WellSAT

Your Triennial Assessment Report

Triennial Assessment Name: 2025

(3/2025)

District Name: CANTERBURY

View resources to improve your policy and practices here

Strong Policies and Aligned Practices

		PolicyPractice		
		Score	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	$\stackrel{\wedge}{\Box}$
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	\Diamond
FR4	Is free (i.e., no cost to students) drinking water available to	2	2	\Diamond

Policy Practice

Policy Practice Score Score

NES1	Does the district offer breakfast every day to all students?	2	2	$\stackrel{\wedge}{\Box}$
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	$\stackrel{\cdot}{\Box}$
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	☆
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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	$\stackrel{\wedge}{\Box}$
NE1	Are skills-based, behavior- focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆

Policy Practice Score Score

PEPA13	Is there daily recess for all grades in elementary school?	2	2	\updownarrow
PEPA14	physical activity breaks for students in the classroom?	2	2	☆
PEPA15	Does the district have "joint- use" or "shared-use" agreements?	2	2	\Diamond
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	\Diamond
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	$\stackrel{\wedge}{\Box}$
IC1	Is there an active district-level wellness committee?	2	2	\Diamond
IC2	Is there an active school-level wellness committee?	2	2	\Diamond

Create Practice Implementation Plan

Policy Practice Score Score

FR11

Does your district regulate foods and

beverages served at

ui

1

0



PolicyPractice Score Score

following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?

How many minutes per week of PE does each grade in

elementary school receive?

PEPA4

PEPA5

PEPA12

How many minutes per week of PE does each

grade in middle school receive?

Are there opportunities for all students to

engage in physical activity before and after school? 0

2

1

0

1

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Policy Practice Score Score

FR17	What is included in the triennial assessment report to the public?	0	2
NES7	In your district, is it a priority to procure locally produced foods for school meals?	0	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?	0	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?	1	2
NES11	Do all 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)?	0	2
PEPA11	Are there opportunities for families and community members	1	2