

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

Introduction

Every three years, the Annette Island School District completes a Triennial Wellness Assessment to evaluate how well our schools' nutrition, physical activity, and wellness practices align with federal requirements and recommended best practices. This review helps us celebrate our progress, identify areas for improvement, and ensure that our students and staff are supported in a healthy learning environment.

This year's assessment shows that Annette Island School District (AISD) continues to meet or exceed nearly all federal wellness requirements, including standards for school meals, access to drinking water, protection of student privacy, required staff training, and regular wellness policy evaluation. Many areas earned the highest possible scores in both policy and practice. The areas of strength for AISD are the following: nutrition education goals, Smart Snacks compliance in several areas, drinking water availability, and district-level wellness committee representation. These results demonstrate strong alignment between written policy and day-to-day implementation.

Compared to previous assessment cycles, AISD maintains strong compliance in most areas and showed continued growth in practices that support student wellness, such as integrating nutrition education into multiple subjects and expanding opportunities for physical activity during the school day. The assessment also identifies opportunities for strengthening district practices. These opportunities for growth are the following areas: healthy food marketing, enhancing consistency in Smart Snacks implementation, and increasing physical activity opportunities before and after school.

To complete this triennial review, AISD used the WellSAT Policy and Practice Assessment, a nationally recognized evaluation tool. The assessment was completed in November 2025 with the support of a broad team of stakeholders, including Administrators, Directors, Teachers, Students, Community Members, and Parents, all of whom contributed valuable insights and feedback.

Moving forward, these results will guide updates to the district's wellness policy, strengthen practices across grade levels, and support continued transparency with families and our community. AISD remains committed to providing nutritious meals, quality physical activity opportunities, and a school environment where students can thrive.

Strong Policies and Aligned Practices

The Annette Island School District demonstrated significant strengths in this year's Triennial Wellness Assessment, with multiple items earning the highest rating for both written policy and daily practice. These areas represent places where AISD not only meets federal expectations but also shows a consistent commitment to implementing wellness practices that support student health and learning.

Several federal requirements fall into this "Strong Policies and Aligned Practices" category. AISD continues to meet federal standards related to:

Nutrition education goals (FR1)

Meal pattern compliance for the National School Lunch Program and School Breakfast Program (FR2)

Access to free drinking water during meals (FR4)

Staff completion of annual USDA professional standards training (FR5)

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

Smart Snacks—compliant fundraisers (FR10)

Wellness committee representation and oversight (FR13, FR14)

Public access to the wellness policy and triennial assessment results (FR15, FR16, FR17)

Policy revisions based on prior assessment cycles (FR18)

In addition to federal requirements, AISD also showed strong alignment in several best-practice areas, including offering daily breakfast to all students (NES1), ensuring access to drinking water throughout the school day (NES14), integrating nutrition education into multiple subject areas (NE5), addressing agriculture and the food system in nutrition instruction (NE7), and maintaining written PE curricula aligned with state and national standards (PEPA2).

Improvements Since the Previous Triennial Assessment (2023)

While many of these items were already strengths in previous assessment cycles, AISD has made notable progress in aligning policy and practice more closely. Areas that previously required refinement such as strengthening the clarity of wellness policy language, improving communication to families, and ensuring consistent implementation across buildings now appears in the Strong Policies and Aligned Practices category for AISD.

For example, improved coordination between the district-level wellness committee, building administrators, and food service staff led to stronger alignment in areas such as making wellness information publicly accessible (FR15) and integrating nutrition education into other subjects (NE5). Similarly, increased collaboration across departments helped AISD maintain full compliance with federal meal pattern requirements and strengthen systems related to professional development for nutrition staff.


These improvements reflect AISD's ongoing commitment to continuous improvement, transparency, and the health of all students. By aligning written policies with effective daily practices, the district demonstrates that wellness is not only a stated priority, but a lived one across classrooms, cafeterias, and school environments.

		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	☆

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)
District: ANNETTE ISLAND

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

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)
District: ANNETTE ISLAND

NES10	Are foods or beverages containing caffeine sold at the high school level?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE7	 Does nutrition education address agriculture and the food system?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	2	☆
PEPA5	How many minutes per week of PE does each grade in middle 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	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆

Create Practice Implementation Plan

In this year's Triennial Wellness Assessment, several items were identified as having either strong or weak written policies but limited or absent implementation in practice. These items require the development of targeted Practice Implementation Plans to ensure Annette Island School District (AISD) fully complies with all elements of the Local School Wellness Policy (LSWP) and federal guidelines.

