

Miami Union Academy

Local School Wellness Policy

Triennial Assessment Narrative (2026)

1. Introduction

Miami Union Academy conducted its federally required triennial assessment of the Local School Wellness Policy (LSWP) in February 2026 using the WellSAT 3.0 Policy and Practice Assessment tools. This assessment measured:

- Compliance with federal wellness policy requirements
- Alignment with model wellness policies and best practices
- Progress toward achieving the goals outlined in the 2017 wellness policy

The assessment process was led by the Principal and Healthy School Team and included input from school administration, food service staff, physical education staff, and other stakeholders.

Overall, Miami Union Academy demonstrates strong compliance with federal requirements under the Healthy, Hunger-Free Kids Act and Smart Snacks in School standards. The written policy reflects clear commitments to nutrition promotion, nutrition education, physical activity, competitive food compliance, stakeholder engagement, and public transparency.

Compared to previous assessments, the school has maintained compliance in key federal areas, particularly competitive food standards, beverage standards, and public notification requirements. The 2026 assessment identified several areas where practices are strong and well aligned with policy, as well as opportunities to strengthen implementation monitoring and expand measurable goals.

2. Strong Policies and Aligned Practices

The WellSAT results identified multiple areas where Miami Union Academy has both strong written policy language and aligned implementation practices.

Federal Requirements Fully Addressed

The following federally required components are clearly defined in policy and implemented in practice:

- Smart Snacks in School competitive food standards (7 CFR 210.11) **Implementation**
- Beverage standards by grade level
- Limits on exempt fundraisers with documented tracking **Implementation**
- Prohibition of food as a reward and withholding physical activity as punishment **Implementation on food as a reward**
- Free potable water availability during meal service
- Public availability of the wellness policy and triennial assessment **Implementation on triennial assessment**
- Establishment of a Healthy School Team with oversight responsibilities **Implementation**
- Triennial assessment procedures and public reporting **Implementation and policy specifications**

The policy also exceeds minimum requirements in several areas:

- Detailed nutrient standards for snacks and entrée items
- Explicit caloric, sodium, fat, sugar, and trans fat limits
- Defined physical education minutes by grade level
- Daily recess requirements for elementary students
- Structured stakeholder engagement procedures
- Clear marketing standards aligned with Smart Snacks compliance ?

Demonstrated Areas of Success

- Nutrition education is integrated into classroom instruction, including label reading and energy balance. **NOT at every grade level**
- Physical education and recess requirements meet or exceed state standards.
- Competitive foods are clearly regulated, including documentation of exempt fundraisers. **NOT!**
- The school environment supports water access, handwashing, and adequate meal time.
- Public communication procedures are clearly defined and ongoing.

These strengths reflect a stable wellness infrastructure and sustained commitment to student health.

3. Practice Implementation Plan

While policy language is strong, the assessment identified areas where practice implementation can be strengthened or more consistently documented.

Areas for Practice Improvement

- Enhanced documentation of Smarter Lunchroom techniques implementation
- Formal tracking of staff wellness participation
- Consistent documentation of nutrition promotion strategies across classrooms
- Measurement of stakeholder engagement impact

Action Plan

Responsible Parties:

Healthy School Team (lead), Principal, Food Service Director, PE Department Chair

Timeline:

- Implementation planning completed by June 2026

- Practice documentation system in place by August 2026
- Mid-year review January 2027
- Annual evaluation May 2027

Key Implementation Strategies

1. Develop a standardized checklist to document Smart Snacks compliance and competitive food review.
2. Create a tracking log for Smarter Lunchroom strategies.
3. Establish a staff wellness participation tracking form.
4. Conduct annual student and parent wellness surveys to measure impact.
5. Maintain digital records of all compliance documentation.

Success will be measured through internal audits, meeting minutes, survey data, and documented compliance reviews.

4. Policy Updates

The assessment identified limited areas where policy language could be strengthened to reflect current best practices or increase clarity.

Planned Policy Enhancements

- Add measurable objectives for nutrition promotion.
- Clarify monitoring procedures for marketing compliance.
- Expand language regarding wellness data collection and reporting.
- Include clearer metrics for evaluating wellness goal attainment.

Responsible Party: Healthy School Team in collaboration with school administration

Timeline:

- Draft revisions by September 2026
- Stakeholder review October 2026
- Board approval November 2026
- Public posting immediately upon approval

Any partially implemented practices identified in the assessment will be incorporated into updated policy language to ensure alignment between written policy and actual practice.

5. Opportunities for Growth

The WellSAT assessment also highlighted areas where Miami Union Academy can continue to grow beyond minimum compliance.

Priority Growth Areas

- Expanded farm-to-school initiatives
- Increased integration of wellness messaging across non-health classrooms
- Formal evaluation of afterschool nutrition environments
- Strengthened data-driven evaluation of physical activity initiatives

Strategic Growth Plan

Responsible Parties:

Healthy School Team, Food Service Director, Principal, PTA

Timeline:

- Growth planning session Summer 2026

- Implementation phased across 2026–2027 school year
- Progress evaluation Spring 2027

The school will explore partnerships with local farms, community health agencies, and wellness organizations to enhance programming and expand student engagement.

Success will be measured through participation rates, survey results, compliance audits, and comparison with model wellness policy benchmarks.

6. Conclusion

The 2026 Triennial Assessment confirms that Miami Union Academy maintains strong compliance with federal wellness requirements and demonstrates a sustained commitment to student health and well-being.

The school's Local School Wellness Policy is comprehensive, clearly structured, and largely aligned with implementation practices. Moving forward, the focus will shift from maintaining compliance to strengthening measurable outcomes, improving documentation systems, and expanding wellness initiatives that support academic success and lifelong healthy habits.

Miami Union Academy remains committed to transparency, community engagement, and continuous improvement in promoting a healthy school environment for all students and staff.