

Bracken County Schools

Wellness Policy Triennial Assessment Report

Previous Date Completed: 2021-2022

Date Completed: 2024-2025

A local wellness policy directs efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Allison Dells, School Nutrition Director, (606)735-2523.

Section 1: Policy Assessment

We encourage administrators, school food service staff, parents, school board members, school health professionals, students, and the general public to participate in the development, implementation, and evaluation of our wellness policy. Currently the committee is comprised of the following (check all that apply):

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| ☐ Administrators | ☐ School Food Service Staff |
| ☐ P.E. Teachers | ☐ Parents |
| ☐ School Board Members | ☐ School Health Professionals |
| ☐ Students | ☐ Public |

How does the public receive notice that they're available to participate in development, implementation, and evaluation of the district's wellness policy (check all that apply):

- ☐ Advertisement on the public website
- ☐ It is announced at board meetings
- ☐ Recruitment amongst staff and students
- ☐ Advertisement at family enrichment activities
- ☐ Other (please explain): Media Release at the beginning of each school year

Required Policy Component Goals and Action Steps

1. Nutrition Education Goals (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Example: Food and Beverages will not be used as a reward for students.	a) Provide teachers with list of non-food reward examples. b) Discuss changes at back-to- school staff training. c) Follow-up mid-year to discuss challenges and determine additional communication needed.	Before the beginning of Next School Year	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Teachers, Staff, students		X	
Schools to provide nutrition education each year as recommended	Nutrition Education provided for each grade level. Educators from the local health department, extension office and FRYSC office will provide lessons to work with students regarding the importance of good nutrition	SY 24-25	Students participate in nutrition education activities	Teachers, Students, Local Partnering Agencies		X	

2. Nutrition Promotion (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Taste testing opportunities to experiment with new foods	Establish dates and times to allow for students to participate in taste testing sessions	SY 24-25	Dates and Times are set for taste testing opportunities	Students, FRYSC coordinator		X	

3. Food and Beverage Marketing Guidelines on School Grounds (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
No outside food and beverage marketing will take place. The purchase of a la carte items are the only sales that take place.	All stakeholders are made aware of the regulations regarding outside food and beverage marketing	Ongoing	Outside food and beverage marketing does not take place	Principals, Teachers, Students	X		

4. Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds (i.e., classroom celebrations, rewards, etc.) (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Food/Beverages available during classroom celebrations or reward parties be Smart Snack compliant	Educate principals/teachers on Smart Snack compliance	Ongoing	Food/Beverages provided follow guidance	Teachers, Students			X

5. Nutrition guidelines for all foods and beverages available SOLD on school grounds (i.e., a la carte, school stores, vending machines, etc.) (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
No sales of any food/beverage items outside of the School Nutrition Department	A la carte items are the only food/beverage items sold by the School Nutrition Department. These sales take place during meal service	Ongoing	No outside food/beverage sales take place	School Nutrition Staff, Students	X		

6. Physical Activity (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Educate students to know the importance of regular physical activity	Increase students' physical movement throughout the school day. Take advantage of learning opportunities that require movement rather than students remaining seated at their desks	Ongoing	Observation	Educators, Students		X	

7. Other School Based Activities (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place

Section 2: Policy Progress and Improvement

Goals listed above as “Partially in Place” are generally only taking place at the Elementary School and Middle School levels. These activities need to be extended to High School students as well. The goal listed as “Not in Place” refers to the students and staff familiarity with the Smart Snacks policy. Efforts need to be made to educate all staff and students on the regulations that have been set forth for the School Nutrition Department.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center’s Wellness School Assessment Tool (WellSAT) for comparison of the local wellness policy to a model wellness policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identifies policy strengths and areas for improvement, *please attach a copy of your district’s Well SAT report to this assessment.*

Local Wellness Policy Strengths

Bracken County Schools have made significant strides in the area of nutrition education. Our FRYSC office has been a vital part of that improvement. The coordinator has provided several opportunities for the students to participate in taste testing opportunities. Students have discovered nutritious alternatives and have been able to try food items they may not have had an opportunity to try outside of school. We will continue to provide this education and expand to the high school level.

Areas for Local Wellness Policy Improvement

Bracken County Schools strives to improve in the area of nutrition guidelines for food and beverages provided through classroom celebrations and reward parties. Education of staff needs to be prioritized in order to assure that students are being provided food/beverage items that follow regulations.