



Your Triennial Assessment Report

Triennial Assessment Name:

Wellness Assessment (10/2025)

District Name: **CHOCTAW COUNTY**

View resources to improve your policy and practices [here](#)

Strong Policies and Aligned Practices

		Policy Score	Practice Score	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	★
FR15	How is the wellness policy made available to the public?	2	2	★
FR17	What is included in the triennial assessment report to the public?	2	2	★
NES1	Does the district offer	2	2	★

Policy Practice Score Score







	breakfast every day to all students?			
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	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	★

Policy Practice Score Score


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	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆

Create Practice Implementation Plan

Policy Practice Score Score

FR6	Do all competitive foods and beverages sold to students <u>during</u> <u>the</u> <u>school</u> <u>day</u> meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	1	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	1	
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	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	1	
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	1	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	1	

Policy Practice Score Score

NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	1	
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Update Policies

Policy Practice Score Score

FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	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?	1	2
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	1	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?	1	2

Policy Practice Score Score

FR14	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
FR16	Is wellness policy implementation evaluated every three years?	1	2
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	2
NES7	☛ In your district, is it a priority to procure locally produced foods for school meals?	1	2
NES11	Do all SERVED (not sold) to foods or beverages 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
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	2
NE3	Do all middle school students receive sequential and comprehensive	1	2

Policy Practice Score Score




	nutrition education?		
PEPA1	✘ Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	2
PEPA3	How does your physical education program promote a physically active lifestyle?	1	2
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	2
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	1	2
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	1	2
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	1	2

Policy Practice Score Score







EW1	Are there strategies used by the school to support employee wellness?	1	2
IC1	Is there an active district-level wellness committee?	1	2

Opportunities for Growth





Policy Practice Score Score

FR13	Which groups are represented on the district-level wellness committee?	1	1	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	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.,	1	1	

Policy Practice Score Score

	CACFP or Smart Snacks)?			
NES13	Do teachers or school staff give students food as a reward?	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	
NE7	Does nutrition education address agriculture and the food system?	1	1	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	1	

Policy Practice Score Score

PEPA12	<p>🏃 Are there opportunities for all students to engage in physical activity before and after school?</p>	1	1	
PEPA14	<p>🏃 Do teachers provide regular physical activity breaks for students in the classroom?</p>	1	1	
PEPA18	<p>Do teachers ever use physical activity as a punishment?</p>	0	1	
EW2	<p>Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?</p>	1	1	
IC2	<p>Is there an active school-level wellness committee?</p>	1	1	