






Triennial Assessment Report: SJMMS 2026 Wellness Policy Review (5/2026)








District: St Joseph Marquette Catholic School

Introduction

Strong Policies and Aligned Practices


		Policy Score	Practice Score	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	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	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	

Create Practice Implementation Plan











		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	
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	0	
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?	1	0	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR17	What is included in the triennial assessment report to the public?	1	0	
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	0	
PEPA3	How does your physical education program promote a physically active lifestyle?	1	0	

Triennial Assessment Report: SJMMS 2026 Wellness Policy Review (5/2026)

District: St Joseph Marquette Catholic School

PEPA4	How many minutes per week of PE does each grade in elementary school receive?	1	0	
--------------	---	----------	----------	---

Update Policies




















		Policy Score	Practice Score	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	0	2	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	0	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?	0	2	
FR16	Is wellness policy implementation evaluated every three years?	1	2	
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?	0	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?	0	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	2	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	2	
PEPA18	Do teachers ever use physical activity as a punishment?	0	2	

Opportunities for Growth

	Policy Score	Practice Score	













Triennial Assessment Report: SJMMS 2026 Wellness Policy Review (5/2026)

District: St Joseph Marquette Catholic School

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	1	
FR13	Which groups are represented on the district-level wellness committee?	0	1	
FR15	How is the wellness policy made available to the public?	1	1	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	0	0	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	1	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	1	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	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?	0	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)?	0	0	
NES13	Do teachers or school staff give students food as a reward?	0	0	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	1	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	0	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
NE7	 Does nutrition education address agriculture and the food system?	0	1	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	1	1	

Triennial Assessment Report: SJMMS 2026 Wellness Policy Review (5/2026)

District: St Joseph Marquette Catholic School

PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	1	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	0	1	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	0	1	
PEPA16	What proportion of students walk or bike to school?	0	0	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	1	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	0	1	
EW1	 Are there strategies used by the school to support employee wellness?	0	1	
IC1	Is there an active district-level wellness committee?	1	1	

Conclusion

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

Triennial Assessment Report: SJMMS 2026 Wellness Policy Review (5/2026)

District: St Joseph Marquette Catholic School

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. **Fax:**
(202) 690-7442; or
3. **Email:**
program.intake@usda.gov

This institution is an equal opportunity provider.