The following report shows the results of the triennial assessment of the Tulare City School District Local School Wellness Policy.

The assessment of the LSWP utilized the Wellness School Assessment Tool (WellSAT: 3.0) and the Wellness School Assessment Tool—Interview (WellSAT I). The WellSAT: 3.0 was used to evaluate the written district policy, assessing if the language is missing, weak or strong in comparison to Federally compliant strong wellness policies. The WellSAT I is used to interview members of the district and assess what wellness measures are being implemented throughout the school district. The two assessments are then cross referenced to note areas where the wellness policy is being implemented successfully (Strong Policies and Aligned Practices), where the wellness policy needs to be implemented (Create Practice Implementation Plan), areas that are being implemented but are not required in the policy (Update Policies) and areas where the district and policy can improve upon (Opportunities for Growth).

This assessment took place between May 5-19, 2021. The triennial assessment was conducted by the Supervisor of Nutrition Services. The members of the district interviewed for the WellSAT I were the: Roosevelt School Principal, the Director of Health Services and the Supervisor of Nutrition Services. Report findings were presented to School District Wellness Committee on May 21, 2021, the committee will agree upon policy updates. The district wellness policy will be updated and presented for board approval June 22, 2021.

Once complete, the Triennial Assessment of the Local School Wellness Policy Report will be posted along with the TCSD Triennial Assessment Connections between Policy and Practice and the Summary of Findings, as well as the updated wellness policy on the Nutrition Services Website under Wellness Policy.
**Acronym Key**

NE: Nutrition Education  
SM: School Meals  
NS: Nutrition Standards  
PEPA: Physical Education and Physical Activity  
WPM: Wellness Promotion and Marketing  
IEC: Implementation, Evaluation & Communication  
*Items highlighted in blue are Federal Requirements.*

**Practice Implementation Plan**

**Strong Policies & Aligned Practices**

**SM 8**—Free drinking water.  
**SM 2**—Access to USDA school breakfast.  
**NS 3-6**—Food & beverage sales from a la carte, vending machines and school stores, are regulated through meeting or exceeding state and federal guidelines.  
**NS 2**—Smart Snack standards are easily accessed by school staff and written into the policy.  
**NS 13**—Availability of free drinking water throughout the school day.  
**PEPA 1-3**—Written physical education curriculum for grades K-8; the curriculum is aligned with national and/or state PE standards that promote an active lifestyle.  
**PEPA 12**—Opportunities for all students to engage in PA before/after school.  
**WPM 7**—Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.  
**WPM 8**—Specifically addresses marketing on school property (e.g. scoreboards, sports equipment).  
**IEC 4-5**—Addresses making wellness policy available to public and assessment of district implementation.

**Update Policies**

**NE 2**—Nutrition education teacher skills that are behavior focused, interactive and/or participatory.  
**SM 1**—Assures compliance with USDA nutrition standards for school meals.  
**SM 9**—Ensures annual training for food and nutrition services staff in line with USDA professional standards.  
**SM 6**—Specifies strategies to increase participation in schools meals, i.e. taste tests.  
**PEPA 4-5**—Addresses PE minutes for Elementary and Middles Schools.  
**PEPA 7-8**—PE teachers qualifications and continuing training for PE teachers.  
**PEPA 11**—Family and community engagement in physical activity.  
**PEPA 13**—Addresses recess breaks for all Elementary students.  
**PEPA 14**—Physical activity breaks during school.  
**PEPA 15**—Joint Use Agreements between school sites and city for community use after school hours.  
**PEPA 16**—Safe Routes to Schools.  
**WPM 1**—Encourage staff to model healthy eating and physical activity.  
**WPM 2**—Strategies to support employee wellness.  
**WPM 3**—Using physical activity as a reward.  
**WPM 4**—Not using physical activity as a punishment.  
**WPM 6**—Marketing to promote healthy food and beverage choices.  
**WPM 9-11**—Addresses marketing non-compliant foods on education materials, school publications, where food is purchased.  
**IEC 1**—Addresses establishment of ongoing district wellness committee.  
**IEC 2**—Addresses relevance of all stakeholders in wellness committee.

**Opportunities for Growth**

**NE 7**—Links nutrition education with school food environment.  
**NE 8**—Nutrition education addresses agriculture and food system.  
**SM 3-5**—Addresses, Free/Reduced meal applications, unpaid meal balances, and communication to the public. (TCSD – CEP, not currently necessary).  
**SM 10**—Addresses purchasing local foods for the school meals program.  
**NS 9**—Class parties, regulates food and beverages served during the school day. (score of 1 on both policy and practice, included just not strong.)  
**NS 11**—Nutrition standards for all food and beverages sold to students after the school day.  
**NS 12**—Addresses food not being used as a reward. (score of 1 on both policy and practice, included just not strong.)  
**WPM 5**—Specifically addresses marketing on school property (e.g. scoreboards, sports equipment).  
**WPM 12**—Addresses marketing through fundraisers and corporate incentive programs, i.e. box tops.  
**IEC 7**—Establishes an ongoing school building level wellness committee.