



**North Davis Preparatory Academy
Triennial Progress Assessment Report**

Assessment Date: March 24, 2026

North Davis Preparatory Academy (the “School”) is required, at least once every three years, to evaluate its compliance with its Wellness Policy and to assess its implementation of the policy in both its elementary and junior high buildings. This is called the “Triennial Progress Assessment.” The School’s Wellness Committee conducts the Triennial Progress Assessment under the direction of the School’s Administration. The results of the Triennial Progress Assessment are included in this Report, which must be shared with households/families of the School. The School will share this completed Report with all households/families of the School by including it in the School’s newsletter and/or on the School’s website. Any documentation related to the Triennial Progress Assessment will be maintained by the School in its main office and/or on the School’s central computer network.

CATEGORY 1: EXTENT TO WHICH THE SCHOOL IS IN COMPLIANCE WITH ITS WELLNESS POLICY

Compliance Score: 1 – Poor 2 – Good 3 – Great	Policy Section	Notes and/or plans for improvement
3	School Wellness Committee Committee Role and Membership	Ryan Robinson – LEA Director Misty Smith – Administrator Jessica Bryant – Administrator LaRetta Foxley – Cafeteria Manager Noal Loertscher – PE Fitness/Nutrition Vicente Ferrer – PE Fitness Gaby Smith – Parent
3	Wellness Policy Implementation, Monitoring, Accountability and Community Engagement - Implementation Plan - Record Keeping - Annual Notification of Policy - Triennial Progress Assessments - Revisions and Updating the Policy - Community Involvement, Outreach and Communications	Implementation Plan After carefully reviewing NDPA’s wellness policy, we as a committee support it remaining as it currently stands. We believe it continues to effectively meet our organization’s needs and is implemented throughout the school. We propose that the policy remain the same and have provided this review to the Board. Record Keeping As a committee, we have reviewed the policy and feel it is sufficient for our needs. Records of these reviews and the school's implementation efforts are maintained to ensure accountability.

		Annual Notification of Policy The policy is made available to the community, parents, and NDPA employees. To ensure transparency and easy access, it is posted on our school website. Triennial Progress Assessments The school does its best to implement the policy, which is reviewed each year by those involved to assess its ongoing effectiveness and progress. Revisions and Updating the Policy The policy is reviewed annually by those involved and brought before a committee. We believe the current policy continues to meet our needs, and any necessary updates will be addressed through this recurring review process. Community Involvement, Outreach, and Communications The policy is brought before the committee for comment. It remains posted on our website and is open for community, parent, and employee comments and review.
3	Nutrition • School Meals • Water • Competitive Foods and Beverages • Celebrations and Rewards • Nutrition Promotion • Nutrition Education • Food and Beverage Marketing in the School	School Meals School meals for breakfast and lunch meet the national food service requirements on both the state and federal levels. We follow the established guidelines for each meal served to ensure our students receive balanced nutrition. Water Water is available at both sites for students during meals to ensure they stay hydrated throughout the day. Competitive Foods and Beverages We do not offer any competitive foods or beverages at the school during school hours. Nutrition Promotion We promote good nutrition through "try it" and sample days. These not only allow students to try something new but also teach them about the food and why they are a healthy choice. Nutrition Education Nutrition education occurs during

		meals when introducing new items or international menus. Nutritional education is also offered in the classroom to reinforce healthy habits. Food and Beverage Marketing We do not market outside food or beverages during school hours at the school.
3	Physical Activity • Physical Education • Recess • Active Academics • Community Partnerships	Physical Education North Davis Preparatory Academy meets Utah state requirements by providing regular physical education in grades K–6 and 7–9, focusing on the development of basic motor skills, coordination, teamwork, and cardiovascular activity (Utah State Core Standards for Physical Education). Students in grades K–6 have 30 minutes of physical education per week. At the secondary level (grades 7–9), students participate in structured physical education and health courses, with two 80-minute sessions and one 60-minute session every other week. The program promotes student fitness through individualized assessments conducted at the beginning and end of each semester. These assessments help students track their progress, set fitness goals, and develop positive personal behaviors through communication and respect for self and others. Recess Recess is offered daily to elementary students, twice a day, under the supervision of school staff. Whenever the weather permits, it takes place outdoors to encourage active play and socialization. NDPA considers recess an essential part of student development; therefore, it is never withheld as a disciplinary measure. Active Academics The academy is committed to reducing sedentary time by incorporating movement into academic lessons. In grades 7–9, some teachers incorporate active breaks during the school day, which may include stretching, walking, or deep-breathing exercises to improve

