



# Hertford County Public Schools (HCPS) Triennial Assessment Report: Student Wellness Policy

## ([Policy Code 6140](#))

### Overview

The HCPS Wellness Policy aims to foster an environment that prioritizes student wellness through nutrition education, physical activity, and a commitment to overall health. The Triennial Assessment aligns with the HCPS strategic plan's commitment to Academic and Engagement Excellence, particularly in promoting student well-being for optimal learning outcomes.

### Assessment Information

This Triennial Assessment evaluates:

1. **Compliance with the Wellness Policy**
2. **Comparison to Model Wellness Policies**
3. **Progress Toward Wellness Goals**

### Domain 1: Compliance with Wellness Policy

HCPS conducted an evaluation of compliance with the Student Wellness Policy 6140 using the WellSAT: 3.0 Wellness School Assessment Tool. The assessment considered school practices and compliance with nutrition standards, physical activity, and general wellness activities across schools in the district.

#### **School Health Advisory Council (SHAC)**

HCPS maintains a robust SHAC that meets regularly to support policy implementation, compliance, and public health initiatives. The council consists of administrators, school nutrition representatives, health professionals, physical education staff, parents, students, and community members.

### Domain 2: Comparison to Model Policies

HCPS Student Wellness Policy was compared to model policies, including the Alliance for a Healthier Generation's Model Wellness Policy. The HCPS policy aligns well with federal and state requirements, addressing:

- **Nutrition Education:** Age-appropriate, skills-based nutrition education within the curriculum, promoting healthy eating.
- **Physical Activity:** Policies for consistent physical education across grade levels.
- **Nutrition Standards:** Compliance with USDA Smart Snacks standards for all foods and beverages available during school hours.

## **Domain 3: Progress Toward Wellness Goals**

### **Nutrition Promotion and Education**

HCPS is meeting its goal to promote healthy eating behaviors through the Healthful Living Standard Course of Study, which includes:

- Encouraging healthy food choices.
- Integrating nutrition-related projects within the community to extend learning beyond the classroom.
- Implementing age-appropriate nutrition education with interactive methods to foster skills for a healthy lifestyle.

**Next Steps:** Continue implementing the health curriculum and increase opportunities for family engagement in nutrition education.

### **Physical Activity**

HCPS provides structured physical education:

- **Elementary Students:** 150 minutes of physical education weekly.
- **Middle School Students:** 225 minutes weekly, balanced between health and physical education.
- **High School Students:** Engagement in Healthful Living Education aligned with state standards.

**Next Steps:** Increase resources for physical education, support teachers in integrating physical activity breaks, and explore additional after-school programs for sustained physical engagement.

### **School-Based Wellness Activities**

Key goals include a clean, safe meal environment, adequate time for meals, access to drinking water, and professional development for nutrition staff.

**Progress:** HCPS has made significant strides in these areas, with all schools enforcing Smart Snack standards and offering consistent access to water during meal periods. Efforts are underway to enhance staff wellness and encourage role modeling of healthy behaviors.

**Next Steps:** Explore funding for professional development, extend wellness resources, and bolster community awareness of wellness activities.

### **Public Notification**

HCPS posts its wellness policy and assessment reports on the district website to maintain transparency. Ongoing communications are provided through the SHAC and the lead wellness official, ensuring community awareness and engagement in wellness initiatives.

### **Conclusion and Recommendations**

The HCPS Triennial Assessment demonstrates that the district is committed to fostering a wellness-focused school environment, aligned with the strategic plan's goals of Academic Excellence and Engagement Excellence. Continued focus on meeting and exceeding wellness policy goals is essential for the health and academic readiness of students.

## **Recommendations:**

1. **Expand Physical Activity Programs:** Introduce additional physical activity opportunities before and after school to promote lifelong wellness habits.
2. **Enhance Nutrition Education:** Strengthen partnerships with community organizations to provide real-world nutrition experiences, such as school gardens or farm-to-school programs.
3. **Increase Community Awareness:** Utilize both digital and in-person channels to engage families in wellness efforts and share successes.
4. **Establish Parameters for Employee Wellness:** Introduce strategies to promote and support employee wellness such as health and wellness classes, activity programs, free water and healthy snacks in staff break rooms.

**WellSAT: 3.0 Triennial Assessment completed November 2024**

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