The federal requirements appearing in this category include:

1. Competitive foods and beverages meeting Smart Snacks standards (FR6)

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

2. Smart Snacks compliance for a la carte foods (FR7)
3. Regulating foods and beverages served at class parties or celebrations in elementary schools (FR11)
4. Ensuring that marketed foods and beverages meet Smart Snacks criteria (FR12)

These areas indicate that while the district has policies referencing these federal expectations, day-to-day practice requires more consistent implementation across schools.

Planned Steps to Improve Implementation

AISD will take a multi-step approach to strengthen practice implementation in these areas:

1. Clarify and Communicate Expectations.

The district will develop clear, user-friendly guidance for staff, families, and vendors outlining Smart Snacks standards, expectations for class celebrations, and what marketing materials are allowed on campus.

2. Review and Update School Procedures.

Each school will audit current practices for a la carte sales, classroom celebrations, and food marketing. Adjustments will be made to ensure consistency with district policy and federal regulations.

3. Provide Training for Staff.

Food service staff, teachers, and office staff will receive training on Smart Snacks compliance, what constitutes a compliant fundraiser, and how to monitor celebrations and marketing materials.

4. Strengthen Monitoring and Accountability Systems.

Building administrators will complete quarterly check-ins to ensure compliance in all areas, with support from the Food Service Director and the District Wellness Committee.

Responsible Parties

The following individuals and groups will collaborate to create and implement the Practice Implementation Plan:

Food Service Director – leads Smart Snacks compliance, menu reviews, and staff training

Building Administrators – oversee classroom celebrations, food marketing, and schoolwide compliance

Wellness Committee – reviews progress, supports communication, and ensures alignment with the LSWP

Teachers & Support Staff – implement celebration guidelines and ensure foods provided to students meet standards

District Administrators – provide oversight, policy clarity, and necessary approval

Timeline for Completion and Implementation

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

Plan Development:

The Practice Implementation Plan will be created by March 2026 and reviewed by district leadership and the Wellness Committee.

Implementation:

Revised procedures and training will be put into place by August 2026, allowing for full implementation at the start of the 2026–2027 school year.

Monitoring and Evaluation:

AISD will assess the success of implementation through:

Quarterly administrator wellness compliance checklists





Annual review by the District Wellness Committee

Feedback from food service staff and teachers












Documentation of Smart Snacks–compliant fundraisers, celebrations, and sales

Inclusion of progress updates in the next required public wellness report

Success will be measured by moving these items out of the “Create Practice Implementation Plan” category and into “Strong Policies and Aligned Practices” in the next triennial assessment cycle.

		Policy Score	Practice Score	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	1	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	1	

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)
District: ANNETTE ISLAND

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?	2	1	
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	0	
NES13	Do teachers or school staff give students food as a reward?	2	1	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	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?	2	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	1	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	1	

Update Policies

This section of the Triennial Wellness Assessment identifies areas where the Annette Island School District is

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

successfully implementing wellness practices, but where written policy language is missing or too weak to fully meet federal requirements. It also includes areas where AISD is partially implementing practices without corresponding policy support. Strengthening the Local School Wellness Policy (LSWP) will ensure alignment with federal expectations, improve consistency across schools, and support long-term sustainability of wellness initiatives.

Federal Requirements in This Section

Based on the assessment, the following federal requirements fall into the "Update Policies" category:

Student privacy protections for free and reduced-price meal eligibility (FR3 – strong practice, no policy)

Smart Snacks compliance for vending machines and school stores (FR8, FR9 – strong or partial practice, lacking policy)

Regulation of foods and beverages served at class celebrations in elementary schools (FR11 – partial practice, weak policy)

Regulation of food/beverage marketing on campus (FR12 – partial policy alignment)

These items require written policy updates to fully reflect federal rules and current district practices.

Additional Priority Areas

In addition to federal requirements, the district identified several best-practice items as priorities for policy strengthening, including:

Marketing strategies to promote healthy choices (NES5 – partially implemented)

Ensuring sufficient time to eat breakfast and lunch (NES6 – policy weaker than practice)

Physical activity opportunities before and after school (PEPA12 – practice ahead of policy)

Updating policy in these areas will allow AISD to recognize current strengths and ensure practices continue across school years and leadership transitions.