		concentration and reduce fatigue. Furthermore, nutrition education is integrated directly into the classroom curriculum and during mealtimes. Through "try it" days and international menus, students have hands-on opportunities to learn the nutritional value and preparation behind healthy food choices. Community Partnerships NDPA fosters a wellness-centered environment through various extracurricular and community-focused initiatives. The school offers after-school sports, clubs, and recreational activities that encourage active student participation. To support active transportation, the school provides bicycle and scooter parking and promotes safe walking and biking practices. For safety during off-site activities, such as trips to Ellison Park, students are always accompanied by an adult responsible for traffic safety. Additionally, the school maintains transparency by opening wellness committee review meetings to the public for community input.
3	School Health Goals • Nutrition Education and Preparation • Physical Activity • Other School Based Activities Promoting Wellness	Nutrition Education and Preparation Our primary goal is to provide students with the knowledge and skills necessary to make healthy food choices for a lifetime. We achieve this by integrating nutrition education into the classroom curriculum and during mealtimes. By introducing international menus and hosting "try it" days, we provide students with hands-on opportunities to sample new foods while learning the nutritional value and preparation behind healthy options. Physical Activity NDPA is committed to providing every student with opportunities to develop the knowledge and skills for specific physical activities, maintain physical fitness, and understand the short- and long-term benefits of a physically active lifestyle. Our goals include providing daily recess for elementary

		students, delivering high-quality physical education at all grade levels, and incorporating movement into academic lessons to reduce sedentary time. Other School-Based Activities Promoting Wellness We aim to create a school environment that consistently supports whole-child wellness. This includes ensuring that water is readily accessible at both school sites and maintaining a policy that prohibits outside food and beverage marketing during school hours. Furthermore, we ensure transparency in our wellness goals by keeping the policy available on our website and opening our committee review meetings to the public for community input.
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CATEGORY 2: EXTENT TO WHICH THE SCHOOL’S WELLNESS POLICY COMPARES TO THE ALLIANCE FOR A HEALTHIER GENERATION’S MODEL WELLNESS POLICY

Compliance Score: 1 – Poor 2 – Good 3 – Great	Policy Section	Notes and/or plans for improvement
3	School Wellness Committee • Committee Role and Membership • Leadership	Committee Role and Membership The Wellness Committee comprises a diverse group of stakeholders, including school administration, the Nutrition Director, faculty, staff, and parents. The committee’s role is to review the policy at least triennially, making recommendations for changes or supporting the policy as it currently stands. Additionally, the committee reviews school practices to ensure the policy is effectively implemented throughout the organization. Leadership The committee is led by a designated leadership team, including the Nutrition Director and administration, who oversee the review process and ensure that wellness goals are met. This

		leadership ensures that the committee remains active, meets its triennial review requirements, and remains open to the public and community for comment.
3	Wellness Policy Implementation, Monitoring, Accountability and Community Engagement • Implementation Plan • Recordkeeping • Annual Notification of Policy • Triennial Progress Assessments • Revisions and Updating the Policy • Community Involvement, Outreach and Communications	Implementation Plan After carefully reviewing NDPA's policy, the committee recommends that the school continue to follow the policy and maintain education, nutrition, and School Food Services as they currently exist. The school will maintain its existing plan to manage and coordinate the execution of these wellness standards throughout the school year. Recordkeeping The school maintains all necessary documentation to demonstrate compliance with the wellness policy. This includes keeping supporting records of the committee's reviews, implementation efforts, and assessment results on file for accountability. Annual Notification of Policy NDPA provides an annual public notification regarding the content and implementation of the wellness policy. This ensures that parents, employees, and the community are kept informed of the school's ongoing wellness initiatives. Triennial Progress Assessments At least once every 3 years, a formal assessment is conducted to determine the school's progress toward its wellness goals. This assessment compares NDPA's practices to model policies and evaluates overall compliance with federal and state regulations. Revisions and Updating the Policy The committee reviews the policy regularly to ensure it remains sufficient for the school's needs. Based on the current triennial assessment and annual reviews, the recommendation is to maintain the policy in its current form without further revisions at this time. Community Involvement, Outreach, and Communications

