

Triennial Assessment Report: Triennial Assessment (1/2026)

District: To'Hajiilee Community School

Introduction

Tohajiilee Community School is committed to supporting the health and well-being of all students, staff, and families. As part of this commitment, the school completes a Triennial Wellness Assessment every three years to review our wellness policies and practices. This assessment ensures that our programs meet federal requirements and reflect best practices for nutrition, physical activity, mental health, and overall wellness.

This year's results show that our wellness policies are aligned with federal guidelines and continue to improve compared to previous assessments. We have made progress in areas such as promoting healthy meals and snacks, incorporating physical activity throughout the day, and providing mental health resources for students and staff.

The assessment process involved our Wellness Committee, including school administrators, teachers, counselor, parents, and community partners. Together, we reviewed current policies, evaluated practices, and identified opportunities for improvement. The assessment was completed in February 2026, and the results will guide ongoing wellness initiatives at TCS.

We are grateful for the support of our families and community as we continue to build a healthy, safe, and supportive school environment for all.

Strong Policies and Aligned Practices

Strong Policies and Aligned Practices

Tohajiilee Community School is proud to report success in fully implementing wellness practices that align with our policies. The federal requirements in this section include:

Nutrition Environment and Services – providing healthy meals and snacks that meet federal standards.

Nutrition Education – teaching students about healthy eating habits and making nutritious choices.

Physical Education and Physical Activity – ensuring students have opportunities for regular movement and PE participation.

Employee Wellness – promoting staff health and wellness through programs and resources.

Since our last triennial assessment, TCS has improved practices and procedures by using these federal guidelines to strengthen implementation. Previously, a different committee completed the last assessment, and this year our current Wellness Committee reviewed policies, aligned daily practices with guidelines, and monitored implementation to ensure all areas are addressed consistently. These efforts have led to measurable improvements in nutrition, physical activity, and staff wellness throughout the school.

By fully aligning policies and practices, TCS demonstrates a strong commitment to fostering a healthy, supportive environment for both students and staff.

		Policy Score	Practice Score	
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	★
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	2	★
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	★
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	2	2	★

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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	☆
FR13	Which groups are represented on the district-level wellness committee?	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	☆
FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES1	Does the district offer breakfast every day to all students?	2	2	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	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	☆
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?	2	2	☆
NES10	Are foods or beverages containing caffeine sold at the high school level?	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	☆
NES12	Do all foods or beverages SOLD (not served) 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	☆
NES13	Do teachers or school staff give students food as a reward?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆

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NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	2	☆
PEPA6	How many minutes per week of PE does each grade in high 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	☆
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
PEPA16	What proportion of students walk or bike to school?	2	2	☆
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	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

Update Policies

Tohajiilee Community School recognizes that while some wellness practices are fully implemented, certain areas of policy language are either missing or need strengthening. This section ensures that our Local School Wellness Policy (LSWP) reflects all federally required elements and supports best practices for student and staff wellness.

Federal Requirements / Priority Areas:

- Physical Education and Physical Activity – ensuring students have consistent opportunities for movement
- Nutrition Environment and Services – providing healthy meals and snacks that meet federal standards
- Nutrition Education – incorporating classroom lessons to promote lifelong healthy habits
- Employee Wellness – supporting staff physical, mental, nutritional, and cultural health

Policy Updates and Implementation:

To support employee wellness, TCS established a Sunshine Club, which provides monthly newsletters filled with wellness information and activities covering physical, mental, cultural, and nutrition health. These updates and activities are planned and shared throughout the month to engage staff and model wellness practices.

The Wellness Committee, including teachers, Parent Advisory Committee members, administrators, supervisors, students, and kitchen staff, will oversee updates to policy language to ensure alignment with federal requirements and district priorities.

Timeline and Next Steps:

Wellness newsletters and activities are ongoing each month.

Policy language updates will be completed by March 2026 to formally incorporate employee wellness supports, nutrition, and physical activity practices.

