

Triennial Assessment Report: New Milford Triennial Assessment (3/2025)

District: NEW MILFORD

Introduction

The NMPS reviews its wellness policies and align practices every three years. The WellSAT Assessment covers a range of areas.

Overall, the NMPS District Wellness Policies are meeting with success in the following areas: nutrition education, marketing, physical education, fundraising and food sold during the school day.

This years results compared to the previous assessment (2022) indicates that the district has improved overall scoring slightly, from overall "Strength Policy Score" of 23, to a 25.

The Wellsat Assessment team included the following staff: building administrators, health teachers, PE teachers, Athletic Director, Pupil Personnel and Food Services Directors. The process began in March, 2025, and was completed in June, 2025.

Strong Policies and Aligned Practices



The NMPS Districts Wellness Policies are meeting with success in the following areas: nutrition education, marketing, physical education, fundraising, and food sold during the school day, in addition to school meal programs that address students and healthy food and beverages. There is an official person responsible in each building to oversee implementation and compliance. The Wellness Policy is available to the public through the Wellness Assessment posting on the NMPS website. The district complies with free and reduced availability to students and families though multiple communication methods. The district markets information to promote only healthy food and beverage choices. It addresses the amount of time students have to eat. Nutrition education is provided though skills based instruction at the middle school level and is integrated into other subjects. The NMPS District has policies and practices that address physical education to promote wellness in the classroom.

		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?	2	2	★
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	★
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	★






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FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
FR8	Do all foods and beverages sold in vending machines meet Smart Snack 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	☆
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	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	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	☆

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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	☆
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
NE5	Is nutrition education integrated into other subjects beyond health education?	2	2	☆
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	2	☆
NE7	 Does nutrition education address agriculture and the food system?	2	2	☆

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PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	2	2	☆
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
EW1	 Are there strategies used by the school to support employee wellness?	2	2	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	☆

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Create Practice Implementation Plan

The following federal requirements include: "what is included in the triennial assessment to the public?"






The report is included in the district policy but does not provide how our wellness policy compares to model wellness policies. It does not include the progress we are making in attaining the goals.

Plan to improve:

The quarterly district Wellness meetings will ensure that the Wellness Committee reviews the progress and collaborates on next steps for improvement. The updates will be shared at the building-level committee and implemented with fidelity.









The posted triennial progress report will include an assessment on our compliance. The requirement is to include: the extent of our compliance with the local school wellness policy and how we compare to a model school policy, as well as a description of the progress in attaining our goals of the NMPS Wellness Policy.

1. How our Wellness practices for using alternate methods rather than food as a reward.
2. Improve practices to ensure that nutrition education is offered all high school and elementary schools.
3. Review and work towards increasing the number of minutes (elementary and middle) grades receive PE instruction.
4. Review and work towards improving PE instruction to include 225 min per week of PE instruction.
5. Educate teachers on how to incorporate regular physical activity breaks for students during the school day.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
FR17	What is included in the triennial assessment report to the public?	2	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?	2	1	
NES13	Do teachers or school staff give students food as a reward?	2	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	1	

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NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	1	
PEPA3	How does your physical education program promote a physically active lifestyle?	2	0	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	0	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	0	
PEPA6	How many minutes per week of PE does each grade in high school receive?	2	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	2	1	
PEPA16	What proportion of students walk or bike to school?	1	0	

Update Policies

Considerations for policy revision include:

Improving professional development opportunities for PE teachers annually that is relevant and specific for PE.







There will be no substitutions/exemptions for PE time requirements.

There will be no substitutions/exemptions for PE class/credit requirements.

	Policy Score	Practice Score	
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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	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	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?	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	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	1	2	

Opportunities for Growth

FR 11, 13 and IC1 are priorities for the NMPS district.

Reestablishing the NMPS district and school based Wellness Committees will ensure:

FR 11. Regulates food and bev at class parties. We want to move toward class celebrations that focus on activities rather than food. No food will be brought into the classroom due to allergies and safety concerns.

Fr 13. We are weak in our practice and in our policy.

"Which groups are listed in the district Wellness committee?"

Who is responsible for creating the plan? The Director of Food Services and Pupil Personnel will recruit staff and community members.

Timeline: Fall 2025 to actively recruit members.

The first Wellness Committee meeting will be held on/before Nov. 1, 2025.

We will assess success by attendance at meetings.

Policy recommendations will be provided by the Wellness Committee Chairs to the Superintendent and BOE.

Timeline for policy updates will be the 2025-2026 school year.





IC 1: the policy and practice should clearly state that the wellness committee meeting meet 4 x per year. The school level should have meetings quarterly, as well, to ensure that the wellness committees are following goals with fidelity.

Policy recommendations will be provided by the Wellness Committee Chairs to the Superintendent and BOE.

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Timeline for policy updates will be the 2025-2026 school year.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	1	
FR13	Which groups are represented on the district-level wellness committee?	1	1	
IC1	Is there an active district-level wellness committee?	1	1	
IC2	Is there an active school-level wellness committee?	1	1	

Conclusion

In Summary, the wellness initiatives in the district are strong. There is room for improvement and opportunities for growth.

To strengthen and support student wellness, the district will establish both a District Wellness Committee and School Wellness Committees. These committees will meet four times per year to review wellness initiatives, assess policy implementation, and plan improvements. The committees will report to the public annually, ensuring transparency and accountability. Additionally, the district will update and maintain accurate records of physical education minutes provided to students to support compliance and promote physical health.

To foster broad community engagement, the district will actively recruit members for the wellness committees through outreach efforts, such as community letters or emails. These actions will ensure diverse representation and continued support for a healthy school environment.

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

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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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