

Triennial Assessment Report: Triennial 2025 (2/2025)

District: PALM BEACH

Introduction

An assessment of the school Wellness Policy must be conducted at least once every three years as required by USDA regulations. The purpose of this triennial assessment is to summarize information gathered during the review

of the Foundations School Wellness Policy. The assessment includes:

1. Compliance with the wellness policy.
2. Comparison to model wellness policies.
3. Progress made in attaining the goals of the wellness policy.

The results of the assessment, along with the current wellness policy, will be made available to the public. These documents will be posted on the school's website at www.cceflorida.org and shared through other communication channels such as newsletters and Student Information System.

Our practice score as of the winter of 2024 had improved to 59 demonstrating significant improvement in implementation of our Wellness Policy.

This is our first Triennial review and it was conducted by the Chief Compliance Officer and the Director of Operations and was approved by the Education Services Advisory Committee which is comprised of Staff, Parents, and Community Members. (Students had been previously surveyed for their input.)

Strong Policies and Aligned Practices

Our policy's strengths lie in the areas of Federal Requirements and Nutrition and Environment Services. Additionally, TFS has cut single-use plastics and styrofoam usage by 95%. Our opportunities for physical activity remain strong especially in aftercare and the fact that all classes get 30 minutes of recess everyday.

		6/2021			2/2025		
		P O L I C Y	P R A C T I C E		P O L I C Y	P R A C T I C E	
F R 2	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?	1	2		2	2	

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F R 3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	0	1		2	2	
F R 4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2		2	2	
F R 5	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?	1	1		2	2	
F R 1 4	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	1	2		2	2	
F R 1 5	How is the wellness policy made available to the public?	1	1		2	2	
F R 1 7	What is included in the triennial assessment report to the public?	N A	0		2	2	
F R 1 8	Has the wellness policy been revised based on the previous triennial assessment?	0	2		2	2	
N E S 1	Does the district offer breakfast every day to all students?	N A	2		2	2	
N E S 4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	0		2	2	

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N E S 6	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	☆	2	2	☆
N E S 8	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?	0	1		2	2	☆
N E S 11	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)?	1	1		2	2	☆
N E S 14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆	2	2	☆
P E P A 12	 Are there opportunities for all students to engage in physical activity before and after school?	1	2		2	2	☆
P E P A 13	Is there daily recess for all grades in elementary school?	2	2	☆	2	2	☆
P E P A 14	 Do teachers provide regular physical activity breaks for students in the classroom?	2	2	☆	2	2	☆
P E	Do teachers ever use physical activity as a punishment?	2	2	☆	2	2	☆

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P A 1 8							
EW 1	 Are there strategies used by the school to support employee wellness?	0	1		2	2	
IC 2	Is there an active school-level wellness committee?	0	2		2	2	

Create Practice Implementation Plan

The Foundations School Wellness Policy is beginning to closely align with model policies. The model policies for comparison were the Alliance for a Healthier Generation Model Wellness Policy and the USDA Local Wellness Policy Model.

In order to address weak or absent areas of practice, TFS involved not only the NSLP staff but ALL staff in the review of its Wellness Policy. Implementation would now include staff, faculty, and administration.

Areas of future improvement include expanding Nutrition education and increasing physical activity.

		6/2021			2/2025		
		P O L I C Y	P R A C T I C E		P O L I C Y	P R A C T I C E	
F R 1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	0		2	1	
F R 1 1	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	0	0		2	0	

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F R 1 3	Which groups are represented on the district-level wellness committee?	0	1		2	1	
F R 1 6	Is wellness policy implementation evaluated every three years?	0	1		2	1	
N E S 7	 In your district, is it a priority to procure locally produced foods for school meals?	N A	1		2	1	
N E S 1 3	Do teachers or school staff give students food as a reward?	2	0		2	1	
N E 1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	0	2		2	1	
N E 2	Do all elementary school students receive sequential and comprehensive nutrition education?	0	1		2	1	
N E 5	Is nutrition education integrated into other subjects beyond health education?	1	2		2	1	
N E 7	 Does nutrition education address agriculture and the food system?	2	1		2	1	
P E P A 2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	0	0		1	0	

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P E P A 1 7	 Are teachers encouraged to use physical activity as a reward for students?	2	2		2	1	
P E P A 1 9	Do teachers ever withhold physical activity as a classroom management tool?	2	2		2	1	
EW 2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	0		2	0	

Update Policies

Policies were reviewed and updated in 2025. The revised Wellness Policy was ratified by the Education Services Advisory Committee and is available on the school's website.

		6/2021			2/2025		
		P O L I C Y	P R A C T I C E		P O L I C Y	P R A C T I C E	
N E S 9	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	1		1	2	
P E P	What percentage of students do you estimate do not take PE each year due to exemptions?	0	N A		0	2	

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A 9							
P E P A 1 0	What percentage of students do you estimate do not take PE each year due to substitutions?	0	N A		0	2	

Opportunities for Growth

Two areas of opportunity persist: Nutrition Education and Physical Education and Physical Activity. These areas were evaluated by the faculty, the Head of School, and the Compliance Officer. Suggestions were made on how the school could improve in these areas and who would be responsible for implementation. The ESAC committee was presented with these suggestions and the policy was revised and adopted by them in March 2025.

Implementation would take place during the Spring of 2025 and some would be rolled out as of the new school year in August 2025.

		6/2021			2/2025		
		P O L I C Y	P R A C T I C E		P O L I C Y	P R A C T I C E	
N E 6	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		0	1	
P E P A 1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	0	0		0	0	

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P E P A 3	How does your physical education program promote a physically active lifestyle?	0	0		0	1	
P E P A 4	How many minutes per week of PE does each grade in elementary school receive?	0	0		0	0	
P E P A 7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	N A		0	0	
P E P A 1 1	 Are there opportunities for families and community members to engage in physical activity at school?	0	0		0	0	
P E P A 1 5	Does the district have "joint-use" or "shared-use" agreements?	0	0		0	0	

Comparison with prior assessments

This is our first Triennial Assessment. Although our next Triennial Assessment is three years away, TFS will monitor and revise the Wellness Policy at least annually and will be made available on the School's website. Practice assessments will also be conducted annually.

Conclusion

The Foundations School continually strive to implement its Local Wellness Policy, making meaningful progress in nutrition promotion, physical activity, and other areas. The school is committed to continuous improvement and will use the results of this assessment to further enhance wellness initiatives, ensuring that students and staff maintain a healthy, supportive environment.

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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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