		The school remains committed to transparency and community engagement. The wellness policy is actively communicated to the public through the school website, and community members are encouraged to participate in its development and periodic review.
3	Nutrition • School Meals • Staff Qualifications and Professional Development • Water • Competitive Foods and Beverages • Celebrations and Rewards • Fundraising • Nutrition Promotion • Nutrition Education • Essential Healthy Eating Topics in Health Education • Food and Beverage Marketing in Schools	School Meals School meals for breakfast and lunch meet the national food service requirements at both the state and federal levels and follow the guidelines for each meal. Our menus are reviewed at least annually and throughout the year to ensure they not only meet nutritional standards for compliance but also provide a wide variety of nutritious meals that encourage students to eat healthily and enjoy what they eat. Staff Qualifications and Professional Development Nutrition staff meet or exceed the annual professional training requirements set by the federal and state governments. Staff members receive additional training as needed throughout the year, and the school successfully passes two health inspections annually to ensure the highest standards of safety and professionalism. Water Water is available at both sites for students during meals to ensure they have access to hydration while they eat. Competitive Foods and Beverages We do not offer any competitive foods or beverages at the school during school hours, ensuring our focus remains on the balanced nutrition provided through the school meal program. Celebrations and Rewards The school encourages healthy choices to align with the overall wellness goals. Fundraising Any school-sponsored fundraising involving food follows the same high nutritional standards as our meal programs.

		Nutrition Promotion We promote good nutrition by hosting "try it" days and sample days. These events allow students to try something new while teaching them about various foods and why they are a healthy choice. Nutrition Education Nutrition education is integrated into the student experience, particularly when introducing new items or international menus, to help students understand the nutritional value of the food they consume. Essential Healthy Eating Topics in Health Education at NDPA focuses on teaching students how to make nutritious choices. Our programs are designed to equip students with the knowledge needed to maintain a healthy lifestyle beyond the school day. Food and Beverage Marketing in Schools We do not market outside food or beverages during school hours at the school. This ensures that the school environment consistently promotes the healthy options provided by our nutrition program.
3	Physical Activity • Physical Education • Essential Physical Activity Topics in Health Education • Recess (Elementary) • Classroom Physical Activity Breaks • Active Academics • Before and After School Activities • Active Transport	Physical Education North Davis Preparatory Academy meets Utah state requirements by providing regular physical education in grades K–6 and 7-9, focusing on the development of basic motor skills, basic physical qualities, coordination, teamwork, and cardiovascular activity (<u>Utah State Core Standards for Physical Education</u>). Students in grades K–6 have 30 minutes of physical education per week. At higher grade levels (7-9th), students participate in structured physical education courses and activities that promote physical fitness and overall well-being. Physical Education, Health, and Fitness are the subjects taught, with two 80-minute sessions and one 60-minute session every other week. Students also learn to develop cooperative skills and positive personal behavior through

