

Triennial Assessment Report: WELLSAT WSCC (10/2026)

District: DISCOVERY PUBLIC SCHOOL FARIBAULT

Introduction

The purpose of the Triennial Wellness Policy Assessment is to evaluate how well Discovery Public School's wellness policy aligns with federal requirements, compares to recognized wellness policy best practices, and supports the health and well-being of our students. Every three years, schools participating in federal child nutrition programs are required to review their wellness policies and assess progress toward established goals.

Discovery Public School completed its most recent assessment in September 2026 through a review of the district's wellness policy and school wellness practices using the WellSAT WSCC (Whole School, Whole Community, Whole Child) assessment tools. The assessment was conducted by the school's Wellness Committee, which included Director Dan Weisser, PE Teacher Cody Hanson, Instructional Leader Sharon Hansen, and Office Manager Brooke Rindahl.

Overall, the assessment found that Discovery Public School's wellness policy remains closely aligned with model wellness policies and continues to meet federal requirements. When compared to the previous triennial assessment completed in 2023, the school demonstrated continued progress in maintaining strong nutrition education, physical education, healthy meal practices, and student wellness opportunities. The 2026 assessment also highlighted areas for future improvement, including encouraging greater participation in physical activity programs and continuing to strengthen wellness policy implementation and public engagement. Discovery Public School remains committed to fostering a healthy school environment that supports the academic success and well-being of all students. The purpose of the Triennial Wellness Policy Assessment is to evaluate how well Discovery Public School's wellness policy aligns with federal requirements, compares to recognized wellness policy best practices, and supports the health and well-being of our students. Every three years, schools participating in federal child nutrition programs are required to review their wellness policies and assess progress toward established goals.

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Strong Policies and Aligned Practices

Discovery Public School has many strengths in supporting student health and wellness. The assessment found that the school has strong policies in place and is fully implementing practices that align with those policies. Key areas of success include nutrition education, healthy school meals, student privacy protections, access to free drinking water, wellness policy leadership, and regular policy evaluation.

The school also provides opportunities for physical activity during and outside the school day, supports family and community involvement, promotes healthy food choices, and ensures that physical education is taught by qualified staff. Compared to previous assessments, Discovery Public School has continued to maintain and strengthen these practices, demonstrating an ongoing commitment to student health, wellness, and academic success.

		Policy Score	Practice 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	★
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	★
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	☆
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	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	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	☆
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	☆
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	☆
NE4	Do all high school students receive sequential and comprehensive nutrition 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	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	2	☆

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PEPA6	How many minutes per week of PE does each grade in high school receive?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2	☆
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	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	☆
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	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	☆

Create Practice Implementation Plan

The assessment identified an opportunity to strengthen participation and engagement within the district and school wellness committees. The Wellness Committee will develop a plan by the end of October 2026 to support regular meetings, review wellness goals, and encourage involvement from staff and other stakeholders.

The plan will be implemented during the 2026-2027 school year, and progress will be monitored through committee meetings and annual wellness policy reviews. Success will be measured by maintaining active wellness committees that regularly review and support the school's wellness goals.

		Policy Score	Practice Score	
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?	2	1	

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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	0	
NES13	Do teachers or school staff give students food as a reward?	1	0	
IC1	Is there an active district-level wellness committee?	2	1	
IC2	Is there an active school-level wellness committee?	2	1	

Update Policies

The triennial assessment found that Discovery Public School includes a variety of stakeholders in wellness efforts, but the wellness policy can be updated to more clearly identify the groups represented on the district wellness committee. The Wellness Committee will review and update the policy language by the end of October 2026 to better reflect current committee membership and participation.

Once the policy is updated, it will be shared with staff and the school community and used to guide future wellness activities. These updates will help ensure the policy accurately reflects the school's ongoing commitment to supporting student health and wellness.

		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	1	2	

Opportunities for Growth

The triennial assessment identified opportunities to strengthen how wellness information is shared with families and the community and to ensure the wellness policy is regularly updated based on assessment results. The Wellness Committee will review and revise the wellness policy by the end of October 2026 and will make the triennial assessment results available to the public.

Implementation of these updates will be monitored during the 2026-2027 school year. Success will be measured by completing the policy revisions, sharing assessment information with families and community members, and ensuring the wellness policy reflects the findings of the triennial assessment. Discovery Public School remains committed to continuous improvement in supporting student health and wellness.

		Policy Score	Practice Score	
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	1	
FR17	What is included in the triennial assessment report to the public?	0	1	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	0	1	

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NE5	Is nutrition education integrated into other subjects beyond health education?	1	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	1	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	1	1	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	1	1	
PEPA16	What proportion of students walk or bike to school?	1	1	
EW1	 Are there strategies used by the school to support employee wellness?	1	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	1	

Conclusion

The 2026 Triennial Wellness Assessment found that Discovery Public School has many strong wellness policies and practices in place to support student health and well-being. The assessment also identified a few areas for improvement, including increasing wellness committee involvement, updating policy language, and strengthening communication with families and the community. Discovery Public School will use these results to guide future wellness efforts and continue supporting a healthy learning environment for all students.

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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