policy to be more ambitious and reflective of our community's current needs. These steps ensure our wellness goals aren't just words on paper, but active standards in every classroom.

		Policy Score	Practice Score	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	1	

Update Policies

To ensure our Local School Wellness Policy (LSWP) remains legally sound and robust, we are updating our written guidelines to align with federal requirements. Our goal is to bridge the gap between our current actions and our formal documentation.

By updating policy language to reflect our existing high standards, we ensure these successes become permanent district standards. This alignment brings us into full compliance while providing a clear roadmap for sustaining a healthy environment for all students.

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		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	0	2	
FR16	Is wellness policy implementation evaluated every three years?	1	2	
NES1	Does the district offer breakfast every day to all students?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	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?	0	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	1	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?	1	2	
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	1	2	
NES13	Do teachers or school staff give students food as a reward?	0	2	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	2	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	0	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	2	

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PEPA13	Is there daily recess for all grades in elementary school?	0	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	2	
EW1	 Are there strategies used by the school to support employee wellness?	1	2	

Opportunities for Growth

To achieve full compliance, we are updating our policy to include all federally required elements while strengthening our commitment to transparency. A primary focus will be on improving how we inform parents and families about our wellness goals, ensuring the community has easy access to our policy and progress reports throughout the year.

To support these updates, the District Wellness Committee will increase its meeting frequency. Meeting more often will allow us to move beyond basic requirements and set ambitious new goals for student health. By fostering more frequent collaboration and better public communication, we will ensure our wellness initiatives are both active and well-supported by the entire school community.

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	1	1	
FR15	How is the wellness policy made available to the public?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	
IC1	Is there an active district-level wellness committee?	1	1	
IC2	Is there an active school-level wellness committee?	1	1	

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Conclusion

Our district is committed to full federal compliance by updating our wellness policy to reflect current best practices. Key improvements include better communication with families to keep our community informed and increasing the frequency of Wellness Committee meetings to ensure ongoing oversight. By formalizing these efforts and setting higher standards for transparency, we are creating a more accountable and health-focused environment for our students.

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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