		communication and respect for self and others. The secondary physical education program (for grades 7-9) will promote student physical fitness through individualized fitness and activity assessments, using an appropriate tool for each student. The assessment tool is used at the beginning and end of each semester. It will help students determine whether their fitness level improves across the different fitness measures at the end of each semester. And the assessment will assist students with setting and achieving desired fitness goals. Essential Topics in Health Education Key topics integrated into the curriculum include the importance of daily physical activity, the benefits for physical and mental health, the relationship between exercise, nutrition, well-being, and the development of long-term healthy habits. Recess in elementary school Recess is offered daily to elementary students, twice a day, under the supervision of school staff. Whenever the weather permits, it takes place outdoors to encourage active play and socialization. Recess is considered an essential part of student development and is not withheld as a disciplinary measure. Physical activity breaks in the classroom Many Teachers incorporate active breaks during the school day. Some teachers do incorporate active breaks during the school day (in grades 7-9), which may include stretching, walking, or other deep-breathing exercises, either in the classroom or outside, on a regular basis. We share guidelines and exercises with teachers to help incorporate breaks during classroom sessions, including stretches, brief exercises, and structured movement activities. These breaks help improve concentration, reduce fatigue, and support learning, though, as mentioned. After-school activities
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		The school offers opportunities for physical activity through extracurricular programs, including sports, clubs, and recreational activities. Additionally, school events that encourage active student participation are promoted. Active Transportation North Davis Preparatory Academy supports active transportation by providing bicycle and scooter parking. It also encourages safe practices for students who walk or bike, promoting healthy habits and road safety. An important aspect of moving from one building to another, or from one building to Ellison Park, is that students must always be accompanied by an adult who is responsible for ensuring they cross the street at appropriate locations and follow all traffic signals.
3	Other Activities that Promote Student Wellness • Community Partnerships • Community Health Promotion and Family Engagement • Staff Wellness and Health Promotion • Professional Learning	Community Partnerships North Davis Preparatory Academy (NDPA) actively develops partnerships with local organizations to enhance student wellness. We continue to collaborate with community stakeholders to provide resources, such as free health screenings and youth resources, and to share information on external health initiatives, including the USDA's summer meal programs. Community Health Promotion and Family Engagement We promote family health through a variety of outreach and engagement programs: Outreach Night Programs: NDPA hosts "Community Series" nights and outreach programs throughout the year that invite families to the school for dinner and educational support. Open Houses: During school open houses, nutrition department staff are available to answer questions, assist with free and reduced-price meal applications, and share valuable nutrition information. Parent Resources: We provide an extensive list of online resources covering topics such as mindfulness

		parenting, emotional health, and physical activity tips for students. Staff Wellness and Health Promotion NDPA is committed to the health of our employees, recognizing that healthy staff serve as positive role models for students. We provide access to wellness classes covering topics such as stress management, self-care, and physical wellness (e.g., chair yoga and stretching). We also offer mental health resources and encourage a culture of wellness in the workplace. Professional Learning Our staff participates in ongoing professional development to stay current on wellness and safety standards. Nutrition Training: Nutrition staff meet or exceed annual state and federal training requirements [Previous Response]. Safety and Compliance: Employees receive regular training on essential policies, including Title IX, student safety, and nondiscrimination, to ensure a secure and supportive school environment. Guidance and Counseling: Our counseling department works with teachers to deliver classroom guidance lessons that promote students' social and emotional well-being.
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CATEGORY 3: DESCRIPTION OF THE PROGRESS MADE IN ATTAINING THE GOALS OF THE SCHOOL'S WELLNESS POLICY

Goals	Description of the progress made in attaining the goals of the Wellness Policy
Physical Activity Goals: • Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through PE, assemblies, after school activities or in the classroom. • Provide daily recess for all elementary students for at least 20 minutes per day and a minimum of 30 minutes of fitness education per week, schedule permitting. • Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom. • When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, give students periodic breaks during which they are encouraged to participate in some activity or movement. • Provide physical education activities that teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement. • Provide appropriate alternative activities for students with physical disabilities. • Provide exemptions from physical activities where appropriate for ill or injured students. • Encourage parent volunteers to form after school sports teams or clubs for students. • Monitor air quality during periods of inversion. On yellow or orange days, students who are at risk of breathing issues will be allowed to remain inside for recess, and on red days, all students will be allowed to stay inside. • Each day give elementary students morning and afternoon recess time, along with a recess break during the lunch hour. Each day give Jr. High students a break at recess and movement	Program Variety and Sports Introduction NDPA is actively pursuing and implementing its goal of providing a wide variety of physical activities. We introduce students to many different sports and ways of getting active through Physical Education classes, school assemblies, after-school activities, and classroom integration. Recess and Fitness Education Standards We ensure all elementary students receive daily recess for at least 20 minutes. Additionally, we provide a minimum of 30 minutes of fitness education per week, subject to schedule, ensuring consistent physical engagement for our younger students. Innovative Classroom Movement Teachers use a variety of subjects and innovative lesson plans to increase physical movement within the classroom. During mandatory testing or inclement weather, students are given periodic breaks and encouraged to move to reduce sedentary time. Character Development through PE Our physical education activities are designed to teach students essential life skills, including cooperation, teamwork, and good sportsmanship. These programs promote a positive self-image and foster a sense of personal achievement in every student. Inclusive and Individualized Activity We are committed to providing appropriate alternative activities for students with physical disabilities to ensure full participation. Furthermore, we provide necessary exceptions from physical activities for students who are ill or injured. Community and Parent Involvement The school encourages parent volunteers to form after-school sports teams or clubs,