Implementation of updated policies will continue through staff engagement and Sunshine Club.

By updating policies to reflect these wellness practices, TCS ensures that our wellness goals are clearly documented, consistently applied, and accessible to

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all staff and stakeholders.

		Policy Score	Practice Score	
EW1	 Are there strategies used by the school to support employee wellness?	2	1	

Update Policies

Practice Implementation Plan:

Federal Requirement:

The federal requirement addressed in this section is ensuring that the School Wellness Policy is implemented and communicated effectively to all stakeholders.

Plan to Improve Implementation:

To improve practice implementation, the Wellness Committee, led by the elected chair and co-chair, will update and maintain the wellness policy. Efforts will focus on making the policy more accessible and visible to families, staff, students, and community stakeholders. This includes:

- Posting the wellness policy on the school website
- Sending a letter to families
- Sharing information through teacher communications

Timeline and Current Status:

The policy is already posted on the website.

A letter to families will be completed by the end of the month.

Implementation is currently ongoing through teacher communications to ensure that students are consistently receiving healthy snacks in alignment with wellness policy guidelines.

Assessment of Success:

The Wellness Committee will monitor communication and implementation by:

Confirming that the policy is posted and accessible online

Tracking family receipt of letters and communications

Observing and verifying that classroom snack practices align with the wellness policy

Through these steps, TCS ensures that wellness policies are not only written but actively practiced, supporting the health and well-being of all students and staff.

		Policy Score	Practice Score	
FR17	What is included in the triennial assessment report to the public?	1	2	

Opportunities for Growth

Update Policies

Federal Requirements / Focus Areas:

Nutrition Environment and Services – ensuring all meals and snacks meet federal nutrition standards, providing healthy snack options, limiting sugary and caffeinated foods/beverages, and promoting nutrition education.

Physical Education and Physical Activity – ensuring students have access to regular physical activity and PE opportunities, even in years when some students do not participate in PE classes.

Priority Areas for TCS:

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Expanding classroom-based nutrition education so all students receive consistent learning about healthy eating.

Documenting and strengthening physical activity practices for all students.

Updating language around healthy snacks, snack sales, and no-caffeine guidelines to fully reflect current school practices.

Responsible Parties:

The Wellness Committee (teachers, Parent Advisory Committee members, administrators, supervisors, students, and kitchen staff) will lead the policy updates.

The elected chair and co-chair will coordinate revisions and ensure alignment with federal requirements.

Timeline:

Draft updates will be completed by May 2026.

The revised policy will be formally adopted and implemented by start of 2026–2027 school year.

Improving Partially Implemented Practices:

For classroom nutrition education and physical activity opportunities, we will explore integrating lessons into multiple subjects, providing supplemental PE or activity options, and offering professional development for staff.

The Wellness Committee will monitor progress to ensure that policies are fully implemented and aligned with federal guidelines.

By updating the policy to fully include Nutrition Environment and Services and Physical Education and Physical Activity, TCS ensures that wellness practices are clearly documented, consistently implemented, and sustainable for all students and staff.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	1	
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?	1	1	
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	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	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	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	1	

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PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	1	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	1	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	1	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
PEPA13	Is there daily recess for all grades in elementary school?	1	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

Conclusion

Conclusion

Tohajiilee Community School is proud of the progress we have made in supporting the health and wellness of our students, staff, and community. Our assessment shows that we have strong policies in place and are successfully implementing practices that promote healthy eating, physical activity, mental health, and cultural wellness.

We have made specific improvements in areas such as healthy snacks and no-caffeine guidelines, classroom nutrition education, physical activity opportunities, and employee wellness programs through initiatives like the Sunshine Club. The Wellness Committee, along with staff, parents, students, and community partners, continues to monitor and update policies to ensure all federal requirements are met.

Overall, TCS remains committed to creating a safe, healthy, and supportive environment where students and staff can thrive. We will continue to review and improve our practices to maintain these wellness standards for years to come.

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

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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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