Policy Update Responsibilities

AISD will use a collaborative approach to updating wellness policy language. The following groups will share responsibility:

District Wellness Committee – drafts updated policy language and ensures alignment with federal requirements

Food Service Director – provides language related to Smart Snacks, meal privacy, celebrations, and marketing












Physical Education Staff and Building Administrators – provide recommendations for physical activity policy updates

Superintendent and District Leadership – review, refine, and authorize policy changes prior to board approval

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)





District: ANNETTE ISLAND

AISD School Board – formally adopts updated policy language during a regular board meeting

		Policy Score	Practice Score	
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?	1	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?	1	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)?	1	2	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	2	
PEPA13	Is there daily recess for all grades in elementary school?	1	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

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	
IC2	Is there an active school-level wellness committee?	1	2	

Opportunities for Growth

As part of this Triennial Wellness Assessment, the Annette Island School District identified several areas where practices are being implemented but the written Local School Wellness Policy (LSWP) does not yet fully reflect federal requirements. The district also identified items where practices are only partially implemented and require clearer policy guidance and structured support to ensure full compliance. AISD is committed to strengthening both policy language and daily implementation to ensure a consistent, equitable, and federally aligned wellness environment for all students.

Based on the assessment results, the following federally required items need policy and/or practice updates:

Protection of student privacy for free/reduced-price meal eligibility (FR3)

Smart Snacks compliance for all competitive foods, including vending machines and school stores (FR6, FR7, FR8, FR9)

Regulating foods and beverages served during classroom parties and celebrations (FR11)

Ensuring all food and beverage marketing on campus meets Smart Snacks criteria (FR12)

These items either (1) occur in practice but are not clearly articulated in the policy, or (2) are partially implemented in practice and require additional supports to strengthen consistency across schools.

In addition to federally required items, AISD identified several priority best-practice areas for policy strengthening, including:

Increasing the use of healthy food marketing strategies (NES5)

Strengthening guidance on meal periods and ensuring adequate time to eat (NES6)

Enhancing physical activity opportunities before and after school (PEPA12)

Plans to Improve Implementation of Priority Practices

AISD will strengthen implementation of these practices through a coordinated districtwide plan. Key actions will include:

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

1. Smart Snacks Compliance (All Competitive Foods)

Develop a simplified Smart Snacks compliance guide for staff, vendors, and student groups.

Provide annual training for food service staff, club advisors, and administrators.

Conduct quarterly audits of vending machines, student stores, and a la carte items.

2. Classroom Celebrations & Student Privacy

Create districtwide "Healthy Celebration Standards" for elementary classrooms.

Provide teachers with ideas and sample lists of compliant, culturally responsive celebration alternatives.

Ensure all front office staff apply established procedures to protect student privacy for meal eligibility.

3. Food and Beverage Marketing

Create a checklist for reviewing posters, scoreboards, fundraising flyers, and vendor donations.

Require prior approval for all commercial materials on campus.

4. Time to Eat & Meal Promotion

Review school schedules to ensure minimum meal time expectations are consistently met.


Promote positive cafeteria practices such as attractive displays, signage, and fresh food placement.

5. Physical Activity Opportunities

Review before/after-school programming and consider expanding intramurals, open gyms, or recess-based activities.








Include expectations for daily activity breaks in classroom routines.

By updating both policy and practice, AISD is taking proactive steps to ensure a comprehensive, equitable, and sustainable approach to student wellness. Strengthening these areas will support healthier choices, reinforce best practices, and ensure federally aligned compliance for years to come.

		Policy Score	Practice Score	
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?	1	1	

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	0	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	0	1	
PEPA16	What proportion of students walk or bike to school?	1	1	

Conclusion

The Annette Island School District remains committed to creating a healthy and supportive environment for all students. This Triennial Wellness Assessment shows that our district is meeting most federal wellness requirements and that many of our strongest wellness practices such as offering nutritious meals, providing free drinking water, integrating nutrition education, and maintaining active wellness committees are fully aligned with our written policies.

The assessment also helped us identify areas where we can continue improving. Some practices are strong but need clearer policy language, while others require more consistent implementation across schools. To address these needs, AISD will create a districtwide implementation plan, update our Local School Wellness Policy, and provide staff training to ensure practices match federal guidelines. These updates will be developed with input from administrators, teachers, students, families, and community members.

Overall, our district is moving forward with a clear plan to strengthen student wellness, expand physical activity opportunities, improve our food environment, and communicate our progress with the community. By working together, we will continue to build a healthy, safe, and engaging school environment where every student can thrive.

Key

★ **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND



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

Triennial Assessment Report: Triennial Wellstat Assessment (11/2025)

District: ANNETTE ISLAND

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