

Triennial Assessment Report: 2024-25 Triennial review (5/2025)

District: St. John the Evangelist

Introduction

A triennial review of a wellness policy is a mandatory, three-year assessment for schools that participate in federal child nutrition programs to evaluate their local wellness policy's compliance, progress, and effectiveness. The review involves checking that the policy meets USDA regulations, measuring how well the school is putting the plan into practice, and ensuring the policy is made available to the public. It's a required component to show progress and identify areas for improvement in the school's wellness environment.

The SJE School Advisory Commission reviewed our wellness policy and practice through a series of meeting starting in May of 2025 and concluding in November of 2025.

Strong Policies and Aligned Practices

SJE has done a better than average job of having strong policies and aligned practice. The total comprehensive average score is 54 and the average strength score is 33. Our review shows SJE has a total comprehensive score of 74 and a total strength score of 48.

		Policy Score	Practice Score	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	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	★
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	★
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	★

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FR15	How is the wellness policy made available to the public?	2	2	☆
FR16	Is wellness policy implementation evaluated every three years?	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	☆
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	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
IC2	Is there an active school-level wellness committee?	2	2	☆

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Create Practice Implementation Plan

A few things we will do to improve our written policy is to add the following for the 2026-27 school year:

1. Food Director will ensure all employees who work with the food program will meet the annual training for food and nutrition services in accordance with USDA Professional Standards
2. Food director will make triennial assessment results available to the public through school newsletter every three years.
3. Each year families will receive information about determining eligibility for free/ reduced price meals.
4. All elementary age students will receive physical education instruction twice per week. Students in grades 6-8 will receive physical education instruction two 45 minute instructional periods per week and one 45 minute health class per week
5. Physical Education instructor will meet all teaching requirements of the Archdiocese of Milwaukee
6. Students will be provided physical activity breaks during the school day. K4-4th grade will have two 20 minute recess breaks and grades grades 5-8 will have one 20 minute recess break. Other physical activity breaks will be provided at age appropriate levels.
7. Strategies to support employee wellness will be shared with staff throughout the year.
8. Staff is encouraged to model health eating and physical activity behaviors.
9. All meals served for lunch meet the federal standards for meal patterns, nutrient levels, and calorie requirements for grade levels served
10. Staff will work to maintain the privacy of students who qualify for free or reduced price meals.

The items listed will be added to our wellness policy and implemented for the 2026-27 school year

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	1	
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	0	

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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	
EW1	 Are there strategies used by the school to support employee wellness?	1	0	

Update Policies

Policy updates to be added to the 2026-2027 school wellness policy:

1. The school wellness committee will include parish members, school staff, and parents.
2. SJE contracts with a food vendor who will work to procure locally produced food for our lunch program

		Policy Score	Practice Score	
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	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price 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?	0	2	
FR13	Which groups are represented on the district-level wellness committee?	1	2	
FR17	What is included in the triennial assessment report to the public?	0	2	

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NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	0	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	2	
NE7	 Does nutrition education address agriculture and the food system?	0	2	
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?	0	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	2	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	

Opportunities for Growth

The food director will be responsible for updating the school wellness policy. Some of the things listed below were included in another section as being added to our policy and implemented for the 2026-27 school year. Our written policy will be updated and we will continue to work at putting the things in the policy into practice.

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		Policy Score	Practice Score	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	1	
NES13	Do teachers or school staff give students food as a reward?	0	0	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	0	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	0	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	0	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	1	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	0	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	1	

Conclusion

The triennial review of our School Wellness Policy reaffirms our commitment to supporting the health, well-being, and academic success of all students. Through ongoing evaluation and collaboration among staff,

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families, and community partners, we continue to strengthen our nutrition, physical activity, and wellness initiatives. We remain dedicated to fostering a school environment that promotes lifelong healthy habits and supports the whole child.

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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