between the classes throughout the day. Have these programmed breaks total more than an hour daily of unstructured activity time.	strengthening our community partnerships and expanding athletic opportunities for our students. Environmental Health and Monitoring We closely monitor air quality during inversions. On yellow or orange air quality days, students at risk for breathing issues are permitted to stay inside for recess. On red air quality days, all students remain indoors to ensure their health and safety. Unstructured Activity and Daily Breaks NDPA ensures that elementary students receive morning, afternoon, and lunch hour recess daily. Junior High students are provided with a dedicated recess break and movement time between classes. Collectively, these programmed breaks amount to more than 1 hour of unstructured activity daily.
Nutrition Education and Preparation Goals: • Help students gain a healthy perspective of different foods through a deliberate nutrition education plan that also promotes healthy lifestyle choices. • At least 3 times a year have the lunch program create a healthy choice activity that is eye-pleasing, informative and delicious. Some examples are our “Try Something New” display and International Menu days. • Address the increasing concern of child obesity and health issues by empowering students with the knowledge and skills needed to make informed decisions about their nutrition. • Each school year between August – May, complete a cycle of nutrition, with the goal of providing all healthy choice activities prior to the end of the school year.	Healthy Perspectives and Lifestyle Choices NDPA is successfully implementing a deliberate nutrition education plan designed to help students gain a healthy perspective on diverse food groups. Our curriculum focuses on promoting long-term healthy lifestyle choices by empowering students with the knowledge and skills needed to make informed decisions about their daily nutrition. Healthy Choice Activities and Innovation We currently exceed our goal of providing at least 3 healthy-choice activities per year. Our school meal program consistently creates eye-pleasing, informative, and delicious experiences, such as our "Try Something New" displays and International Menu days. These initiatives not only introduce students to new flavors but also serve as practical lessons in nutrition. Addressing Health Concerns and Obesity To address growing concerns about childhood obesity and related health issues, we prioritize equipping students with the tools to take charge of their wellness. By integrating nutrition education into both the classroom and the cafeteria, we ensure students understand the direct link between their food choices and their overall health.

	Annual Nutrition Cycle and Completion Each school year, from August through May, we complete a full cycle of nutrition education. We are committed to providing all planned healthy-choice activities before the end of the school year and will continue to follow this policy to maintain our high standards of student wellness.
Other School Based Activities Promoting Wellness Goals: • Teach student wellness through a multifaceted approach, focusing on emotional, physical, and social wellness. • Have a well-organized and established counseling department, PE program, school athletics and a curriculum dedicated to Social Emotional Learning. • Have programmed PE classes, counselors on staff, and an updated SEL curriculum. • Have athletic department provide opportunities for student engagement throughout the entire school year. • Help students with nutrition, activity, and positive mental viewpoints as part of their daily focus at school. • Establish sports seasons and PE class schedules.	Multifaceted Wellness Approach NDPA utilizes a multifaceted approach to student wellness, prioritizing emotional, physical, and social well-being as a daily focus. We feel this goal is being met at this time and will continue to follow this policy to ensure students maintain positive mental viewpoints and healthy activity levels. Support Systems and Personnel The school maintains a well-organized counseling department, a robust PE program, and a dedicated school athletics department. Our staff includes qualified counselors and PE classes, all supported by an updated Social-Emotional Learning (SEL) curriculum to meet the diverse needs of our students. Athletic Engagement and Schedules The athletic department provides consistent opportunities for student engagement throughout the entire school year. We have established clear sports seasons and PE class schedules to ensure students have structured opportunities for physical competition and personal growth. Daily Wellness Integration We integrate nutrition, physical activity, and positive social interactions into the daily student experience. By maintaining these established programs and curricula, we ensure that wellness remains a foundational part of the school environment